



# Bicycle Safety



# History



1817



1865



1870



1925



1956



2012



# Bicycle Safety

(AE Regulation 190-1, (5-7) Bicycles and Skateboards)



## Riding

- ✓ Ride only on a seat attached to the bike.
- ✓ Carry only the number of people the bicycle is designed to carry.
- ✓ Do not ride side by side.
- ✓ Do not carry bundles, packages, or other articles that prevent the bicyclist from keeping at least one hand on the handlebars.
- ✓ Do not ride a bicycle while using a cell phone.
- ✓ Do not wear listening devices that impede hearing and the detection of impending danger.
- ✓ German police may fine riders for using a cell phone while riding a bicycle.
- ✓ People riding bicycles, scooters, roller-skates, sleds, skateboards, or toy vehicles cannot attach themselves to moving vehicles.

## Riding Areas, Bicyclists will

- ✓ Use paths, sidewalks, or parts of the road marked for bicycle use when available.
- ✓ Ride as far to the right of the road as possible.
- ✓ Be careful when passing a stopped vehicle or a vehicle going in the same direction.



# Bicycle Safety



## Safety Equipment

- ✓ Bicycles ridden at night must have a headlight that emits a white light and a taillight that emits a red light.
- ✓ Bicyclists will wear light-colored clothing or reflective accessories.
- ✓ Bicycles must have standard brakes .
- ✓ Bicycle wheels must have two reflectors mounted 180 degrees apart on the spokes.
- ✓ Bicycle pedals must have reflectors designed and placed to be visible from the front and rear.
- ✓ Bicycle operators and passengers on U.S. installations must wear an approved helmet.
- ✓ Helmet must be properly fastened under the chin. Helmets must meet American National Standards Institute, the Snell Memorial Foundation Standards, the Institut für Zweiradsicherheit e.V., or the Economic Commission of Europe for bicycle helmets.



# Bicycle Safety



## Bicycle Safety Tips:

### Mountain Bikes

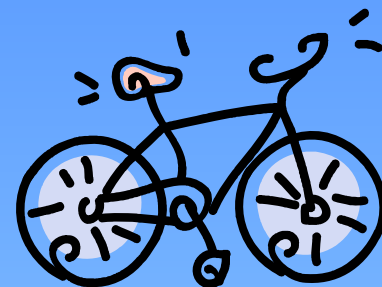
- ✓ Front shocks offer a more comfortable ride & increase control for average rider
- ✓ Disk brakes are better choice but more expensive
- ✓ Off road tires are good for that purpose but less safe on paved roads
- ✓ Large seats offer more comfort but less control/maneuverability
- ✓ Fenders are good for keeping off the mud & rain

### Road bikes

- ✓ Front shocks popular now on street/road bikes (more comfortable)
- ✓ Disk brakes are better choice but more expensive
- ✓ Large seats more comfort but less control/maneuverability
- ✓ Fenders (front and back)
- ✓ Luggage/carrier rack
- ✓ Saddle bags (OK but can be hazardous on dismount)
- ✓ Consider multiple lights for urban travel (be visible coming and going)



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## Bicycle Safety Tips:

### Helmets

- ✓ Proper fit (no more than two fingers under front)
- ✓ No cracks or missing foam
- ✓ No cracks on helmet plastic molding
- ✓ Ventilation
- ✓ Chin strap must be fastened

### Extra gear

- ✓ Tire repair kit
- ✓ Air pump
- ✓ Small tool kit (mostly Allen wrenches)
- ✓ Water bottle carrier
- ✓ Infant seats (limit your travel to safe routes when possible)
- ✓ Saddle bags (great for extra gear but add a lot of weight when loaded)
- ✓ Sunglasses



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## Bicycle Safety Tips:

### Training for children

- ✓ Set up cone course to teach control and braking
- ✓ Include hills and how to stop
- ✓ Include mount/dismount
- ✓ Teach about proper air pressure
- ✓ Teach about use of bells, lights, etc (safety gear required)
- ✓ Teach the proper use of putting on the helmet
- ✓ Go over the rules of the road



**Safety First in The 21st!**