

same speed as other traffic. Riders may travel no more than two abreast providing traffic is not impeded, but the safer way is single file keeping as far right as practicable.

Don't honk a horn at bicyclists unless absolutely necessary.

Be alert and watchful for bicyclists, especially when you enter or exit driveways and while traveling through residential areas, school zones and parks.

Don't assume bicyclists see you or anticipate your actions. It is wiser to assume that the rider does not see you and drive accordingly.

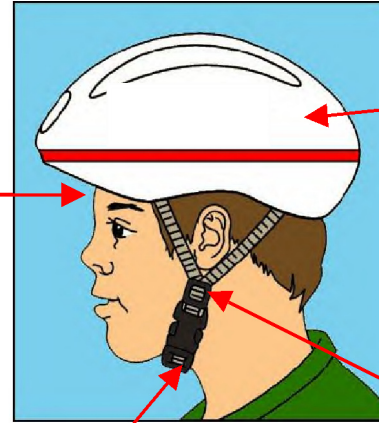
Look over your shoulder for bike riders before opening your car door, pulling away from a curb or making right turns. The rider you just passed may have caught up with you.

The #1 Bicycle Safety Rule: Wear an Approved* Bicycle Helmet

Fitting A Bicycle Helmet RIGHT

It should fit snugly and can be adjusted using thinner or thicker removable foam pads inside. As a final check, gently try to rock the helmet backward and forwards on the head. The helmet should move no more than 1/2 inch in any direction.

A bicycle helmet should sit low on the forehead, just above the eyebrows.



Have emergency notification label inside helmet.

The buckle should be just under the chin, with about one finger's width of space between the strap and the chin. The helmet must ALWAYS be buckled.

The "Y" of the side straps should fit just under the ear lobe.

*** Bicycle helmets should be certified as complying with a test method approved by the Consumer Products Safety Commission (CPSC).**

Bicycle Safety



Somerset County
Prosecutor's Office

Somerset County Prosecutor's Office

40 North Bridge Street
P.O. Box 3000 • Somerville, NJ 08876-1262
908-575-3300

www.scpo.net

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BICYCLE SAFETY

Riding a bicycle is more than basic transportation-it can be a fun and healthy hobby. When you are riding a bicycle however, you are not alone. You must share the road with cars, trucks, other cyclists, and pedestrians.

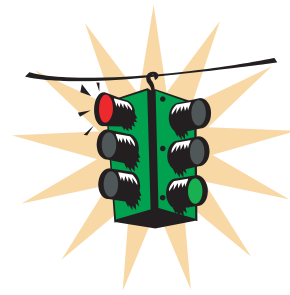
You may think you are a pretty good bike rider, but crashes happen to even very good riders. Here are a few suggestions to help make your ride a safer one.

USE YOUR HEAD AND WEAR A HELMET.



Wearing a properly fitted, approved* helmet is the single most important thing you can do to protect your brain-and your life-when you ride your bike. Studies have shown that using a bicycle helmet can reduce head injuries by up to 85%.

NJ State laws requires anyone under the age of 17 that rides, is a passenger on, or is towed behind a bicycle, to wear a helmet.



OBEY ALL TRAFFIC LAWS

Know and follow the rules of the road, such as; ride on the right side of the street; do not ride against traffic; obey all traffic signs and signals. You must obey all traffic laws just like the driver of a car.

Ride single file and never ride double on one bike unless it is a tandem (for two riders) bike.

Before crossing a street, stop at the edge and look left, right, then left again for approaching traffic.

Avoid biking at night. If you must ride during hours of darkness, wear reflective clothes and use front and rear lights and reflectors. Make sure wheel and spoke reflectors are clean and visible. Be very careful.

Be alert and watch for cars. Drivers may not see you even if it seems like they are looking right at you. Watch for vehicles pulling away from a curb or out of a driveway. Keep a door's width of distance between you and parked vehicles to allow for sudden opening of doors. As you approach parked cars, use the driver's side exterior mirror to look into the vehicle for a driver.

Watch for and avoid potholes, drain grates, loose gravel, sand, and other hazards on the road.

Walk your bike when crossing a busy street in a crosswalk.

Ride defensively. Don't ride in a motorist's "blind spot". Don't pass cars on the right at intersections. Many crashes occur when cars turn right into the path of an approaching bicyclist.

Never ride out into a street without stopping first.

Follow the "rules of the road" and use common courtesy on roads and bike paths. Yield to pedestrians.

Keep your bicycle in good condition. Check brakes, tires and handlebars before every ride.

Check behind you before turning, swerving, or changing lanes. Nearly one third of all car-bike crashes occur when a child turns suddenly into the path of faster moving traffic. Riders must master looking behind them, signaling, then looking behind again while continuing to ride under control in a straight direction.

MOTORISTS' RESPONSIBILITIES

Pass a bicycle safely by leaving a minimum of 3 feet of space between your car and the bike. Slow down and be extra careful on windy days.

Don't always expect bicyclists to ride on the far right edge of the roadway. They may legally ride anywhere in the roadway to make a left turn, to avoid hazards, to pass slower moving vehicles, and may occupy any available lane when traveling the