

# CYCLING SAFETY

## BICYCLE SAFETY



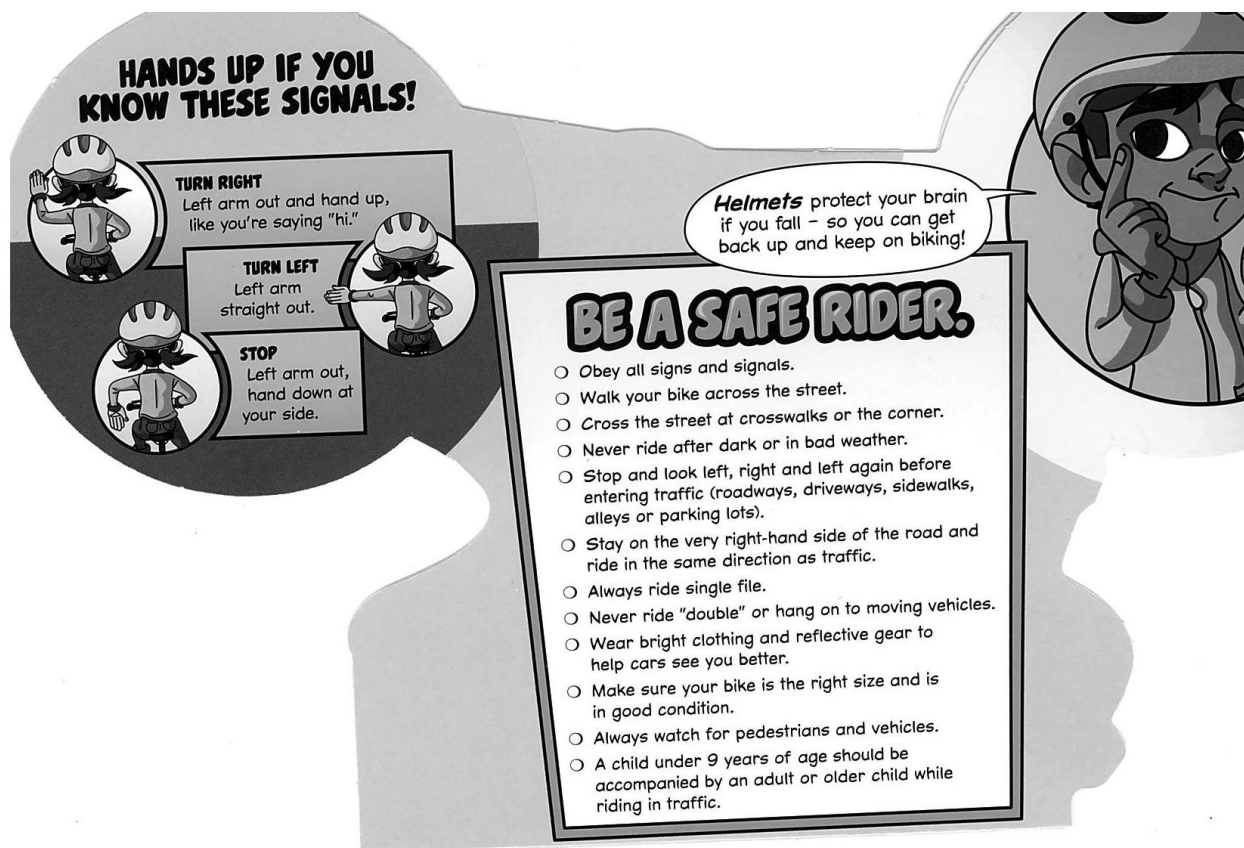
### BICYCLE INJURY PREVENTION TIPS:

- **Riders of all ages should wear helmets**
  - Helmets prevent many head injuries each year
  - It is the LAW in Alberta; bicyclists below the age of 18 MUST wear a helmet
  - Discard each helmet involved in a high intensity impact
- **Be educated, practise road safety**
  - Know the rules of the road
  - Learn how to properly signal to make motorists aware of your intentions
  - Do not ride through crosswalks. When on a crosswalk, dismount your bike and act as a pedestrian. When on the road, comply with traffic rules and act as a motorist
- **Ensure that your bike functions properly, especially the breaks**
- **Avoid high traffic areas such as high speed roads and multiple lane intersections: this minimizes the risk of injury**
- **Wear other necessary equipment**
  - Eyewear to avoid foreign bodies in your eyes and/or sunshine that may impair your ability to see properly while riding
  - Protective equipment such as elbow and knee pads, appropriate protection from the elements, reflective vest, and so on

