A bicycle is the smallest **vehicle** on the road. Riders should stay **visible**, **ride predictably**, follow **traffic rules**, and **communicate** with other road users.

### Five key safety tips:
- ride in a straight line and a 1/2 metre away from curb or parked cars
- ride in the same direction as traffic
- stop at edge of road for red lights and stop signs. Check both ways before continuing across.
- Check over your shoulder before you make turns and lane changes
- Look down the road too see if there may be danger ahead

### Make your bike legal!
Cyclists under 18 are required by law to wear a helmet, if you are over 18 they are strongly recommended, lights and reflectors should be visible on the front and back, and a bell or horn should be attached!

### Wearing a helmet can reduce your risk of head injury up to 85%
- keep the edge of the helmet two fingers above the eyebrows to protect the forehead
- straps should be in a V-shape just below the ears
- one finger should fit between the chin and the chin strap

### Make sure your bike fits properly:
- Both feet should be flat on the ground with some space when straddling the top tube
- Toes should touch when seat on the bike
- Reach the handlebars with a gentle lean (avoid straining back and shoulders)
- adjust brake levers to hand size

Bike rider tip:
Place a water bottle rack on your bike, it’s great for long trips and keeping hydrated!

For more information visit:
[www.brocku.ca/hr-ehs/environment-health-safety](http://www.brocku.ca/hr-ehs/environment-health-safety)