



BICYCLING

SafeTips from the Naval Safety Command

When a crash occurs between a vehicle and a bike, it's the cyclist who is most likely to be injured. A large percentage of crashes can be avoided if motorists and cyclists follow the rules of the road and watch out for each other.

- The biggest preventable risk factor for bicycle head injury is not wearing a bicycle helmet. Helmets will protect you against 85% of all head injuries and 88% against brain injuries.
- Beware at intersections. Signal your turns and look out for others.
- Ride with traffic, not against it.
- Ride a bike that fits you. If it's too big, it's harder to control the bike. Your knees should be at about a 15-degree angle when fully extended.
- Bring a cell phone, your ID card and an emergency contact card. Carry all items in a backpack or strapped to the back of the bike.
- Check your tires for nicks, cuts and wear before each ride and ensure the tires are inflated properly.
- Avoid riding at night when possible. If you must ride between dusk and dawn, install front and rear lights on your bicycle and wear reflective clothing.



Naval Safety Command
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