



Capital Region Bicycle & Pedestrian Safety Campaign

BIKE SAFETY TIPS



RULES OF THE ROAD – BICYCLING ON THE ROAD

Bicycles in many States are considered vehicles, and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists.

WHEN RIDING, ALWAYS:

- **GO WITH THE TRAFFIC FLOW.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.
- **OBEY ALL TRAFFIC LAWS.** A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.
- **YIELD TO TRAFFIC WHEN APPROPRIATE.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.
- **BE PREDICTABLE.** Ride in a straight line, not in and out of cars. Signal your moves to others.
- **STAY ALERT AT ALL TIMES.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.
- **LOOK BEFORE TURNING.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.
- **WATCH FOR PARKED CARS.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

SIDEWALK VERSUS STREET RIDING

The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.

- Children less than 10 years old, however, are not mature enough to make the decisions necessary to safely ride in the street.
- Children less than 10 years old are better off riding on the sidewalk.
- For anyone riding on a sidewalk:
 - Check the law in your State or jurisdiction to make sure sidewalk riding is allowed.
 - Watch for vehicles coming out of or turning into driveways.
 - Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing.
 - Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, "Excuse me," or "Passing on your left," or use a bell or horn.

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East Baton Rouge, West Baton Rouge, Ascension, Livingston and Iberville Parishes are working with LA-DOTD to reduce accidents involving bicyclists and pedestrians.



BIKE SAFETY TIPS



BEFORE USING YOUR BICYCLE, MAKE SURE IT IS READY TO RIDE. YOU SHOULD ALWAYS INSPECT YOUR BIKE TO MAKE SURE ALL PARTS ARE SECURE AND WORKING PROPERLY.

REMEMBER TO:

- **WEAR A PROPERLY FITTED BICYCLE HELMET.** Protect your brain, save your life. For more information see the National Highway Traffic Safety Administration publication “Easy Steps to Properly Fit a Bicycle Helmet.”
- **ADJUST YOUR BICYCLE TO FIT. STAND OVER YOUR BICYCLE.** There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended to when the pedal is at the bottom of the stroke. The handlebar height should be at the same level with the seat.
- **CHECK YOUR EQUIPMENT.** Before riding, inflate tires properly and check that your brakes work.
- **SEE AND BE SEEN.** Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.
- **CONTROL YOUR BICYCLE.** Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.
- **WATCH FOR AND AVOID ROAD HAZARDS.** Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.
- **LIGHTS @ NIGHT.** It is far more dangerous to ride at night than during the day because you are harder for others to see. **LOUISIANA LAW REQUIRES** a front white light, red rear light and side reflectors on your bike when riding at night and you may be fined if you do not have them. Also, remember to wear bright or reflective clothing when riding at night.

Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet AND follow the rules of the road.

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PROPER BICYCLE HELMET FIT



TO SELECT AND PROPERLY FIT A BICYCLE HELMET, FOLLOW THE HELMET FITTING INSTRUCTIONS BELOW.



STEP 1: SIZE

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding as your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



STEP 2: POSITION

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



STEP 3: SLIDE STRAPS

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



STEP 4: SLIDE STRAPS

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



STEP 5: CHIN STRAP

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



STEP 6: FINAL FITTING

- A) Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.
- A) Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
- A) Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.
- A) Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

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BIKE SAFETY CHECK LIST



RIDING A BIKE THAT IS THE RIGHT SIZE FOR YOU ALSO HELP KEEPS YOU SAFE.

- When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground.
- There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between you and the top bar.

HERE'S A SAFETY CHECKLIST YOUR MOM OR DAD CAN HELP YOU DO:

- Make sure your seat, handlebars, and wheels fit tightly.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.

