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MaineDOT Flash Facts, Topic : Bicycle Safety, 2008

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MaineDOT Flash Facts:

Topic: Bicycle Safety

Whether you ride a bicycle for fun or exercise, do it safely and know the rules of the road. Last year, the MaineDOT says there were more than 200 bicycle crashes in Maine, most of which resulted in injuries. To stay safe bike riders need to:

- Follow the same rules of the road as any other vehicle.
- Ride in the same direction as the traffic.
- Obey all traffic laws, signs and signals.
- Ride as far to the right as you safely can and check carefully before turning or changing lanes. (On city streets leave room between you and doors opening from parked vehicles).
- Always wear a helmet

People who ride bicycles on the road are subject to the same rules as cars BUT also have the same right to the road. Please Share the Road. If you're behind the wheel of a motor vehicle, what can you do to make the road a safer place for bicyclists?

- Remember, bicyclists are very vulnerable to injury. Drivers should give bicyclists the same courtesy they give other drivers.
- Only pass bicyclists when you can see there is no oncoming traffic a safe distance ahead. Be patient, waiting an extra couple of seconds can prevent a serious crash.
- Do not turn in front of bicyclists unless you can do so safely.
- When driving, Maine law requires that you give bicyclists a 3-foot safety cushion as you pass them on the road.

If you're out there riding your bicycle - or if your kids are - the MaineDOT has some important tips for your safety. There are more than 200 bicycle crashes a year, that result in almost as many injuries and several deaths. Here's what you can do to make sure this doesn't happen to you.



- Make sure your bicycle has reflectors that can be seen in all directions - front, back and side
- Always use a headlight and taillight at night
- Help drivers see you by wearing reflective clothing
- If you're part of a group, ride in single file
- Always wear a helmet

Children 15 and younger are required to wear helmets while bicycling. With a new 2007 law, police now have the ability to summon an offender. The law now directs officers to warn a youth for the first offense, then issue a summons with a \$25 fine for the second offense

Be A Road Model - treat bicyclists with courtesy.