Most safety issues regarding bicycles are simple common sense. Risky behavior and distracted driving/riding by either auto driver or cyclist can lead to disaster. Most problems can be avoided by simple awareness and single-minded focus on your driving or riding environment.

In this article you will learn more about:

- USE THE CORRECT SAFETY EQUIPMENT
WEBINAR FOR CHURCH SAFETY OFFICERS

May 15th 2:30 pm ET
Church Self-Inspections
A "How To" Lesson

WHAT YOU WILL LEARN:
Utilizing Adventist Risk Management’s new, simplified self-inspection form, this webinar will enhance awareness of common physical hazards indoors and on the church grounds. It will also identify some administrative programs and practices that should be in place in all church ministries to help prevent losses.
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QUICK TIPS on Bicycle Safety

Carina Franca posted on May 02, 2013 09:45

...ON BICYCLE SAFETY

Most safety issues regarding bicycles are simple common sense. Risky behavior and distracted driving/riding by either auto driver or cyclist can lead to disaster. Most problems can be avoided by simple awareness and single-minded focus on your driving or riding environment.

Be smart. Be safe. Be alert.

USE THE CORRECT SAFETY EQUIPMENT:

The bicycle needs to properly fit the rider. Good fit improves the bicyclist's control in all aspects of bike riding, including balance, handling in curves, braking and more, whether on roads or following off-road bike trails. Buy the right size bike and adjust the handlebars and seat to fit properly.

REFLECTORS

- red in the rear
- white in the front
- red or colorless on the rear wheel and amber or colorless on the front wheel
- pedal reflectors
- headlight
- mirror
GEAR

- helmet
- reflective clothing at night
- bright clothing in daylight
- bell or horn

Make sure brakes and other equipment function correctly and tires are properly inflated before riding.

LEARN THE PROPER HAND SIGNALS

- The left arm straight out for left turns
- The left arm bent at the elbow with the forearm up for right turns
- The left arm bent at the elbow and forearm pointed down to indicate slowing or a stop

KNOW THE TRAFFIC RULES OF THE ROAD

- The same rules that apply to motor vehicles, apply to bicyclists
- Ride single file in the direction that traffic is flowing
- Do not ride against traffic
- Stay as far to the right as possible, but not too close to the curb where you might strike it and lose your balance
- Maintain focus on what is happening ahead:
  - watch for car doors that might swing open
  - cars pulling out into traffic
  - and vehicles backing up
- Keep in mind that drivers often do not see bicycles approaching
- Remain alert for other hazards
- Sewer grates, potholes, soft shoulders, wet leaves and debris, and slight deviations in surfaces can grab tires or cause them to slip

LAST BUT NOT LEAST IMPORTANT TIPS

- Obey stop signs and signals
- Stop your bike and look left, right, left again, and over your shoulder before entering a street or crossing intersections
- Look behind you and yield to traffic coming from behind before making a left turn

Carina Franca