

# BICYCLIST SAFETY TIPS

FOR ADULTS



## IT'S A GREAT DAY FOR A BIKE RIDE!

Before you roll, take a few minutes to review these tips to help make your journey safe and enjoyable.



### Know the law.\*

Understand and obey laws governing traffic safety, safe riding procedures, bike equipment, and more.



### Wear a helmet.

Head injuries are the most serious type of injury and the most common cause of death for bicyclists. While helmets are required only for those under 18, everyone needs protection. Learn how to select and fit a helmet at [octa.net/bikesafety](https://octa.net/bikesafety).



### Be visible.

Wear bright or reflective clothes. Equip your bike with a headlight and rear reflector.



## Learn hand signals.

Hand signals tell motorists when you want to turn left, right, slow or stop. They're easy to learn and are required by law. Find out how at [octa.net/bikesafety](http://octa.net/bikesafety).



## Ride with traffic.

Failure to do this is the biggest cause of bicycle injury in Orange County. Go with the traffic flow. It's the best way to share the road with motorists. If you are traveling slower than the speed of traffic, you must use the bike lane if one is available.



## Pay attention.

Don't ride distracted. Keep the music and phone for another time. Avoid riding if you are tired and don't ride your bike if you've been drinking alcohol.



## Use caution when riding near parked cars.

You can be injured when a car door opens.



## Behave predictably.

Don't weave between parked cars. Follow lane and highway markings.



## Maintain your bike.

Always check brakes, chains and tires before you ride.



## Take a bike class.

Improve your skills and safety awareness with a local bike class.

\*For more information about laws concerning cycling, please view this information from the California Department of Motor Vehicles (DMV):

California DMV Driver Handbook: [http://apps.dmv.ca.gov/pubs/hdbk/driver\\_handbook\\_toc.htm](http://apps.dmv.ca.gov/pubs/hdbk/driver_handbook_toc.htm)

California DMV California Vehicle Code 2014: <http://www.dmv.ca.gov/pubs/vctop/vc/vc.htm>

California DMV "Sharing the Road: Fast Facts": [http://www.dmv.ca.gov/pubs/brochures/fast\\_facts/ffd137.htm](http://www.dmv.ca.gov/pubs/brochures/fast_facts/ffd137.htm)

# BICYCLIST SAFETY TIPS

FOR CHILDREN



**RIDING YOUR BIKE** is a great way to have fun and get around. Before you roll, take a look at these important safety tips. Stay safe and keep riding!



## Obey the law.\*

To keep people safe, California has laws about how to bike in traffic, what kind of equipment your bike needs, and much more. Review these laws with your parents.



## Wear a helmet every time you ride.

In California, kids under 18 must wear a helmet. That's because your brain is fragile and can be damaged easily. Learn about helmets and how to put them on properly at [octa.net/bikesafety](https://octa.net/bikesafety).



## Learn hand signals.

Hand signals tell motorists when you want to turn left, right, slow or stop. They're easy to learn - find out how at [octa.net/bikesafety](https://octa.net/bikesafety).



### Ride with traffic.

Always ride in the same direction as car traffic. Go with the traffic flow!



### Help others see you.

That means bright clothing on you, rear reflectors and head lamps on your bike.



### Avoid riding at dusk or night.

Daytime riding is much safer. It's harder for cars to see you at night and harder for you to see, too.



### No headphones. No cell phones.

Focus! You'll be able to see and hear better.



### Be careful riding near parked cars.

You can be injured if a car door opens into your bike.



### Don't carry passengers on your bike.

It will be harder for you to see and can make your bike wobbly.



### Take care of your bike.

Check your brakes, tires and chains every time you ride.



### Be street safe.

If you're allowed to ride in the street, you need to obey traffic signs and signals just like car drivers. Treat cars and trucks with respect. Remember that they may have difficulty seeing you.



### Be courteous on the sidewalk.

Before riding on the sidewalk, find out if it's OK in your town. Be careful of the walkers. Don't ride too fast or too close. Watch for cars coming in and out of driveways.



### Be a "roll" model.

Learn these bike safety rules and help keep your friends and family safe.

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# MOTORIST SAFETY TIPS



## SHARING THE ROAD WITH BICYCLISTS



**UNDERSTANDING THE RULES** and using caution and courtesy can help make travel safer for all who share the road. Here are a few tips to consider before you get behind the wheel.



**\*Understand and follow the new Three Feet for Safety Act (AB-1371 effective 9/16/2014).**

The law requires drivers who pass cyclists from behind to keep their vehicles 3 feet away.\*\*



**Treat bicycles riders the same as drivers of motor vehicles.**

They have legal access to the road and should be considered slow-moving motor vehicles.



**Pay extra attention when driving near schools.**

Kids on bikes and on foot are all around. They may not behave predictably. Keep focused to avoid accidents.



## Use special care when driving near cyclists.

An accident could potentially result in serious injury because a cyclist is more vulnerable.



## Understand cyclist behavior.

Cyclists behave differently from other motorists. For example, they may move left suddenly in a traffic lane to avoid hazards that may not be an issue for a car or truck. Anticipate this possibility and be watchful.



