



Cycling can be a fun activity especially when done safely.



The NB Trauma Program and Parachute encourage you to stay safe while cycling by following these important, yet simple steps:



The NB Trauma Program, and our provincial stakeholders, would like to remind you that most injuries can be prevented!

We encourage everyone to learn more about how to stay safe during summer months.

For more information on this and other sport and recreation injury topics, please visit the NB Trauma Program website at www.NBTrauma.ca



NB Trauma Program
Programme de traumatologie du NB

Horizon Health Network
Réseau de santé Horizon

Vitalité Health Network
Réseau de santé Vitalité

Ambulance NB

New Brunswick Department of Health
Ministère de la santé du Nouveau-Brunswick

www.NBTrauma.ca

 @TraumaNB

Be aware and take care.

SAFETY TIPS FOR CYCLISTS



NB Trauma Program
Programme de traumatologie du NB

THIS SUMMER MAKE SURE TO:



Protect Your Head - Wear A Helmet

A properly fitted and correctly worn bike helmet can make a dramatic difference, reducing the risk of serious head injury by up to 80%. New Brunswick law mandates the use of an approved bicycle helmet for riders of all ages.



Remember the 2V1 Rule

Using the 2v1 rule for helmet fitting helps to make sure everyone is strapping up properly before taking a ride. Always check your helmet by following these rules: 2 fingers above your eyebrow, straps form a “V” under your ears, 1 finger space between strap and chin.



Check Your Bike Before You Ride

Ensure that the bike is the right size and adjusted correctly for the height of the rider. A bike that is too big or too small is a safety hazard. Get in the habit of doing a bike check by also checking that the tires are inflated and the brakes are working properly.

LEFT
TURN



RIGHT
TURN



ALSO
MEANS
RIGHT
TURN



SLOWING
DOWN
OR
STOPPING



Stay on the Right Side of the Road

Always stay on the right side of the road following the same direction as traffic. This will make you more visible to drivers and improve their ability to see traffic hand signals.

Be Seen and Heard

Avoid riding at dusk or at night. Make sure drivers can see you! Wearing bright, reflective clothing and equipping your bike with flashing lights and reflectors will help increase visibility. Use a bike bell - it gains the attention of other riders and pedestrians, letting them know you are close by or passing them. Using your voice works well too!



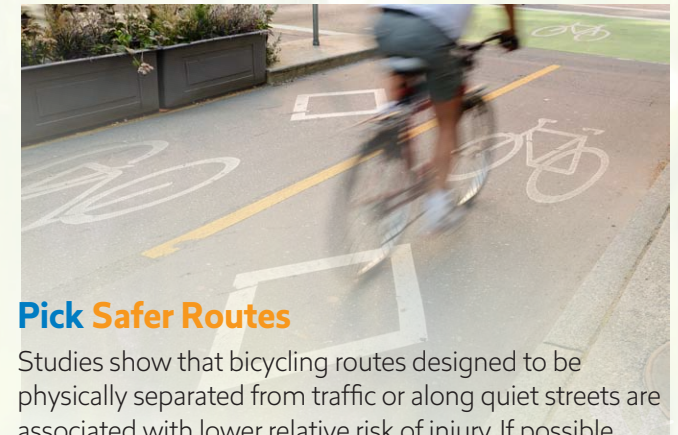
Get trained in bicycle safety

Know the rules of the road. Use appropriate hand signals, obey all traffic signs and remember to always dismount your bike when crossing the street.



Be alert to potential hazards

Pay attention to the road ahead. Do not ride while impaired by alcohol or drugs. If possible, avoid running over drainage grates, loose pavement or gravel, puddles you can't see through or other unsafe road conditions. Cyclists should also try to ride far enough away from parked vehicles in order to avoid being hit by an opening door.



Pick Safer Routes

Studies show that bicycling routes designed to be physically separated from traffic or along quiet streets are associated with lower relative risk of injury. If possible, avoid areas of high road traffic volumes – especially higher speed zones. By preplanning your ride you can be sure the route you are choosing is a safer one.