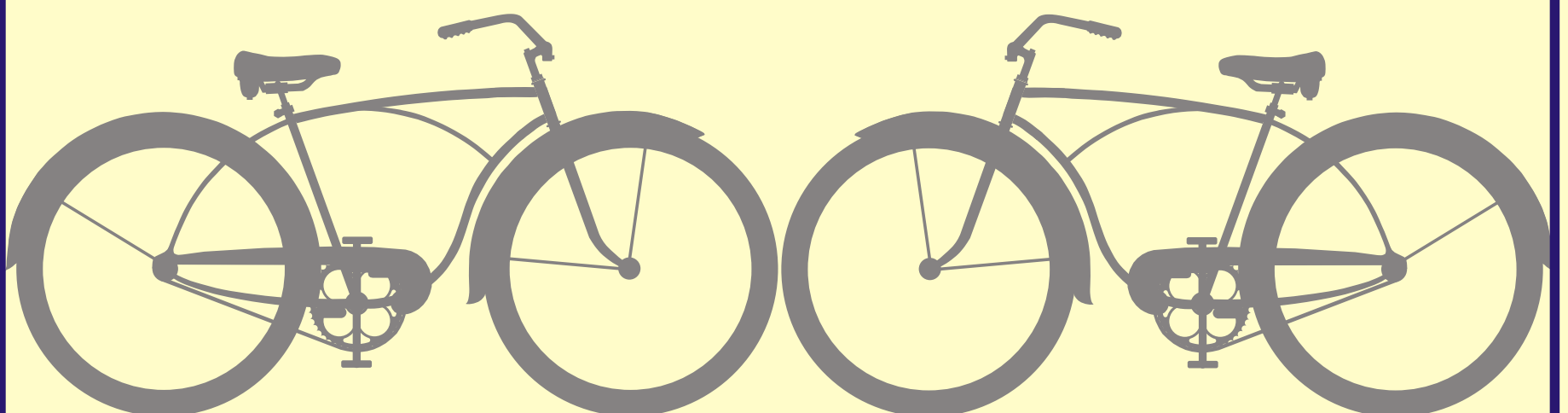


# Seven Steps to Safe Bicycling

## Every time you ride!

1. **WEAR A HELMET.** Bicycle helmets save lives. Most bicycle fatalities and permanent injuries are head injuries. Bicycle helmets can eliminate up to 60% of all fatalities. Florida State Law requires anyone younger than 16 years of age to wear a bicycle helmet.
2. **BE ALERT & PREDICTABLE.** Watch all cars carefully. Many drivers are too busy watching other motorists to notice bicycle activity. Ride in a straight line and don't swerve in the road or between parked cars. Check for oncoming traffic before entering any street or intersection. Anticipate hazards and adjust your position in traffic accordingly.
3. **BE MORE VISIBLE.** Wear bright colored clothing during the day and reflective clothing at night. Make sure your bike has a white headlight, red tail light and a red rear reflector if you ride at night.
4. **RIDE ON THE RIGHT.** Ride with traffic, not against it. This is the safest way to ride, the best way to be seen and gives drivers more time to safely pass you.
5. **WATCH TURNING TRAFFIC.** Be certain you have good eye contact with the driver before riding in front of a waiting car.
6. **BE CAREFUL AROUND PARKED CARS.** Never ride into the road from between parked cars, trucks or other obstacles.
7. **OBEY ALL TRAFFIC LAWS.** Bicycle riders have the same right to the road as car drivers. They also have to obey the same laws:

- ◆ Stop at all stop signs and red lights.
- ◆ No headphones when you ride.
- ◆ Signal your turns, just like a car.
- ◆ Ride on the right- ALL the time.



Check out the Pinellas County MPO web site at [www.co.pinellas.fl.us/mpo](http://www.co.pinellas.fl.us/mpo)