



BICYCLES — DECREASING RISK OF CRASHES

There are two main types of bicycle crashes: the most common is falls from the bicycle, and the most serious is collision with vehicles. Regardless of the reason for the crash, prevention is the name of the game. There are things you can do to decrease your risk. First, know some bicycle safety facts:

- Regardless of the season, bicyclist deaths occurred most often between **6 p.m. and 9 p.m.**
- Bicyclist deaths occurred most often in urban areas (79%) compared to rural areas (21%), and bicyclist deaths were 7 times higher for males than females in 2020.
- One in four fatal bike crashes in 2020, involved a bicyclist who had been drinking alcohol.
- Utah law requires bicyclists on the roadway to follow the same rules and responsibilities as motorists.

BE PREPARED BEFORE HEADING OUT

- Ride a bike that fits you—if it's too big, it's harder to control the bike.
- Ride a bike that works—it really doesn't matter how well you ride, if the brakes don't work.
- Wear equipment to protect you and make you more visible to others, for example: a bike helmet, bright clothing (during the day), reflective gear, a white front light, and red rear light, and reflectors on your bike.
- Ride one per seat, with both hands on the handlebars, unless signaling a turn.
- Carry all items in a backpack or strapped to the bike.
- Tuck and tie your shoe laces and pant legs to eliminate those items being entangled in the bike chain.
- Plan your route wisely — choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane, or on a bike path.

RIDE DEFENSIVELY — FOCUSED AND ALERT

Be focused and alert to the road and all traffic around you; anticipate what others may do, before they do it. This is known as defensive driving — the quicker you notice a potential problem, the quicker you can act to avoid a potential crash:

- Ride with the flow of traffic. Travel in the same direction.
- Obey street signs, signals, and road markings, just like a car.
- Assume the other person doesn't see you; look ahead for hazards or situations to avoid such as; toys, rocks, potholes, grates, train tracks.
- No texting, listening to music, or using anything that distracts you by taking your eyes, ears, or your mind off the road and traffic.

DRIVERS — SHARE THE ROAD

People on bicycles have the same rights and responsibilities as people behind the wheel of a vehicle.

- Yield to bicyclists as you would motorists and do not underestimate their speed. This will help avoid turning in front of a bicyclist traveling on the road or sidewalk, often at an intersection or driveway.
- In parking lots, at stop signs, when packing up, or when parking, search your surroundings for other vehicles, including bicycles.
- Drivers turning right on red should look to the right and behind to avoid hitting a bicyclist approaching from the right rear. Stop completely and look left-right-left and behind before turning right on red.
- Obey the speed limit, reduce speed for road conditions, and drive defensively to avoid a crash with a cyclist.
- Give cyclists room. Do not pass too closely. Pass bicyclists as you would any other vehicle—when it's safe to move over into an adjacent lane.
- Put your phone down.

