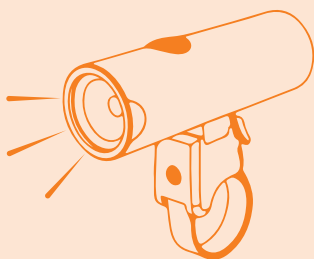


Wear a Helmet

Helmets reduce serious head and brain injuries. Find a helmet that's comfortable and adjust it so that it fits - you've got it right when it's snug, level on your head, and doesn't rock side to side.



Be Visible



Being highly visible helps drivers see you sooner, giving them more time to respond. Headlights, tail lights, bright clothing and reflective gear make it easier for others to spot bike riders.

Be Predictable

Following traffic laws and using hand signals lets drivers know where you're headed.

Left



Right



Stop



Stay Focused



Don't let your phone, your cycling technology, or your ear buds take your attention away from your riding. When you're alert and focused on what's around you, you're a safer rider.