

REMEMBER -

1. WEAR A HELMET
2. RIDE WITH TRAFFIC
3. OBEY THE RULES OF THE ROAD

LET'S KEEP THE
FUN IN CYCLING!

To learn more visit www.staugbeachsafety.org

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WEAR A HELMET

Did you know you should wear a helmet on every bike ride?

When used properly, bicycle helmets reduce the risk of head injuries and fatalities.

Parents! Lead by example. Per a study appearing in the Journal of Safety Research, "Children were more likely to always wear helmets (90%) when their adult respondents always wore helmets." (Jewett et al., 2016).

Jewett, A., Beck, L., Taylor, C., & Baldwin, G. (2016). Bicycle helmet use among persons 5 years and older in the United States, 2012. Journal of Safety Research, Volume 59, p. 1-7. <https://doi.org/10.1016/j.jsr.2016.09.001>

RIDE WITH TRAFFIC

Did you know riding a bicycle facing traffic accounts for nearly 25% of bicycle-vehicle collisions result from bicycles riding against traffic? (American Academy of Pediatrics, 2015)

Riding with traffic is the safest choice.

Vehicles can be confused or surprised by bicycles riding facing traffic.

American Academy of Pediatrics. (2015). Bicycle Safety: Myths and Facts. Retrieved from <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bicycle-Safety-Myths-And-Facts.aspx>

OBEY THE LAW

Did you know a bicycle is considered a vehicle?

In all States, bicycles on roadways are considered vehicles and must abide by traffic laws, including, traffic signals, signs, and yielding to pedestrians (National Highway Traffic Safety Administration, 2013)

Signaling to drivers can also reduce the risk of injury when riding a bicycle on roadways.

National Highway Traffic Safety Administration. (2013). Bicycle Safety. Retrieved from <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/811557.pdf>