The #1 Tip: Wear A Helmet!

Nearly 70 percent of all fatal bicycle crashes involve head injuries, yet fewer than 30 percent all bicyclists wear bicycle helmets.

If you do not have a helmet, the main thing you want to look for is a certification by CPSC (Consumer Products Safety Commission). This seal means the helmet has been tested and meets or exceeds industry standards for shock absorption and head protection. Ask an expert to assist you in selecting a proper fitting helmet.

The helmet must fit, and meet all the rules that apply to the driver of a motor vehicle.

Be Visible

Be Visible during the day. Wear reflective material and use a light at night.

Be Alert

Do not turn left from the right lane.

Do Not Pass on the Right

Do not pass motorists on the right when approaching an intersection or when you cannot see a rear view 

Wear bright clothing during the day. Wear reflective material (Use luces en la noche)

Use Hand Signals

Hand signals tell motorists what you intend to do (Use señales de mano)

The Best Way to Turn Left

The major reason to go is to make a left turn. There are two ways to make a left turn: 1) As in driving, move into the left lane and turn left. 2) Like a pedestrian, move across the sidewalk, use the crosswalk, and walk your bike across. Always signal your intentions by hand.

Be Safe

Look left, right, left again before crossing the street. Make sure you have enough time to cross the street.

Use Hand Signals

Hand signals tell motorists what you intend to do (Use señales de mano)

Use Lights at Night

Use lights at night. On streets without bike lanes, do not pass motorists on the right when approaching an intersection or when you cannot see a rear view (Use luces en la noche)
DEFINITIONS

BIKE LANE: a lane designated with a stripe and symbols for the preferential use of bicycles on a roadway.

PAVED SHOULDER: any pavement to the right of the white edge stripe of a roadway but not marked as a bike lane. Bicyclists may choose to ride in this area.

SHARED USE PATH: a separate facility open to non-motorized traffic only.

SIDewALK: a paved or improved area along the roadway intended for pedestrian travel.

Note: On roads with a shared use path on one side and a sidewalk on the other side, only the shared use path facility is shown.