

Bicycle Safety Tips

Winston-Salem Police Department Crime Prevention Unit

Follow Rules of the Road :

- Ride with traffic
- Obey all traffic laws
- Use hand signals
- Watch for other vehicles and pedestrians
- Parked cars
- Helmets – NC Law
- <http://www.ncdot.org/transit/bicycle/laws/resources/BikePedLawsGuidebook-Part-1.pdf>
- http://www.ncdot.org/transit/bicycle/laws/laws_bikelaws.html

Ensure Safety Equipment is used:

Safety Equipment Checklist

Helmet

Knee pads

Elbow pads

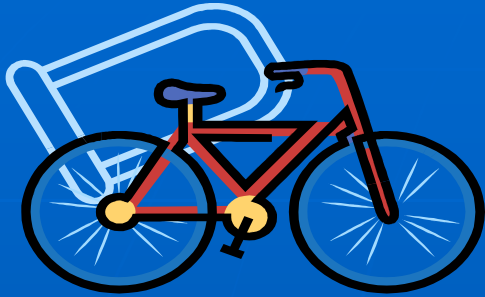
Proper Shoes

Chain Guard

Pant Leg Strap

Eye Protection

Headlight/Reflectors



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Common Cause of Bicycle Accidents:

- Loss of Control
- Mechanical Problems
- Entanglement
- Failure to follow traffic laws
- No reflective clothing
- No lighting
- <http://www.dot.wisconsin.gov/safety/vehicle/bicycle/crash.htm>
- http://safety.fhwa.dot.gov/ped_bike/docs/b_nhtsacrash.pdf

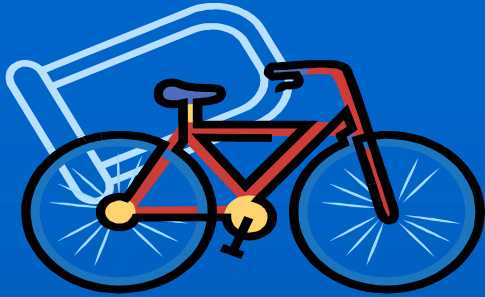
Ensure Equipment is in safe working order:

Safety Checklist

Seat	Headlights
Handlebars	Spokes/Wheels
Bell or Horn	Pedals
Brakes	Reflectors

http://www.ncdot.org/transit/bicycle/laws/laws_bikelaws.htm

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City of Winston-Salem Resources for bicyclists

Greenways

Bike Routes

Parks

**[http://www.cityofws.org/Home/Departments/RecreationAndParks/
ParksAndGreenways/Articles/ParksAndGreenways](http://www.cityofws.org/Home/Departments/RecreationAndParks/ParksAndGreenways/Articles/ParksAndGreenways)**