

Cycling Safety Tips

1. Protect your head...**Always wear a helmet.**
2. See and be seen...Wear bright fluorescent colors during the day.
3. Avoid biking at night...If riding at night, equip your bicycle with head and tail lights and wear reflective clothing.
4. **Stay alert**...Keep a lookout for obstacles in your path.
5. Go with the flow...**Ride with traffic**, not against traffic. (Ride in the same direction as traffic.)
6. Check for traffic...Be aware of traffic around you.
7. Learn the rules of the road...**Obey traffic laws.**
8. Assure bicycle readiness...Is your bicycle properly adjusted?
9. Check brakes before riding.
10. Check your wheels..."Quick release" wheels should be securely fastened.

This information was obtained from the U.S. Consumer Product Safety Commission (CPSC). For the complete text, see <http://www.cpsc.gov/cpscpub/prerel/prhtml97/97138.html>.