

GENERAL SAFETY TIPS

ACKNOWLEDGMENTS

HOW TO STAY SAFE ON TWO WHEELS

A PROPERLY FITTING HELMET CAN DRAMATICALLY REDUCE YOUR RISK OF BRAIN, HEAD, AND FACIAL INJURY WHILE RIDING A BIKE. A 2016 SYSTEMATIC REVIEW FOUND THAT CYCLISTS WHO WEAR HELMETS REDUCE THEIR CHANCE OF A FATAL HEAD INJURY BY 65%.

* J. OLIVIER & P. CREIGHTON, INT. J. EPIDEMIOLOGY 46(1): 278-292. *

Discounted helmets are available:

In Cambridge at the Campus Services office, room 807 of the Smith Campus Center (\$10 by cash, check or card).

Monday - Friday, 8 am - 5 pm.

In Longwood at the Dana Farber gift shop for \$12 (cash or card).

Monday - Friday, 9 am - 5 pm.

Cyclists must obey traffic laws, which includes stopping at red lights.

Cyclists may ride in the center of a traffic lane at any time, on any street. "Taking a lane" is an important way to stay safe in roundabouts, when taking a left turn, and at intersections where cars may turn right.

Every bike comes with a built-in pedestrian! If you feel uncomfortable, you can always pull to the side of the road when it's safe to do so, get off, and walk. Remember that pedestrian signals apply to pedestrians only.

Use hand signals by pointing in the direction you intend to turn, as long as you feel safe doing so. Audible cues ("on your left" or a bell) are legally required when passing pedestrians or other cyclists.

If you hear sirens and/or see emergency vehicles approaching, signal and pull over when safe to do so, as quickly as possible. Be aware: nearby motorists may respond unexpectedly.

Being safe is being seen! If you cannot spot the driver's head in a vehicle's mirrors, the driver cannot see you. But just because you can see the driver does not mean they know you are there.

HELMET FIT GUIDE ADAPTED FROM: AUCKLAND TRANSPORT - GOVERNMENT OF NEW ZEALAND

HELMET FIT GUIDE

HOW TO CORRECTLY FIT YOUR HELMET



Two fingers between eyebrows and bottom of your helmet



The "four"-k of the side strap should sit just below your earlobes



One finger under the strap beneath your chin

SIGNS OF AN IMPROPERLY FITTED HELMET



Helmet is unbuckled



Helmet is too far forward

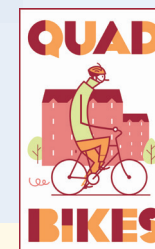


Helmet is too far back

CONTENT AND SUPPORT FOR THIS BROCHURE PROVIDED BY:



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FOR ADDITIONAL INFORMATION PLEASE SEE:

BIKE SAFE BOSTON:

<http://bikesafeboston.com/>

CAMBRIDGE BIKE WIKIMAP / CAMBRIDGE STREET CODE:

FOR MORE INFO ON HOW TO STAY SAFE AND EXPECTATIONS WHILE BIKING IN CAMBRIDGE, SCAN HERE:



GETTING AROUND BY BIKE:

<http://www.cambridgema.gov/home/CDD/Transportation/gettingaroundcambridge/bybike.aspx>

SOMERVILLE BICYCLE COMMITTEE:

<http://www.somervillebikes.org/>

TO REPORT PLACES OF AGGRESSIVE DRIVING AND/OR ROAD HAZARDS:

BOSTON, CAMBRIDGE & OTHER MA CITIES USE THE COMMONWEALTH CONNECT APP:

