

- Drivers and passengers: Always look before opening car doors that might impede bicycle traffic. Bicyclists: Always watch for occupied vehicles, where doors may open suddenly.
- Do not ride on sidewalks.
- Give the right of way to pedestrians.
- Carry no passengers except youngsters on or in approved seats or trailers.
- Look out for bridge expansion joints and sewer grates that run parallel to the road. Your tires may slip down between the steel bars.
- Do not ride while wearing headphones—or using a cell phone!



## Bicycle Pre-Ride Inspection:

**Air** - Check tire pressure and inflate to recommended maximum pressure. Look for damage and tread wear.

**Brakes** - Examine brake pads, cables and housings. Squeeze brake levers and check for smooth operation and 'grab.'

**Bearings** - Rotate and check for play or wobble in cranks, headset, and wheels.

**Quick Release** - Many bicycles are equipped with quick-release axles rather than the standard thread-and-nut type. Make sure quick-release devices are tight so that, when they are engaged, the wheels are solidly secured to the frame.

**Components** - Check bicycle components and ensure proper functioning by taking a slow ride in an area free of traffic. Lightly bounce the bike on the ground and listen for loose parts. Spin wheels to check truing (wobble).

# BICYCLE SAFETY AT SLAC

Many SLAC workers ride bicycles to and from work and use both SLAC and private bicycles on-site. To ensure safe bicycling for everyone, follow the tips below:

- Ride a bike that is the right size for you. On a men's bike, you should be able to straddle the top tube while standing with both feet flat on the ground. On any bike, the seat height should allow you to touch the ground with one foot, leaning slightly, with your other foot on the pedal.
- Wear bright-colored clothing to be more visible. Use a forward-aiming white light

(at a minimum) if you must ride at night.

- Check for loose components (such as brakes, wheels, and handle bars) before each ride. The SLAC Motor Pool, ext. 2250, performs SLAC bike maintenance.
- Ride single file when riding with others.
- Always be prepared to yield if you're in doubt of a motorist's awareness of you.
- Stop and look for traffic whenever entering the road, especially from a curb.
- Keep both hands ready to brake. Allow extra distance for stopping whenever the road surface is wet (rain, sprinklers, etc).



- Use a basket, panniers, or a backpack to keep both hands free. Carry heavier loads closer to the ground (i.e., in panniers).
- Ride on the right with the flow of traffic. Do not ride in the wrong direction on one-way streets.
- Avoid passing cars on the right. Motorists may not look for or see a bicycle passing on the right.
- As when driving a car, obey all traffic signs and signals.
- Scan the road behind you. Learn to look back over your shoulder without losing your balance or

swerving. Better yet: get and use a rear-view mirror!

- Wear a well-fitted bicycle helmet. (The majority of bicyclists killed in the U.S. were not wearing helmets. Helmets are thought to offer more protection during falls than during auto collisions.)
- Keep a consistent distance from the curb, unless parked cars are far apart. Motorists may think you are reckless or overreact when you turn into their lane.
- Use hand signals when turning.



Brought to you by the Operating Safety Committee.  
For more information, contact Security at extension 2551.  
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