

ALWAYS USE HAND SIGNALS to tell cars and other bicyclists what you intend to do.

>> Left turn: Left hand and arm extended straight



>> Right turn: Left hand and arm extended upward



OR

>> Right hand and arm extended straight



>> Stopping or slowing down: Left hand and arm extended down



Be a Safe Cyclist



Office of Highway Safety Planning

P.O. Box 30634
Lansing, MI 48909
517-284-3332
Michigan.gov/ohsp

This material was developed through a project funded by the Michigan Office of Highway Safety Planning and the U.S. Department of Transportation.



PROTECT YOUR HEAD, WEAR A HELMET

Make sure it fits correctly and meets U.S. Consumer Product Safety Commission standards. Look for the certification label inside the helmet.



STAND OUT, BE SEEN

Wear light-colored or reflective clothing.



STAY ALERT, AVOID ROAD HAZARDS

Watch for potholes, cracks, railroad tracks, drainage grates, and obstacles in your path.



CHECK YOUR BIKE

Be sure your brakes work and tires are properly inflated.

RIDE NO MORE THAN TWO AHEAD WHEN RIDING ON THE ROAD
Bicyclists riding side by side can't impede traffic.
MICHIGAN LAW



ALWAYS OBEY TRAFFIC SIGNALS, SIGNS, AND LANE MARKINGS
Use hand signals when turning (see back panel for more information).
MICHIGAN LAW



LIGHT IT UP AFTER DARK
If riding after dark, bikes must be equipped with a lamp on the front that emits a white light and a red reflector on the rear.
MICHIGAN LAW



RIDE WITH TRAFFIC
Bicyclists must ride on the right side of the road.
MICHIGAN LAW



THE RIGHT HELMET FIT IS IMPORTANT

Make sure your bike helmet fits correctly, and read the owner's manual for fitting instructions. Buy a helmet to fit a child now, not a helmet to grow into. Helmets should fit snug and sit low on the forehead. Measure your head to fit your size and adjust sizing pads or fit ring until the helmet is snug.



Should not slip forward or backward



Tighten chin straps snugly with no more than one or two fingers fitting under the strap.

Side straps should form a V-shape under, and slightly in front of, the ears