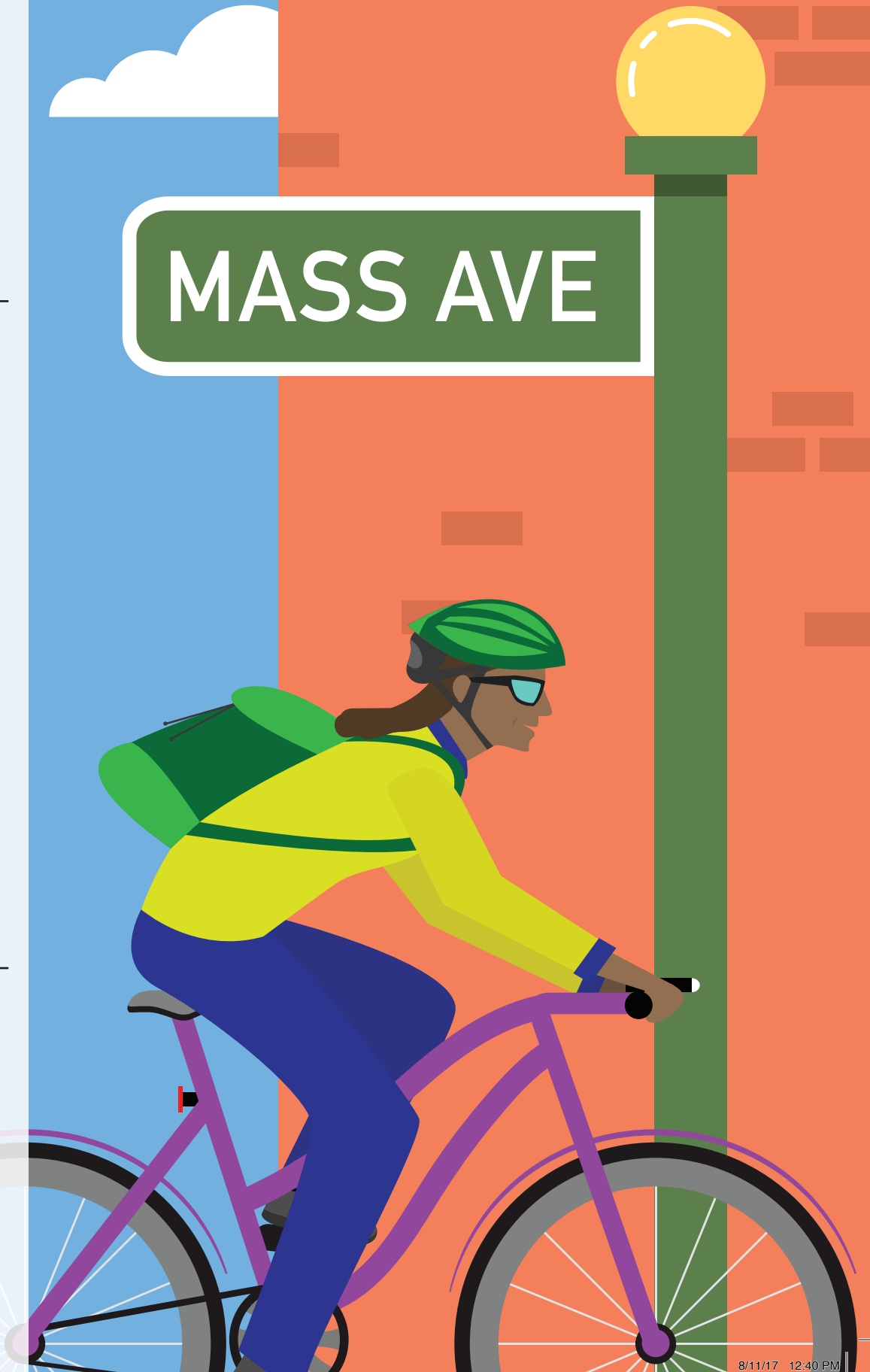
<http://commonwealthconnect.io/#participatingcities>