USING PROPER HAND SIGNALS



LEFT TURN



RIGHT TURN



**ALTERNATE
RIGHT TURN**



STOP

- **Make hand signals well in advance of a turn**
- **Practice using hand signals and steering with one hand in a straight line**
- **Proper way to turn: First, check over your shoulder, then hand signal, then with both hands on the handlebars, look for cars around and behind you again before making the turn or stop.**

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IS YOUR BUSINESS BIKE FRIENDLY?



IT'S GOOD BUSINESS TO BE BICYCLE FRIENDLY...

- Reduce cost of parking.
- Build loyalty among customers and employees.
- Provide a healthier workplace -- attractive to young, creative staff and customers .

... AND IT'S EASY!

- Provide secure bicycle parking for customers and employees.
- Advertise if your business is bicycle-friendly -- attract loyal customers!
- Ask your employees how you can better accommodate bicycle commuters.
- Provide a place for employees to change clothes if they bike to work.
- Support bicycling in your workplace – and remember, many bus services, like CATS, provide bike racks for riders, too !

HERE'S HOW YOUR BUSINESS CAN GET INVOLVED:

- Organize your coworkers to ride to work
- Offer coupons / discounts for bike commuters
- Provide a map of bike routes so employees can find the best way to get to work (In EBR, go to brgov.com/bikebr for help finding routes).
- Encourage your employees to bike to work by offering incentives

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BIKING IS COOL IF YOU OBEY THE ROAD RULES!



BEFORE RIDING, GIVE YOUR BIKE THE “ABC” TEST:

- A** Make sure you have the right amount of air in your tires. Press on the tread and make sure you can't make a dent with your thumb.
- B** Check your brakes to make sure they are working properly.
- C** Check and oil your chain regularly.

DO YOU KNOW YOUR HAND SIGNALS?



1) _____



2) _____



3) _____



4) _____

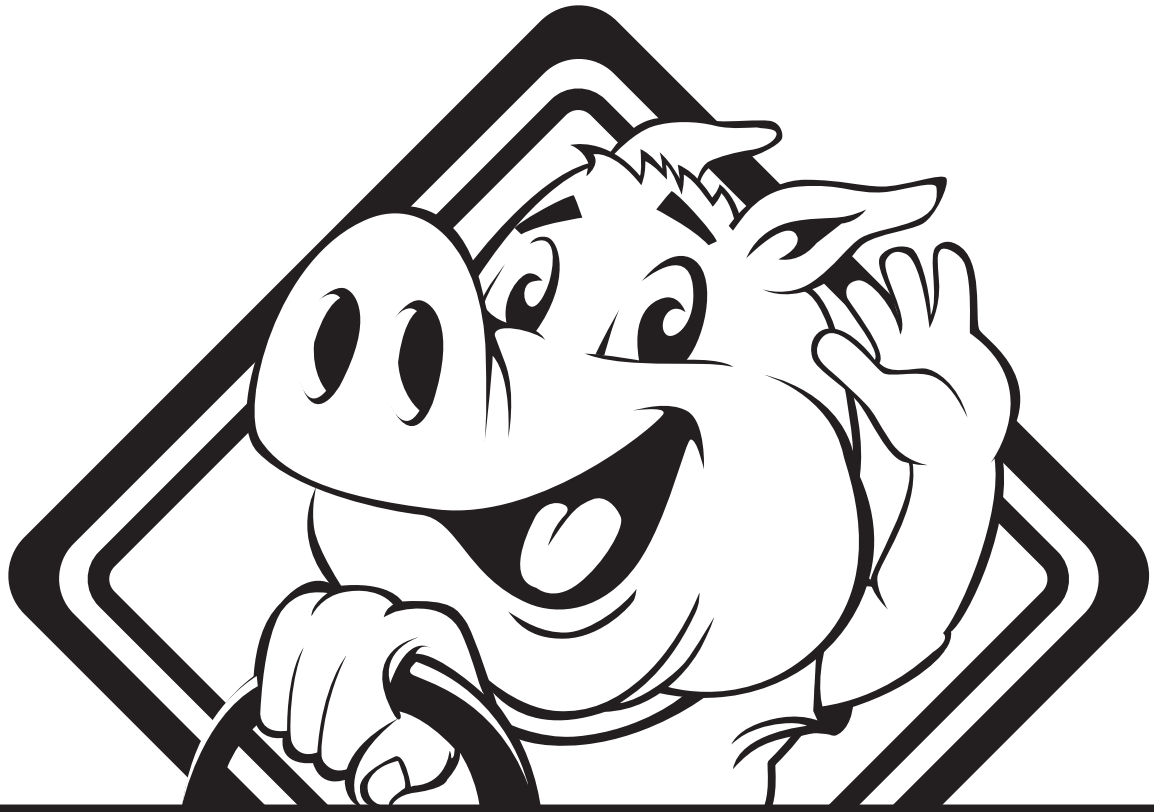
ANSWER KEY:

1) Left Turn; 2) Right Turn; 3) Alternate Right Turn; 4) Stop

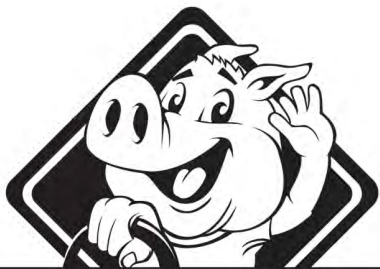
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DON'T BE A ROAD HOG!



DON'T BE A ROAD HOG!

LOOK AND LISTEN.



**These things go together:
Bikes and Helmets**

**To cross safely:
Look left, then right, then left again!**

TEST YOUR BIKE SAFETY KNOWLEDGE

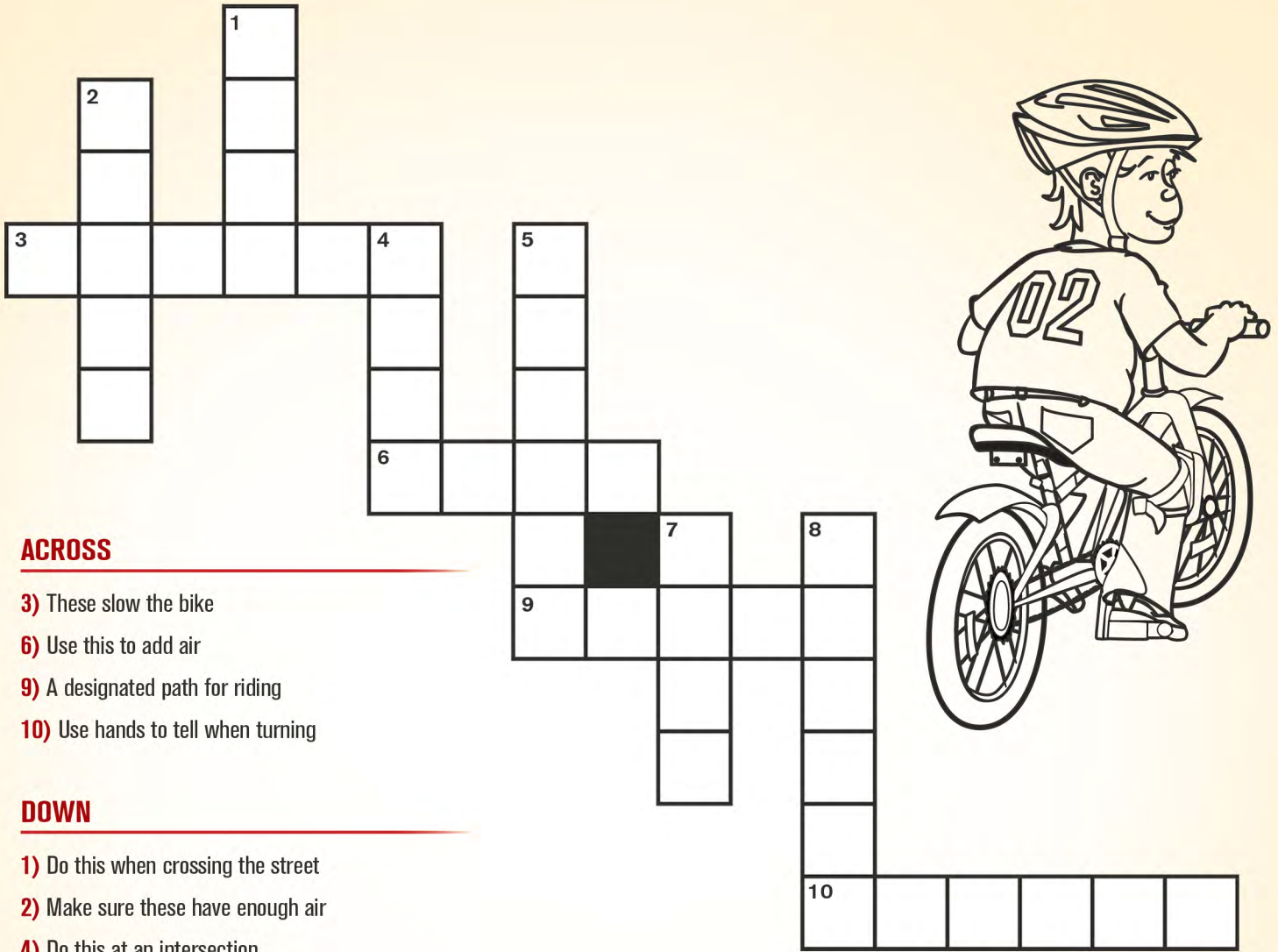


- 1) If pedestrians are walking in the road, (because there is no sidewalk) they should walk in the direction of the traffic flow.
 True False
- 2) Bikes must use the sidewalk if one is present.
 True False
- 3) Bicyclists must yield to pedestrians in cross walks.
 True False
- 4) Bicyclists may use any street or highway unless specifically prohibited.
 True False
- 5) Bicyclists must use the bike lane when it is available, even if it is filled with trash.
 True False
- 6) Bicyclists should usually use the slowest traffic lane going in the direction they intend to travel (normally the right lane) except when turning left.
 True False
- 7) Wearing bright and reflective clothing is not a good idea when riding or walking at night as it scares drivers when they see you.
 True False

ANSWER KEY:

