



Please call 911 if you think you have a medical emergency.

## Principles of Bicycle Safety

- **Bicycling training:** The best preparation for safe bicycle riding is proper training.
  - Common resources include an experienced rider, parent, or community program.
  - Often, however, initial training involves simple instruction from parents on balance and pedaling.
  - Proper supervision of younger riders is a prerequisite. In fact, it is recommended that younger children ride only in enclosed areas.
- **Bicycle safety equipment:** Early investment in safety equipment such as protective clothing and a helmet can prevent a significant number of injuries.
  - Helmets - Extremely important
  - Reflective clothing for nighttime or low-visibility conditions
  - Bicycle safety equipment (reflectors on frame and wheels)
  - Proper bicycle selection
  - Bicycle maintenance
- **Bicycling safety guidelines:** Consideration of these ideas can further reduce the risk of a bicycle accident.
  - Use a bicycle only in a way that is appropriate for the age of the rider.
  - Be aware of the need for experience and skill before bicycling on public roads.
  - Less experienced bicyclists should be educated about the rules of the road.
  - Be aware of the understanding among bicyclists and motorists about sharing the road.
  - Promote and ensure safe motorist and bicyclist practices (proper speed, yielding right-of-way, not driving while drinking).
  - Teach increased awareness of surroundings. (Beware of opening car doors, sewer grating, debris on roads, uneven surfaces, poorly

lit areas.)

- Obey traffic rules.
  - Cyclists must follow the same rules as motorists. Use correct hand signals before turning.
  - Because we are all sharing the same road, obeying the rules of the road will allow for an enjoyable and safe ride for both bicyclists and motorists.
  
- Ride in single file with traffic, not against it.
- Avoid major roads and sidewalks.
- Announce your presence ("On your left") on bike and walking trails as you come up behind and pass pedestrians and other riders.
- Enforcement and legislation can increase bicycle safety.
  - Mandating use of protective devices (helmets, reflectors)
  - Bicycle-friendly community and community planning, for example establishing bicycle lanes and bike trails or rails-to-trails

For more information, read the complete article, Bicycle Safety

(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=58717>) on <http://www.emedicinehealth.com>.

WebMD Medical Reference from eMedicineHealth

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Last updated: May 24, 2006

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