

Safety Tips for

BICYCLISTS AND PEDESTRIANS

1 RESPECT LONG
STOPPING DISTANCES

2 DON'T RIDE OR
WALK IMPAIRED

3 MAKE YOURSELF
MORE VISIBLE

4 OBEY TRAFFIC LAWS,
SIGNALS, AND SIGNS

5 STAY ALERT AND
UNDISTRACTED

6 STAY OUT OF
BLIND SPOTS

7 PREPARE FOR
WIDE TURNS

OUR ROADS®
SAFETY
Partnership for **Responsible Driving**



U.S. Department
of Transportation
Federal Motor
Carrier Safety
Administration

Bicyclists and pedestrians are slower than motor vehicles, lack protection in a crash, and are hard for drivers to see – particularly large bus and truck drivers. Stay safe around large commercial vehicles with these tips.

- 1 RESPECT LONG STOPPING DISTANCES.**
Never cross in front of a moving truck or bus or cut in too close after passing a truck or bus.
- 2 DON'T RIDE OR WALK IMPAIRED.**
Alcohol and many drugs and medications decrease motor skills and judgment. The National Highway Traffic Safety Administration (NHTSA) found that in 2013, walking impaired was a factor twice as often as driving impaired for crashes resulting in pedestrian fatalities. If you've been drinking, get a safe ride or take public transportation.
- 3 MAKE YOURSELF MORE VISIBLE.**
In the daytime, bright clothing is best for visibility. At night or during bad weather, use reflectors and lights on your bike, and carry a flashlight and/or wear a headlight while walking.
- 4 OBEY TRAFFIC LAWS, SIGNALS, AND SIGNS.**
Bicyclists must stop at red lights and stop signs and ride with the flow of traffic. Pedestrians must obey signals and cross at intersections and crosswalks. Never assume that because you have the right of way drivers will see you and yield.
- 5 STAY ALERT AND UNDISTRACTED.**
Listening to music leaves you unable to hear sirens, horns, and other warnings. Using cell phones while walking puts you and those around you at risk.
- 6 STAY OUT OF BLIND SPOTS.**
Never ride or walk too close to a truck or bus. They have huge blind spots on all four sides. If you can't see the driver in the vehicle mirrors, assume the driver can't see you. Never ride or walk behind a truck or bus that's backing up.
- 7 PREPARE FOR WIDE TURNS.**
Don't ride or walk between a truck or bus and the curb at an intersection or when the vehicle is about to turn.

MORE SAFETY TIPS FOR BICYCLISTS

WEAR YOUR HELMET.

Always wear a well-fitting safety helmet when riding and consider gloves and other safety gear.

STAY AWARE OF TRAFFIC.

Watch for brake lights and signals. Signal well in advance, but never assume that drivers see your hand signals.

CHECK YOUR BRAKES.

Always inspect your brakes before riding. Be prepared to stop quickly – never assume a truck or bus will be able to stop in time.

MORE SAFETY TIPS FOR PEDESTRIANS

WATCH YOUR WALKWAYS.

Use sidewalks and crosswalks whenever possible. Don't stand in the street while waiting to cross and stand back on corners, as turning vehicles may run onto sidewalks.

BE ALERT IN PARKING LOTS, FILLING STATIONS, AND REST STOPS.

Locations where trucks and buses back up and navigate tight spaces are particularly dangerous.

TAKE EXTRA CARE AT BUS STOPS.

Before crossing in front of a bus, make sure the bus is not about to proceed, and that the driver sees you.

WATCH FOR WIDE LOADS.

Trucks with wide loads make even wider turns and take longer to stop. Keep your distance when walking around them.