

# Bicycle Safety

The safest way to ride your bike is predictably, in the road, going the direction of traffic.

## Use bike lanes when possible.

When bike lanes are not present, ride as far right as is safe and practicable.

## “Take the lane”—ride in the center of the lane—when appropriate:

- If the lane is too narrow for a bike and a car to ride side by side, 3 feet apart
- If the side of the road is unsafe, rough, or filled with debris
- To avoid the “door zone” of parked cars
- To be more visible and to increase motorist awareness

## Obey all traffic laws

Stop at traffic signals and signs

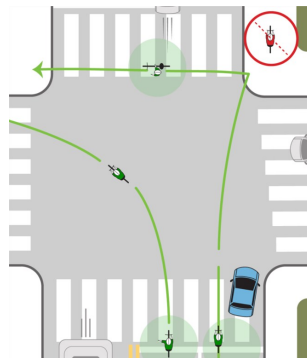
Yield when changing lanes

Signal properly when changing lanes or turning

Have a front light and rear and side reflectors (minimum)

## Wear a helmet.

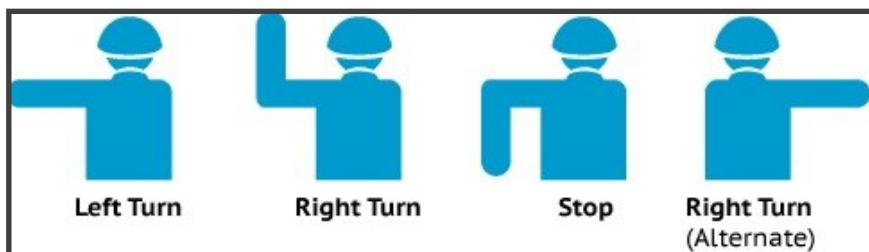
- 60.5% of Utah bicyclists injured in accidents were not wearing helmets
- 70% of bike crash fatalities in the U.S. due to head injuries
- A properly fitted helmet can minimize the effect of crash impact by up to 88%



**Left Hand Turns**

- 1) Signal your lane change and move into the left or center turning lane. Proceed to turn when it is safe and legal to do so. Turn into the far right edge of the road or the bike lane.
- 2) Staying on the right side of the road, ride through the intersection to the far corner and stop. After it is safe and legal to do so, cross going in the new direction, continuing to travel on the right side of the road.

## Hand Signals



## Be Visible

Wear front and rear lights. When possible, wear reflective clothing.

Ride in the road. Signal before changing lanes and turning. Be predictable.