1) FALSE. Pedestrians should always walk AGAINST the flow of traffic.; 2) FALSE. Bicyclists should NOT ride on sidewalks. (Check local ordinances for information on allowances for children's bicycles and tricycles.); 3) TRUE. Pedestrians always have the right of way in a crosswalk - bicycles and automobiles should yield to them.; 4) TRUE. Bicyclists may ride on any road that does not have a posted notice prohibiting bicycles. Pedestrians, bicycles and other non-motorized vehicles are not allowed on interstate highways.; 5) FALSE. Bicyclists are not required to use the bike lane; they have the right to use the full traffic lane.; 6) TRUE. Bicyclists should remain in the right lane unless they are turning left through an intersection, in which case they should take the left lane and signal their turns.; 7) FALSE. Bicyclists and pedestrians should always wear reflective gear at night; the law requires bicycles to have a red light on the back and a white light on the front when riding at night.

BIKING IS COOL IF YOU OBEY THE ROAD RULES!



ACROSS

- 3) These slow the bike
- 6) Use this to add air
- 9) A designated path for riding
- 10) Use hands to tell when turning

DOWN

- 1) Do this when crossing the street
- 2) Make sure these have enough air
- 4) Do this at an intersection
- 5) First piece of safety gear
- 7) These help protect knees
- 8) Wear to protect the hands

ANSWER KEY:

ACROSS: 3) Brakes; 6) Pump; 9) Trail; 10) Signal
DOWN: 1) Walk; 2) Tires; 4) Stop; 5) Helmet; 7) Pads; 8) Gloves

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