

# Safe Bicycle Commuting

## Be Prepared, Be Aware, Ride Safe.

Riding a bicycle to work is excellent exercise, improves mood and energy at work, and lightens your impact on the environment. Bicycle commuting, however, requires attention be paid to cars, pedestrians and stationary objects while wearing appropriate gear to ensure your safety and the safety of others. Follow the tips below for a safe, effective and enjoyable commute!

### Wear a helmet!



Your mother was right: wearing your helmet can save your life! No bicyclist should be without one.

Many people avoid helmets because they are worried about their hair or appearance. Good ways to avoid helmet hair include leaving hair lightly styled (finishing it at work) or wearing a tight-fitting skull-cap.

### Pay attention to parked cars!



Drivers are often not very careful when opening car doors, and getting “doored” is not a fun way to start or finish your workday. Pay attention to tail lights to see which cars recently parked or are likely to move, and watch for people entering and exiting cars. Stop or move into the traffic lane where appropriate.

### Be visible!



Automobiles are the primary threat to bicyclists, causing most of the serious injuries. Wear bright clothing and light colored jackets, use bags with reflector tabs, and use a flashing bike light (front and rear).

### Be predictable!



Weaving in and out of traffic can leave motorists confused about where you are going, which can result in them turning into you or passing you quickly. Stick to one side and use hand signals when appropriate.

### Glare can blind motorists!



If the sun is in your eyes, cars coming from behind you cannot see you because of the glare on their windshield. Consider changing your route to a more shaded street where motorists are more likely to see you.

### Watch your pant legs!




Pant legs and shoelaces can get stuck in bicycle gears. Roll up or restrain your pant legs (using Velcro straps available at most bicycle shops) and tuck your laces into your shoes to avoid mishaps that can ruin your clothing and cause a fall.


### DOORED (verb):

“To crash into and/or over a driver’s side door (of a vehicle) while riding your bike.”

-Urban Dictionary (<http://www.urbandictionary.com/define.php?term=doored>)

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