

## Recommended Safety Tips

**When riding a bicycle, the operator is always taking a risk. Here are some safety tips to help prevent injury:**

- Be conspicuous by using reflective clothing, lights and reflectors.
- Use hand signals.
- Always wear a helmet.
- Never stop in a vehicle's blind spot.
- Be aware of parked cars, as someone may open a door, causing you to ride into it.
- Use bike lanes when possible.
- If you are stopped at a red light, always let the car next to you go first.
- Always glance in your mirror as you approach an intersection or pass someone on the road.



## Bicycle Facts

- On average, nearly 630 children are injured daily due to bicycle-related crashes.
- More children ages 5-14 are seen in emergency departments for injuries related to biking than any other sport.
- Approximately 55% of all children in the United States never wear a helmet while riding their bicycles.
- If 85% of all child cyclists wore helmets every time they rode their bicycles for one year, the lifetime medical cost savings could total between \$197-\$256 million.
- In 2009, nearly 91% of bicyclists (of all ages) who were killed were not wearing helmets.
- Nearly 50% of all bicycle crashes occur in driveways or on sidewalks.

**If you or someone you love becomes involved in a bicycle accident, you should never feel alone. Hupy and Abraham, S.C. is a bicyclist's best ally after a collision.**

**Our attorneys at Hupy and Abraham, S.C. work tirelessly to get accident victims all the money they deserve.**

**We have a decades-long history of helping people collect money for injuries. We have collected \$100s of millions for more than 70,000 satisfied clients.**

# Your Guide to Bicycle Safety



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# Know the Rules of Bicycling

**It is important to remember that your actions as a bicyclist affect the way the public perceives bicyclists as a whole. Here are some rules and laws all bicyclists should be aware of:**

- A bicyclist is considered a vehicle on the road. Obey the same traffic rules as a motor vehicle.
- Ride on the correct side of the road and with the flow of traffic.
- Ride at least 3 feet away from a moving motor vehicle.
- Maintain at least a 3-5 feet distance when passing a motor vehicle or bicycle on the road.
- Riding on the sidewalk is illegal unless the community has passed an ordinance specifically permitting sidewalk riding.
- Be predictable! Let other riders and motor vehicles know where you intend to ride and maintain an understood course.
- Always maintain control of your bicycle.
- Use hand signals at all times while riding on the road.
- Do not ride two abreast if operation impedes the normal flow of traffic.



## Children and Bicycle Safety

It is very important to know where your child is and what they are doing, especially when it comes to riding bicycles. Always know if your child will be riding alone or with a friend. If your child is riding alone, be sure you know how long they will be gone and where to look for them if you need to find them. Giving them a cell phone can help you and your child stay in touch in case of an emergency.

The main rule every child should follow is to wear a helmet. It is better for them to have a scraped knee than a concussion. If you are riding with your child, always make sure they ride in front of you.



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# Lane Positioning

**Understanding lane positioning is important for rider safety. Bike as close to the right-hand curb or the edge of the roadway whenever possible and follow these tips:**

- Do not try to overtake or pass a vehicle proceeding in the same direction.
- Prepare for a left-hand turn with caution. Check your mirrors and look behind you before turning.
- Be attentive in a bike lane that positions you on the right side of a right turn lane and always signal if you are turning right.
- Try to ride as close to traffic speeds as possible. Keeping up with the speed of traffic will help ensure less chance of an accident.
- Be aware of your surroundings when riding on a one-way highway with two or more marked traffic lanes.
- Always try to avoid potential hazards.
- Never swerve in and out of traffic.

