

10 TIPS for Safe Bike Riding

- 1 Always wear YOUR helmet; wear it fastened; and make sure it fits.
- 2 Know your traffic rules and local laws regarding where you can ride
- 3 Be visible by wearing bright colored clothes during the day and reflective clothing at dusk or at night. Ride with a light at night.
- 4 Keep your bike in good working condition. Check your brakes before starting to ride.
- 5 Use proper hand signals
- 6 When riding on the road, ride with the flow of traffic – staying on the right side of the road
- 7 Keep at least one hand on the handlebars at all times
- 8 Be aware of your surroundings at all times and slow down at intersections.
- 9 Always yield to pedestrians
- 10 And repeating the first rule – Always wear a helmet!

For more information on children's safety, visit the **Crumley Roberts Safety Zone** at www.crumleyroberts.com, or on Facebook at www.facebook.com/crumleyroberts.



- Personal Injury
- Workers' Compensation
- Social Security Disability

