



MaineDOT Flash Facts:

Topic: Bicycle Safety

The weather's warming up and that means more bicycles out on the roads. If 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
- When passing, give the bicyclist at least three feet of space and reduce speed
- 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

If you're out there riding your bicycle this spring - or if your kids are - the MaineDOT has some important tips for your safety. There are more than 200 bicycle crashes a year, which 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

Be A Road Model - treat bicyclists with courtesy and always wear your seat belt.