

# Ride Safely



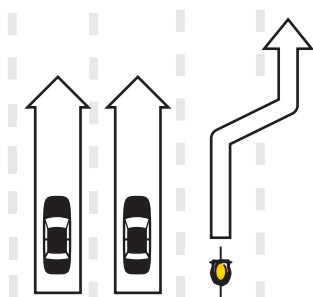
**Wear a helmet  
Be predictable**



**Obey all traffic laws,  
signs, and signals**



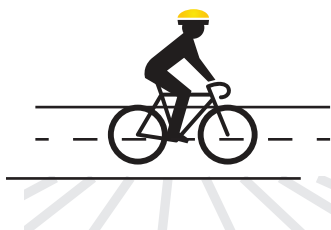
**Left Stop Right  
Signal turn**



**Ride with the  
flow of traffic**



**Yield to pedestrians**



**Stay off sidewalks**

# Safety Equipment



- Helmet
- Bell or horn
- Brakes that work
- Closed shoes
- Bike lock
- Handlebars and seat tight
- Lights and reflectors  
(white front, red rear)
- Tires inflated, good tread
- Chain oiled, not loose

## Inspect your bike ABCD Quick Check

- A Air** - correct air pressure, tires in good shape, spokes tight, wheels spin freely
- B Brakes** - brakes make wheels skid, pads in good shape
- C Chain** - straight, clean, lightly oiled
- D Drop** - raise bike about 2 inches, drop it, check for any noise or loose parts

**Quick Check** - quick release fittings tight



Hamilton