

# Motorcycle & Bicycle Safety

Summer is here & millions of people are enjoying the warm weather through motorcycling and bicycling. Review these facts & tips for a safe & enjoyable summer.

## Motorcycle Safety Facts & Tips



### Facts:

- Between 2001- 2008 **34,000** motorcyclists were killed.
- More than **1,222,000** people suffered a motorcycle-related injury in the U.S.

### Tips:

- Always wear a Department of Transportation (DOT) certified helmet.
- Maintain legal road speed and exercise caution when traveling over slippery or uneven surfaces.
- Never drink and drive!

## Cycling Safety Facts & Tips



### Facts:

- According to the U.S. Department of Transportation there were **665** cycling fatalities in the U.S. in 2011, the majority of which occurred in urban areas (69%) and at non-intersections (59%).
- 28% of the cyclists killed in 2011 had a blood alcohol concentration above the legal limit.

Tips: The League of American Bicyclists share "5 Rules for the Road"

### Follow The Law

Obey traffic signals and stop signs. Ride with traffic using the rightmost lane headed in the direction you are going.

### Be Predictable

Make your intentions clear. Ride in a straight line, avoid swerving between parked cars. Signal turns, and check behind you well before turning or changing lanes.

### Be Conspicuous

Ride where you can be seen and wear bright/reflective clothing. Use bicycle lights and reflectors when visibility is poor.

### Think Ahead

Anticipate what drivers and pedestrians will do next. Watch out for vehicles, road hazards and railroad tracks.

Always wear a helmet.

### Ride Ready

Check that your tires, brakes, chains and quick release levers are in working order. Carry tools and supplies that are appropriate for your ride.

Make eye contact with others and do not ride on sidewalks.

Sources:

<http://www.nhtsa.gov/Safety/Motorcycles>, <http://bikeleague.org/ridesmart>



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