## Cyclists may travel faster than you realize, so adjust your driving.

Be realistic about bike travel speeds. They often travel at 15-20 miles an hour on city streets. If turning in front of a cyclist, take this speed into account and adjust your timing accordingly. To avoid a collision, do not pass a cyclist if you will be making a right turn immediately afterward.



## Be alert.

Watch for cyclists just as you would for other cars. Use particular caution when driving around cycling children because they may behave unpredictably.



## Be careful when opening your car door.

Look before opening the door to avoid striking a cyclist.



## Don't drive distracted.

Alcohol, drugs, lack of sleep, and cell phones can impair judgment.



## Exercise patience.

Think of a bicycle as a slow-moving car and approach and pass with caution, courtesy and plenty of room. Remember that cyclists are very vulnerable in a collision and drive with that thought in mind.



## Avoid horns and yelling.

A sudden loud sound may startle a cyclist and cause the person to swerve into traffic.

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# MOTORISTS SAFETY TIPS



SHARING THE ROAD  
WITH PEDESTRIANS



## **MANY MOTORISTS ARE ALSO PEDESTRIANS.**

When you're behind the wheel, think about how you'd like to be treated when you're on foot. Keep these tips in mind for safety.



### **Pedestrians have the right of way.\***

Always yield to pedestrians at intersections and corners. Be particularly careful when turning right on red. Look in all directions because pedestrians may come from any direction.



### **Pay extra attention when driving near schools.**

Kids are all around. They may not behave predictably. Keep focused to avoid accidents.



## Don't drive distracted.

Alcohol, drugs, lack of sleep, and cell phones can impair judgment.



## Stop behind the line at the intersection.

Allow pedestrians to cross using the crosswalk.



## Avoid horns and yelling.

A sudden loud sound may startle a pedestrian and cause the person to jump into traffic.



## Be patient.

Allow extra time for seniors, kids, and the disabled.



## Use your headlights.

Many pedestrians are injured at dusk or after dark. Turn on your headlights so you can see them - and they can see you.



## Slow down.

Accidents that occur at higher speeds are more likely to be fatal.

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# PEDESTRIAN SAFETY TIPS

FOR ADULTS



**MANY ENJOY WALKING** through beautiful Orange County for recreation, to do errands or to get to work. By leaving the car at home, we help ourselves and the environment. Practice smart, safe walking using the safety tips.



## Know the law.\*

Just like motorists and cyclists, pedestrians must follow rules and regulations.



## Pedestrians have the right of way.

Pedestrians always have the right of way at street intersections and at corners with or without traffic lights, whether or not the crosswalks are marked by painted white lines.



## Cross the street carefully.

Stop and look both ways. If possible, make eye contact with drivers. Do not start crossing until you know that the motorist can see you and is stopping.



## **Pedestrians must care for their own safety.**

That means no jumping off a curb or other place of safety to walk or run into the path of a vehicle that is so close as to constitute an immediate hazard.



## **Be visible.**

Wear bright or reflective clothing. Stay in well-lit areas. Carry a flashlight when walking at night.



## **Be alert.**

Remove the phone, earbuds or headset. Be alert to engine noise and backup lights. Walk soberly and carefully.



## **Understand and follow traffic symbols.**

Cross when you see the figure of a pedestrian. When the flashing orange hand appears, use caution; do not start into the crosswalk, but continue to the other side if you are already in it.



## **Bike lanes are for bikes.**

No walking in bike lanes if there is an adjacent pedestrian walkway. Walk on the sidewalk if one is available.



## **Walk facing traffic.**

If you must walk on the street, walk facing traffic on the left as far away from traffic as possible.

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# PEDESTRIAN SAFETY TIPS

FOR CHILDREN



**WALKING IS SO NATURAL**, you might not even think about what you're doing. To be safe, though, give it a little thought. Remember these tips next time you walk to school, the store, or a friend's house.



## Know the law.\*

Just like motorists and cyclists, pedestrians must follow rules and regulations.



## You are responsible for your own safety.

Maybe you've heard people say, "Pedestrians have the right of way." And that's true. But even so, it's your job to keep yourself safe. That means no jumping off a curb or other place of safety to walk or run into the street and possibly into the path of a car or truck.



## Cross the street carefully.

Stop and look both ways. If possible, make eye contact with drivers. Do not start crossing until you know that the motorist can see you and is stopping. Walk; don't run, skip, or dance. This is serious stuff.



### Cross with a group.

Walk with friends. This provides greater safety because groups are easier to see than individuals.



### Be visible.

Wear bright or reflective clothing. Stay in well-lit areas. Avoid walking at night unless you are with an adult.



### Be alert.

Remove the phone, earbuds or headset. Be alert to engine noise and backup lights.



### Pay attention.

Stay focused and stay safe.



### Understand and follow traffic symbols.

Cross when you see the figure of a pedestrian. When the flashing orange hand appears, use caution; do not start into the crosswalk, but continue to the other side if you are already in it.



### Don't run into the street. Don't cross from between parked cars.

Find an intersection and cross safely there.



### Bike lanes are for bikes.

No walking in bike lanes if a walkway is nearby. Walk on the sidewalk if one is available.



### Walk facing traffic.

If you must walk on the street, walk facing traffic on the left as far away from traffic as possible.

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