



SUMMER SAFETY 2014

BICYCLE

&

PEDESTRIAN

SAFETY





SUMMER SAFETY 2014

PEDESTRIAN SAFETY

- ▶ Each year pedestrian fatalities comprise about 11% of all traffic fatalities--that's about 4,600 pedestrian deaths every year.
- ▶ 70,000 pedestrians are injured in roadway crashes annually





SUMMER SAFETY 2014

PEDESTRIAN SAFETY TIPS

- ▶ Cross at designated crosswalks
- ▶ Obey pedestrian signals
- ▶ Look left, right, left before crossing
- ▶ Stay aware of moving traffic
- ▶ Make eye contact with others; wave 'thanks' when you've entered to cross the road
- ▶ On paths walk right, pass left
- ▶ Use a sidewalk or walk facing traffic
- ▶ Be visible – Wear light colors and carry a flashlight or wear reflective materials at night
- ▶ Keep an eye out for obstacles that can trip you up – pot holes, uneven surfaces, debris, etc.)





SUMMER SAFETY 2014

BICYCLE & SKATEBOARD SAFETY



- ◆ Bicycle crashes - 850 deaths per year
 - ◆ 90% involve collisions with vehicles
- ◆ Contributing factors: alcohol, no helmet, not seen
- ◆ Before you ride:
 - ◆ Lights & Reflectors
 - ◆ Wear helmet
 - ◆ Check brakes and tires
- ◆ When you ride:
 - ◆ See and be seen – Reflective gear
 - ◆ Avoid riding at night & poor visibility
 - ◆ Ride single file
 - ◆ Stay out of vehicle blind spots
 - ◆ No earphones





SUMMER SAFETY 2014

BICYCLE SAFETY

WHEN YOU RIDE...

*** USE HAND SIGNALS ***

Let others know what you're doing!



LEFT TURN



STOP



RIGHT TURN



SUMMER SAFETY 2014

BICYCLE SAFETY

WHEN YOU RIDE...

- ▶ Watch for motorists
- ▶ Stay out of driver's blind spots
- ▶ Ride far enough away from the curb to avoid the unexpected
- ▶ Stay alert for road hazards
- ▶ Watch out for parked cars and doors which may suddenly open





SUMMER SAFETY 2014

BICYCLE SAFETY

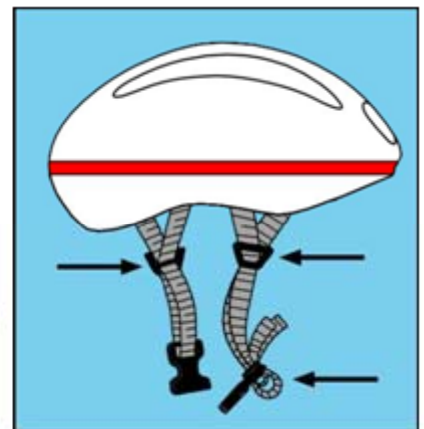
DO YOU KNOW THE CORRECT WAY TO WEAR A HELMET?



Wear the helmet flat atop your head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct your field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.





SUMMER SAFETY 2014

THINK BEFORE YOU DO.....

PLAN FOR THE UNEXPECTED.....

USE RISK MANAGEMENT.....

BE AWARE OF YOUR SURROUNDINGS.....

Have a Safe Summer

USAG Rheinland Pfalz, Safety Office
Bldg 2925 Pulaski Barracks
DSN 493-4040/4056/

