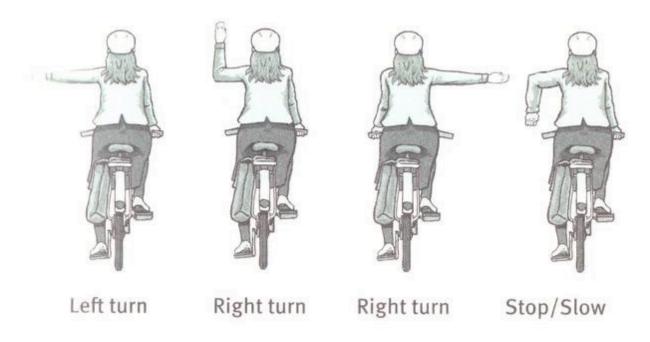


PRESENTED BY INDEPENDENT HEALTH

Safe Riding Tips

Use hand signals



· Ride with traffic.

- Some people think you're supposed to ride against traffic, or that it's safer—it's not! You're more likely to get hit at intersections and in driveways.
- · Communicate with pedestrians and bicyclists!
 - Coming up on pedestrians or passing another bicyclist? Yell, "On your left!" before
 passing them on their left side, or "coming up behind you!"
- Ride in the street whenever possible. Stay to the right. Use hand signals.
 - It's generally unsafe to ride on the sidewalk (and technically illegal for anyone over 14), but it may sometimes be safer than riding in heavy traffic if you're not a confident bicyclist



PRESENTED BY INDEPENDENT HEALTH

Safe Riding Tips

· Making a left turn? You can...

- 1. Take the lane and turn like a vehicle (using hand signals!).
- 2. Go to the corner of the intersection and cross with traffic.
- 3. Go to the corner of the intersection and cross as a pedestrian (walking your bike).

