



MOTORCYCLE RIDING

SafeTips from the Naval Safety Command

Motorcycle riding requires focus, skill and safety awareness. Whether you're a seasoned rider or just starting out, staying informed and prepared will help you navigate the streets safely.

- Complete a formal riding education program, get licensed and take periodic riding courses to improve your techniques and street-riding strategies.
- Obey the speed limit; the faster you go, the longer it will take to stop.
- Know and follow local traffic laws and rules of the road.
- Never drink and ride; alcohol impairs your judgment and reaction time.
- Perform all recommended checks and inspections before heading out.
- Always wear a helmet with a face shield or protective eyewear to reduce the risk of head injury. Helmets reduce the likelihood of critical head injuries by five times.
- Wear leather clothing, boots with nonskid soles and gloves to protect your body in the event of an accident or skid.
- Attach reflective tape to your clothing to increase visibility.
- Keep your headlights on at all times and avoid riding in other drivers' blind spots.
- Signal well in advance of any direction changes and beware of turning vehicles.
- Fatigue and drowsiness can impair your ability to react quickly; make sure you are well-rested before riding.
- Stay alert and avoid distractions such as using your phone or listening to music.



Naval Safety Command
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