

b i k i n g r u l e s o f t h e r o a d



- ▲ Always wear a helmet.
- ▲ Ride on the right side of the road, with traffic.
- ▲ Obey all traffic lights and signs. *You can get a ticket just like any other motorist.*
- ▲ Slow down when approaching an intersection. Stop at stop signs, even if you're turning right. Look left, right, left again then look over your shoulder before entering the intersection. If you have no stop sign, go slowly through the intersection.
- ▲ Always use proper hand signals when turning.
- ▲ Driveways are dangerous for bikers because motorists are usually backing out of them and may not notice a biker. Treat driveways like intersections.
- ▲ Wear bright-colored clothing to help drivers see you.
- ▲ Don't wear headphones when biking. They make it almost impossible to hear horns or car brakes and your hearing could save your life.
- ▲ Make sure your bike fits you and keep it running smoothly.
- ▲ Keep an eye out for hazards like sewer grates, potholes, and railroad crossings while biking.
- ▲ **ALWAYS ASSUME OTHER DRIVERS DO NOT SEE YOU. DON'T PUT YOUR SAFETY IN THEIR HANDS.**

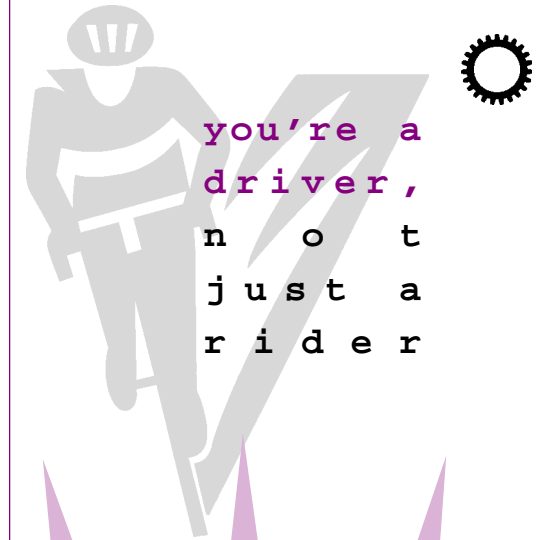
HAND SIGNALS

You're a driver and just like cars have turn signals and brake lights to tell other drivers of their plans, bikers have hand signals to do the same. In Pennsylvania, you make all your signs with your left hand and arm.

LEFT TURN — Extend arm.	
RIGHT TURN — Raise arm from the elbow.	
STOP — Lower arm from the elbow.	

If you have questions about the bike helmet law, contact your state representative.

BIKE SAFETY



INSIDE:

- ▲ Wear a bike helmet... **it's the law.**
- ▲ Dress for safety
- ▲ Know the rules of the road
- ▲ Learn hand signals

Wear a helmet — It's the Law!

Pennsylvania has a law to help protect kids under 12 from injuries when riding their bikes.

If you're under 12, when you ride your bike you **MUST** wear a helmet approved by ANSI or SNELL — the American National Standards Institute or the Snell Memorial Foundation Standards.

Kids who are riding in a restraining seat attached to a bike or in a trailer towed by a bike also must wear a bike helmet.

If you're cited for not wearing a helmet, you and your parents or guardians could face up to a \$25 fine. If you are ticketed but can show evidence of buying or otherwise acquiring a helmet before a hearing on the matter, the fine can be dismissed. Safety is the key issue in this law.

h o w d o
h e l m e t s
h e l p ?

▲ *In three of every four bike accidents, bikers sustain some type of head injury, and head injuries are more likely to kill you.*

You can always recover from scrapes and bruises but your head simply can't take the knocks the rest of your body can.

▲ **A bike helmet can save your life.**

▲ Bike helmets have hidden benefits, too.

- *Helmets give you a place to tape change if you need to make a phone call.*
- *With their bright colors, they make you more visible to drivers.*
- *You can tape emergency medical information inside the helmet, which can help if you have medical troubles while biking.*
- *Bike helmets keep your head cooler in the summer and warmer in the winter.*

ACCESS TO HELMETS

Pennsylvania doesn't want to keep children from riding a bike because they don't have the money to buy a helmet. Anyone cited for biking without a helmet and who pays the fine is helping a disadvantaged family make use of a helmet. The fines will be put in a state Pedalcycle Helmet Fund, which will help buy helmets for qualified loaner programs in the state. These programs can loan helmets to parents or guardians of those under 12 who, due to financial or economic hardship, can't comply with the law.

HOW TO FIT A HELMET

1. **Place a helmet level on the head. It should be snug and cover the forehead.**
2. **Adjust the helmet straps so when buckled it cannot move from side to side or back and forth.**
3. **There should be about one finger width of space between the chin and chin strap.**

DRESS FOR SAFETY

In addition to wearing a bike helmet, help drivers see you by wearing a bright colored shirt or jacket — yellow, red and Day-Glo orange are all good. Just make sure the shirt is a different color from the landscape you're driving in. For example, it's a bad idea to wear all green while biking in a woodsy area.

OUTFIT YOUR BIKE

Your bike has a safety 'dress code,' too. It should have white reflectors on the front and white or yellow reflectors on the wheels. Red is your best bet on the back.

It's not a good idea to ride at night or in bad weather, but you can get caught in both unexpectedly. The law says if you ride at night, you need lights on the front and back. Finally, make sure your bike has a bell or horn to help alert someone to your presence.

YOUR BICYCLE

Just as you have to size a helmet, you need to choose a bike that fits you, too.

To fit a bike:

1. **Lay your arm along the top bar with the elbow touching the seat. The fingertips should just reach the handlebars.**
2. **Straddle the bike. There should be about one inch between the top bar and your crotch.**
3. **Adjust the seat so that when sitting you can balance on your toes.**

