Always Wear a Helmet!!

Be Alert: You still need to pay attention in designated bike lanes.

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Date: 11/6/08   **Toolbox Talk #2**

BICYCLE SAFETY

Many people in the Harvard community feel it is easier to travel around campus by bicycle than by car. This is a great way to enjoy the campus, not worry about finding a parking space, and be environmentally friendly. With this toolbox we will touch on basic bicycle safety.
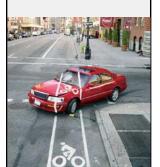
Recommended Bicycle Safety Equipment:

- Properly Fitting Helmet
- Reflective Devices
- Panniers for Storage
- Head Lights for night time riding
- Tail Lights
- Mirror

Proper Bicycle Safety Practices:

- **Pre-ride Inspection:** Visual inspection of overall condition of bike, check tire inflation, seat is at appropriate height, etc.
- **Go with Traffic:** This allows drivers more time to see the rider, eliminates the risk of being struck by a vehicle making a right hand turn onto the street, and minimizes the potential harm if there is a collision.
- **Avoid Busy Streets:** Learn routes that are typically the least crowded with vehicles.
- **Don't Ride on the Sidewalk:** Unless it is the only feasible option, don't travel on the sidewalk. When you go to cross a street or come to an intersection, cars will not be able to see you until it's too late.
- **Watch for Car Doors:** Ride far enough to the left that you will not be struck by an unexpected open door. This is a much more likely scenario than getting struck from behind. Seek wide streets.
- **Be the Most Defensive Driver on the Road:** Ride as if no drivers can see you on the road.
- **Practice:** Don't ride in the city until you can drive in a straight line while looking over your left shoulder.
- **Be Predictable:** Drive in straight consistent lines. Use the appropriate hand signals for turning. Be visible to drivers.

RIGHT TURN   STOP   LEFT TURN