

Bicycle Safety

2023

Benefits of Bicycle Riding

- ❖ Entertainment and fun
- ❖ Increased cardiovascular fitness
- ❖ Increased muscle strength and flexibility
- ❖ Improved joint mobility
- ❖ Decreased stress levels
- ❖ Improved posture and coordination
- ❖ Strengthened bones
- ❖ Decreased body fat levels
- ❖ Prevention or management of disease
- ❖ Increased options for transportation

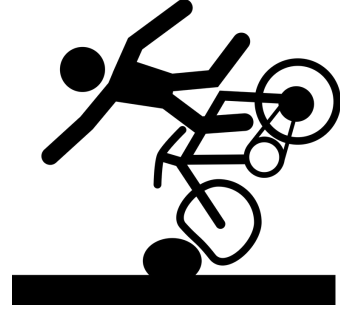


Concerns of Bicycle Riding

- ❖ Physical Safety
- ❖ Exposure to the elements
- ❖ Road hazards
- ❖ Poor lighting
- ❖ Lack of bicycle lanes and trails
- ❖ Lack of storage
- ❖ Limited travel distance
- ❖ Inability to carry passengers
- ❖ Bike theft



Bicycle Safety Facts



❖ Facts

- U.S. Department of Transportation reported 938 bicyclists were killed in traffic accidents in 2020.
- Adolescents, teens, and young adults have the highest rates of bicycle-related injuries treated in emergency departments.
- People (ages 10-24) account for nearly 1/3 of all bicycle-related injuries seen in US.
- Approximately 64% of bicyclist deaths occur on sections of roads away from intersections (where higher speeds might occur) and 27% occur at intersections.
- NJ Law:
 - Anyone under 17 years of age who rides a bicycle or is a passenger on a bicycle, or is towed as a passenger by a bicycle **must** wear a safety helmet. (Title 39:4-10.1)

Important Safety Tips

- ❖ Click [HERE](#) for some important safety tips!



Don't forget!

- ❖ Wear a properly fitting helmet.
 - Click [HERE](#) for some quick tips!
- ❖ Make sure your shoes are tied.
- ❖ Make sure your bike is the right size for you.
- ❖ Check the air in tires.
 - Ask for help if needed.
- ❖ Wear proper footwear (e.g. no flip flops, no untied shoes, etc.).
- ❖ Wear brightly colored clothing.
- ❖ Do not wear headphones.
 - You need to be able to hear the traffic and noises around you.
- ❖ If possible, do not ride at night.
- ❖ Look both ways before proceeding.
- ❖ If you face a busy intersection or difficult terrain, walk the bike to your destination.
- ❖ Follow all of the rules of the road.
- ❖ Ride one per seat.
- ❖ Keep both hands on the handlebars.



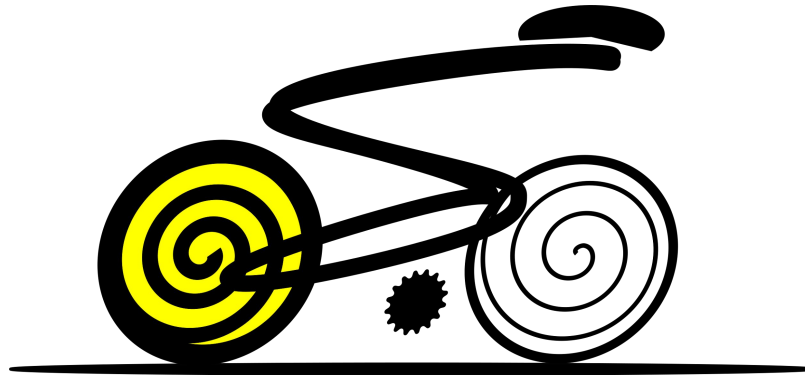
Drive Predictably

- ❖ Be visible and predictable.
- ❖ Ride where you are expected to be seen.
- ❖ Signal and look over your shoulder before changing lanes or turning.
- ❖ If riding on the sidewalk–
 - Watch for pedestrians
 - Pass pedestrians with care by first announcing “on your left” or “passing on your left” or use a bell
 - Ride in the same direction as traffic.
- ❖ Go slowly and look for traffic (left-right-left and behind) when crossing a street from a sidewalk.
- ❖ Be prepared to stop and follow the pedestrian/walking signals.
- ❖ Slow down and look for cars backing out of driveways or turning.



Drive Defensively

- ❖ Be focused and alert to the road and all traffic around you.
- ❖ Obey street signs, signals, and road markings—just like a car.
- ❖ Assume the other person does not see you.
- ❖ Look ahead for hazards or situations to avoid that may cause you to fall (e.g. toys, pebbles, potholes, grates, train tracks, etc.).
- ❖ No texting, listening to music or using anything that distracts you by taking your eyes, ears, or mind off the road and traffic.
- ❖ Carry all items in a backpack.



What's next?

- ❖ Do not forget to wear a properly fitted helmet.
- ❖ Share these tips with your family and friends.
 - Never too old to learn about safety.
- ❖ Enjoy the ride!



Q&A



Sources

- ❖ New Jersey Bicycling Manual
- ❖ National Highway Traffic Safety Administration