

Bicycle Safety

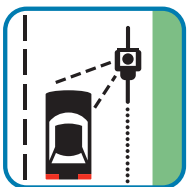
Cycling Tips and Laws

BE ALERT



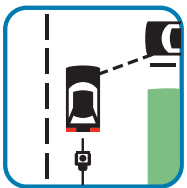
Scan for Hazards

Watch for loose gravel or dirt, debris and holes. Ride perpendicular to railroad tracks and avoid street grates.



Scan the Road Behind

Shoulder check regularly, especially before turning—even when using a mirror to confirm what is coming. Shoulder checking helps indicate to motorists what you intend to do.



Don't Follow Vehicles or Bikes Too Closely

They may block your ability to see road hazards until it is too late, and you will also be less visible to motorists.



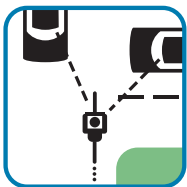
Earphone Dangers

It is unsafe and illegal to wear headphones while riding on a roadway. You need to hear what's going on.



Beware of Car Doors

Be wary of parked cars. Motorists can unexpectedly open doors. Be particularly careful if you see a motorist in the car. Ride a car door width away. Also watch for cars pulling out.

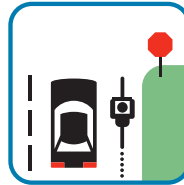


Be Careful at Intersections

The majority of bicycle-auto accidents happen at intersections. Proceed with care. Vehicles making turns are particularly dangerous.

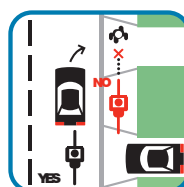
Cycling Tips and Laws

BE PREDICTABLE AND COMMUNICATE



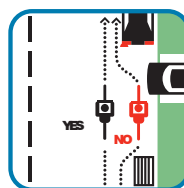
Obey Traffic Signs and Signals

As a vehicle, bicycles must obey all the rules of the road. Cyclists have the same privileges and responsibilities as other traffic.



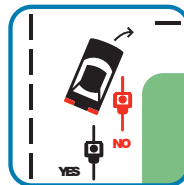
Stay Off Sidewalks

Riding on sidewalks is dangerous. You usually cannot see or be seen by vehicles coming out of driveways, and you can become a hazard for pedestrians.



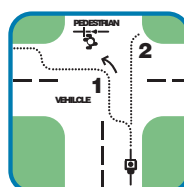
Ride in a Straight Line

Avoid dodging between parked cars. Ride in a straight line away from the curb. This also allows motorists to predict your route. Watch for cars entering from driveways.



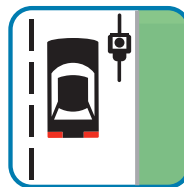
Use Appropriate Lanes

Avoid being in a right turn-only lane if you plan to proceed straight through. Move into the straight-through lane early. In narrow lanes or slow traffic it may be safer to take the whole lane.



Choose the Best Way to Turn Left

AS A VEHICLE: Signal your intentions in advance. Move to the left turning lane, and complete the turn when it is safe.
AS A PEDESTRIAN: Ride to the far crosswalk and walk across when safe.



Ride on the Right

A paved shoulder or the right four feet of the roadway is the safest place to ride. You may move to the center of the lane when:

- approaching an intersection or turning right
- riding next to parked cars
- avoiding obstacles or hazards
- riding the same speed as traffic
- it's too dangerous to allow vehicles to pass
- you approach a sharp curve and need better visibility

- Never Ride After Using Alcohol or Drugs

- Always Keep Both Hands Ready to Brake

Bicycle Safety

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Dress Appropriately

Be ready for the full range of weather that expresses itself in Northern California. Have layers and rain gear ready in the winter months.



Use a Pack or Rack

Use a bike carrier, small backpack, or saddlebags to transport packages. This secures your load and frees your hands for safe riding.



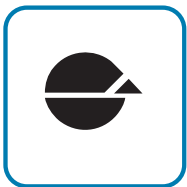
Keep Your Bike Tuned Up

Routine maintenance is simple and critical. It keeps you safer and saves you money.



Use Hand Signals

Signal all turns, lane changes, and stops ahead of time, shoulder check, then make your intended move only when it is safe to do so.



Wear a Helmet!

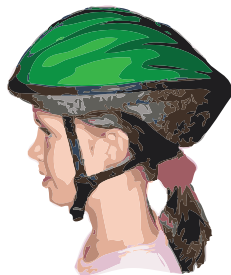
Wearing a helmet is not only smart – it's required by law if you are under age 18. Parents, keep yourself safe and set an example for your children by always wearing a helmet. Make sure the helmet fits level on the head, covers upper forehead, and straps are snug.



Wrong



Wrong



Right

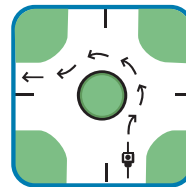
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Park Where You Will Not Impede Pedestrians or People with Disabilities

Be considerate of others—keep your bike off of handrails and posts on narrow sidewalks.



How to Roundabout

Now on the scene in Redding, roundabouts generally treat cyclists and motorists equally, since everyone is traveling about the same speed. Travel counterclockwise and yield to traffic in the circle. Don't cut across the center or ride against traffic.

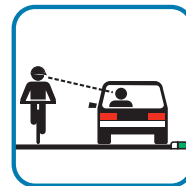
Cycling Tips and Laws

BE VISIBLE



Use Lights at Night

Mount a strong white headlight and red taillight at night or when visibility is poor. Use bike reflectors and reflective clothing. See and be seen!



Make Eye Contact

Confirm that you are seen. Establish eye contact with motorists to ensure that they know you are on the roadway and that you can tell what they're up to.



Be Seen

Ensure your visibility at night by wearing light-toned clothing with reflective tape material. Mount adequate reflectors on your bicycle.