SOMERVILLE 311: 617.666.3311

CAMBRIDGE 311: 617.349.4854

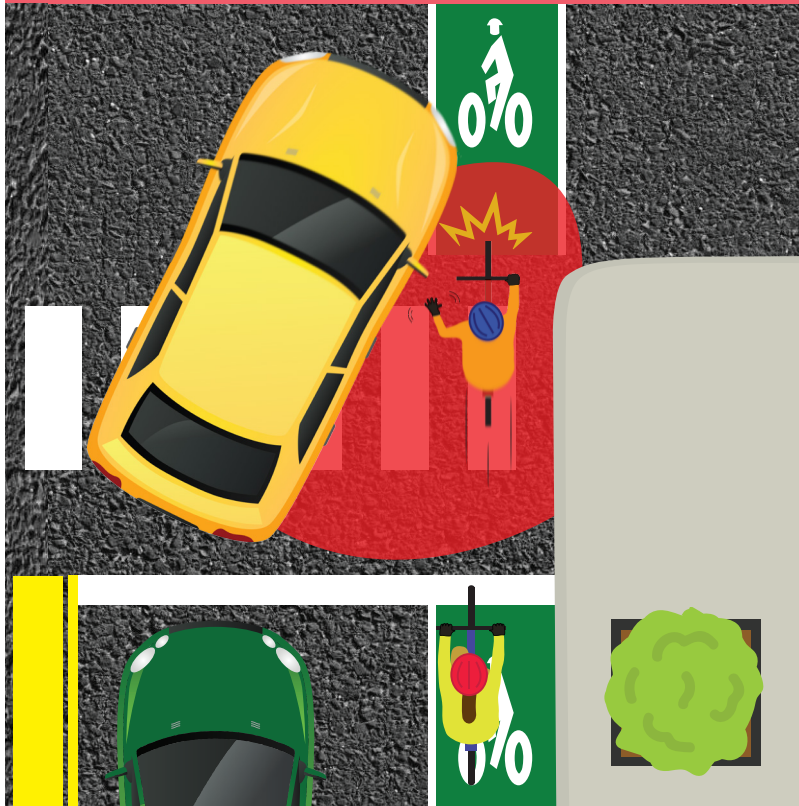
More Info at: <https://www.cambridgema.gov/theworks/contactus/reportanissue>

BROCHURE DESIGN: JOSH GRAB - JGRABDSN@GMAIL.COM



BEWARE: RIGHT HOOKS

VEHICLES MAY TURN SUDDENLY!

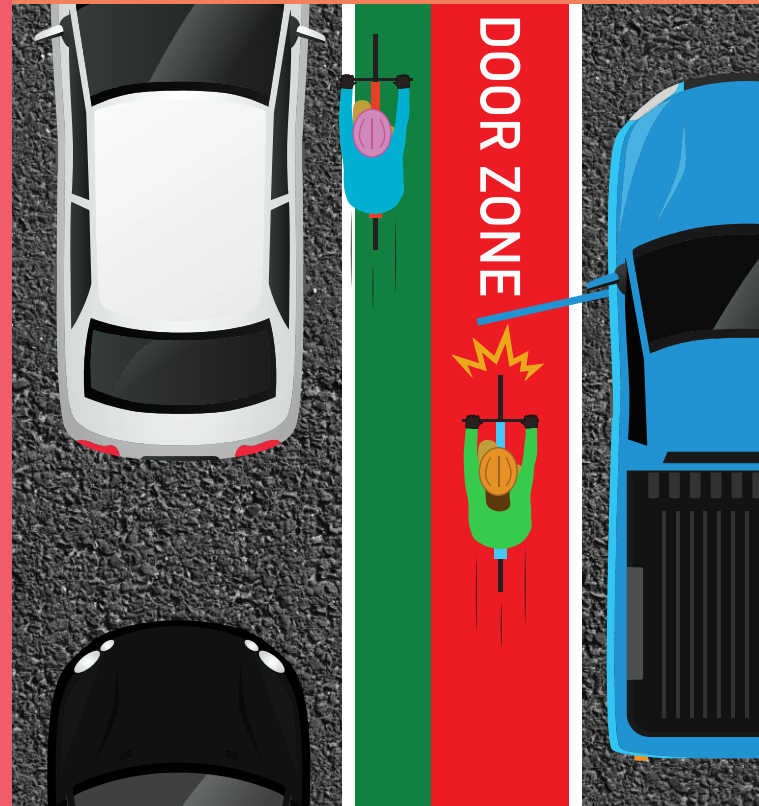


A right hook happens when a vehicle makes a right turn into the path of a cyclist biking straight. It is especially dangerous when the curb traps the cyclist.

Always beware: vehicles turning right may not see you. This includes into parking spaces and driveways. Do not rely on vehicle turn signals!

