



COMMUNITY ALERT



TRAFFIC GROUP
LOS ANGELES POLICE DEPARTMENT
OFFICIAL PUBLICATION OF THE POLICE DEPARTMENT CITY OF LOS ANGELES
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BICYCLE SAFETY



Over the past several years, the City of Los Angeles has seen an increase in the number of community members who are bicycling. As a reminder, there are various laws that regulate bicycling on the roadway. These laws are designed to enhance your safety. Cyclists have the same rights and responsibilities as motorized vehicles. To enhance bicycle safety, the following tips are strongly recommended for all cyclists to reduce deaths and injuries on our roads.

HELMETS

Every bike ride should begin with putting on a helmet that properly fits. The benefits of wearing a helmet cannot be overstated. When selecting a helmet, it is important to remember that sizes vary between manufacturers. To ensure a proper fit, look in the mirror or have someone assist with securing your helmet. A helmet can save your life or dramatically reduce your chances of sustaining a significant injury in the event you are involved in a traffic crash.

BE PREPARED BEFORE HEADING OUT

- Bicycles come in all sizes. A bike that's too big are harder to control.
- Inspect the brakes before riding.
- Wear safety equipment that provides protection such as a helmet, glasses and shoes.
- Wear bright or reflective clothing
- Ensure your bike is equipped with a white color front light and red color rear light as well as reflectors
- Ride one per seat, with both hands on the handlebars, unless signaling to turn.
- Carry all items in a backpack or strapped to the back of the bike.
- Plan your route - Choose safer routes with less traffic, slower speeds and use bike lanes or paths.
- Don't ride after drinking alcohol or using drugs that can impair your ability to safely operate the bicycle.

DRIVE DEFENSIVELY - FOCUSED AND ALERT

Be focused and alert to the road and traffic conditions. Anticipate what others may do, before they do it. This is defensive driving. The quicker you notice a potential conflict, the quicker you can act to avoid a potential crash. Remember these defensive driving tips:

- Ride with the flow or same direction of traffic.
- Obey street signs, signals, and road markings.
- Assume others don't see you
- Identify hazards or situations to avoid that may cause you to fall, like toys, pebbles, potholes, grates, train tracks.
- Don't ride distracted. Don't text, listen to music or using anything that distracts you by taking your eyes and ears or your mind off the road and traffic.

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