➤ **Ensure proper visibility when riding a bike**

- Motorists should be able to see you to avoid impact
- Riders should be able to adequately observe the road and the traffic

Reference 1



**HANDS UP IF YOU KNOW THESE SIGNALS!**

**TURN RIGHT**  
Left arm out and hand up, like you're saying "hi."

**TURN LEFT**  
Left arm straight out.

**STOP**  
Left arm out, hand down at your side.

**Helmets** protect your brain if you fall - so you can get back up and keep on biking!

**BE A SAFE RIDER.**

- Obey all signs and signals.
- Walk your bike across the street.
- Cross the street at crosswalks or the corner.
- Never ride after dark or in bad weather.
- Stop and look left, right and left again before entering traffic (roadways, driveways, sidewalks, alleys or parking lots).
- Stay on the very right-hand side of the road and ride in the same direction as traffic.
- Always ride single file.
- Never ride "double" or hang on to moving vehicles.
- Wear bright clothing and reflective gear to help cars see you better.
- Make sure your bike is the right size and is in good condition.
- Always watch for pedestrians and vehicles.
- A child under 9 years of age should be accompanied by an adult or older child while riding in traffic.

## MOTORCYCLE SAFETY



### MOTORCYCLE INJURY PREVENTION TIPS (WHAT TO KEEP IN MIND WHILE ON THE ROAD):

- **Anyone on a motorcycle must wear a helmet**
  - Helmets are legally required for motorcyclists
  - They prevent or minimize brain injuries
- **Wear other necessary personal protective equipment to minimize injuries**
  - Eyewear
  - Gloves
  - Jacket
  - Boots
  - “All the gear all the time”
- **Attend a motorcycle safety course**
  - Skills training may decrease the injury risk and rates among motorcyclists
- **Know your bike and know how to operate it**
  - Motorcyclists must be in control
  - Handling your motorcycle appropriately, breaking, operating when speeds are higher, emergency techniques can all contribute to a safer ride and to minimizing injuries in case of a collision
- **Use common sense**
  - Do not operate when tired
  - Do not operate when impaired
  - Stay alert to traffic, observe traffic lights and posted speed limits
  - Do not weave from lane to lane or drive in-between vehicles stopped in traffic
- **Give other vehicles space**
  - Do not tailgate vehicles so you have adequate amount of time to stop
  - Monitor vehicles around you to minimize the chance of impact
- **Consider road conditions**
  - Rain and snow make roads slippery and extend braking time



- Loose gravel and sand diminish traction and also increase braking time and may contribute to falls
- Potholes and rough pavement increase the likelihood of single motorcycle collisions
- **Consider visibility**
  - Ensure you are visible to other motorists
  - Make sure you are aware of motorists around you in order to properly react if needed
  - Wear reflective clothing if too dark
  - Make sure headlights are operational and adequate
- **Discourage lane passing**
  - Learn how to properly drive to discourage other vehicles from sharing the same lane
  - Flash your brake lights or honk to alert other motorists around you
- **Slow down**
  - This will give you the necessary time to see what lies ahead, to think about it and to take appropriate action
  - This will also help minimize injuries. Generally, the higher the velocity, the more severe the injuries, and the poorer the health outcomes for the injured

*Reference 2, 3*

*References:*

1. Parachute Canada [www.parachutecanada.org](http://www.parachutecanada.org)
2. CBC News, British Columbia; as per B. Waddington, an instructor at the Justice Institute of BC's motorcycle training program
3. Alberta Motor Association <https://ama.ab.ca/2015/06/12/motorcycling-safety-tips-new-experienced-riders/>

★ Compiled by Ella Clarke with materials in part provided by Cathy Falconer

★ Note: The above information is intended to provide only general guidance and may not be comprehensive of all details on the topic. Seeking professional advice for specifics is recommended.