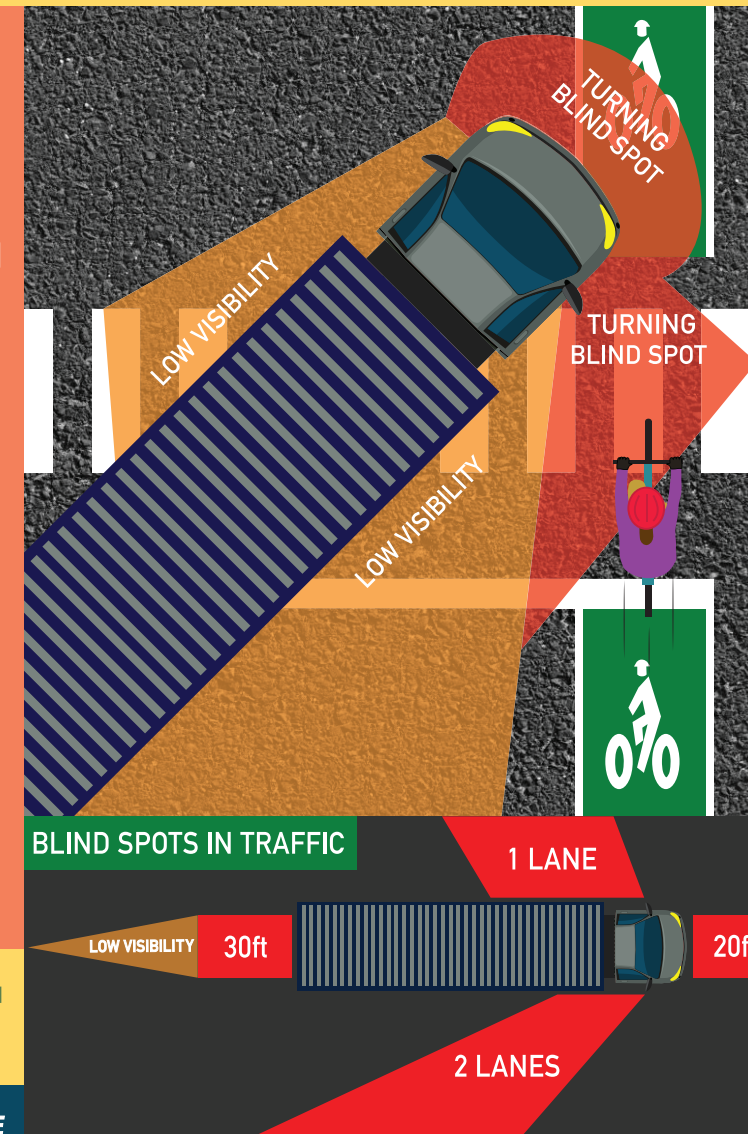
PREVENT: DOORING

KEEP LEFT IN BIKE LANE!



The doors of parked vehicles can open suddenly and extend well into the bike lane. Avoid riding in the "door zone" whenever possible, even if that means riding with traffic rather than in the bike lane. Getting "doored" can cause serious injury. Give yourself room and time to react safely!

AVOID: LARGE VEHICLES



Large vehicles such as semi-trailers, buses, and cement trucks present the greatest risks to cyclists. They have very little ability to see around, behind, or immediately in front of them. If you cannot see their mirrors, they cannot see you!

GIVE THEM AS MUCH SPACE AS POSSIBLE!

ADAPTED FROM THE BLIND SPOT GUIDE AT SHARETHEROAD.GOV

DISTRACTED BIKING

AWARENESS IS KEY! IT IS IMPORTANT TO PAY COMPLETE ATTENTION TO YOUR SURROUNDINGS WHEN CYCLING.

Avoid using phones and other handheld devices. Even listening to music while riding, can impair your ability to hear nearby cars, cyclists, and pedestrians. **If you have to use your phone, get off your bike.**

Make sure to scan the road for potholes and other obstacles that can cause a crash.

IT CAN WAIT!



STAYING VISIBLE AT NIGHT

AT NIGHT, IT IS IMPORTANT TO GENERATE ENOUGH LIGHT TO MAKE SURE THAT DRIVERS AND PEDESTRIANS CAN SEE YOU FROM ALL ANGLES. REFLECTORS ARE NOT ENOUGH!

Make sure you have a **bright white light** in front (we recommend 100 lumens or more) and a **bright red light** in back to be visible and to comply with MA traffic laws.

Reflective clothing and accessories (e.g., ankle bands, vests) are helpful for making sure you are always seen. Non-reflective, brightly colored (e.g., neon) clothing only works in daylight.

KEEP YOUR PROFILE VISIBLE!



WHAT TO DO IN A BIKE INCIDENT

1. **Collect license plate info (state and number) and description of any vehicle(s) involved.**
2. **Get contact info from witnesses who observed your incident (collision, road rage, disputes).**
3. **File a police report (even when you seem uninjured or are in doubt)!**

