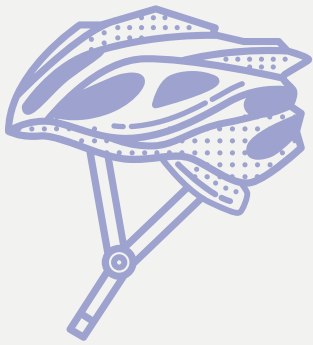




# SIMPLE STEPS TO BICYCLE SAFETY

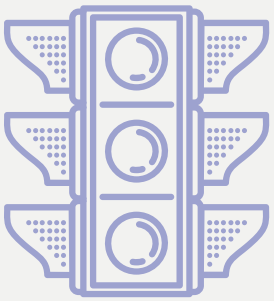
Make your safety a priority



1

## PROTECT YOUR HEAD

Helmets appropriate for bicycling should be worn by everyone – adults and children – on every bike ride regardless of length of the ride. Make sure the helmet is certified by the [Consumer Product Safety Commission](#).



2

## OBEY TRAFFIC SAFETY LAWS

To remain safe on Illinois roads, bicyclists must obey the same traffic safety laws that govern drivers of vehicles. [Illinois Bicycle Rules of the Road](#).



3

## SEE AND BE SEEN

Show yourself at all times. Neon or other bright-colored clothing with reflective tape, marking, or lighting is safest. Remember, even if you see the driver, they might not see you. [Kids and Bicycle Safety](#)



4

## WATCH FOR ROAD HAZARDS

Hazards such as potholes, broken glass, gravel, puddles, and animals increase crashes. Stay alert and aware and when riding with others, tell them of any dangers. [Kids and Bicycle Safety](#)



5

## AVOID RIDING AT NIGHT

Riding at night is far more difficult for other motorists to see. To be seen by others, be sure to place white lights on the front and back of your bicycle, plus red reflectors on your tires, so that drivers can see you. [Kids and Bicycle Safety](#)



6

## USE HAND SIGNALS

Vehicles use turn signals to communicate their intentions. Communicating on a bicycle is done through hand signals. It is essential to know and practice using hand signals to remain safe on your ride. [NHTSA Hand Signals](#)

Riding your bike can be a fun and healthy activity. Follow these safety steps to ensure a safe ride!