

## Consumer Product SAFETY ALERT

FROM THE U.S. CONSUMER PRODUCT SAFETY COMMISSION, WASHINGTON, D.C.20207

# Bicycle Safety Is No Accident

Each year, there are about 800 bicycle-related deaths in the U.S. and another half a million bicycle-related injuries treated in the nation's hospital emergency rooms. The U.S. Consumer Product Safety Commission encourages bike riders of all ages to use helmets. Studies have shown that using bike helmets can reduce head injuries by up to 85 percent.

However, not all bicycle-related injuries and deaths can be addressed by the use of safety equipment alone. Rider actions and reactions - especially obeying traffic laws - play a major role in contributing to injury-free bicycling enjoyment.

**Cycle Safely!**



### 10 SMART ROUTES TO BICYCLE SAFETY

1. **Protect Your Head . . . Wear a Helmet.**
2. **See and Be Seen . . . Wear Bright Colors or Reflective Stripes.**
3. **Avoid Biking at Night.**
4. **Stay Alert . . . Keep a Lookout for Obstacles in Your Path.**
5. **Go with the Flow. . . Ride WITH Traffic.**
6. **Check for Traffic. . . Be Aware of Traffic Around You. (Intersections, Driveways).**
7. **Learn Rules of the Road . . . Obey Traffic Laws.**
8. **Assure Bicycle Readiness . . . Is Your Bicycle Properly Adjusted?**
9. **Can You Stop It?. . . Check Brakes Before Riding.**
10. **Check Your Wheels . . . "Quick Release" Wheels Should Be Securely Fastened.**

For more information on bicycle safety, write the U.S. Consumer Product Safety Commission, Washington, DC 20207.