

## A Bicycle is not a toy, its a vehicle.

Each year, bicyclists are killed or injured in New Jersey due to bicycle crashes. Many bicycle deaths result from bicycle-motor vehicle collisions. However, injuries can happen anywhere, including parks, bike paths and driveways, and often do not involve motor vehicles.

Head injury is the most serious injury type and the most common cause of death among bicyclists. The most severe injuries are those to the brain that cause permanent damage.

You can stop these tragedies by following the simple bicycle safety tips in this brochure. Make sure you follow all of the tips in this brochure every time you ride, and you'll be on your way to safe and enjoyable bicycle riding.

## Wear a helmet - its the law.

Never ride a bicycle without a helmet. New Jersey law states that anyone under the age of fourteen riding a bike, even as a passenger, must be wearing a properly fitted and fastened bicycle helmet which meets the standards of the Snell Memorial Foundation, the American Society of Testing and Materials (ASTM) or the U.S. Consumer Product Safety Commission.



A child who violates this law will be warned of the violation by the enforcing official. The parent or legal guardian of the person also may be fined up to \$25 for the first offense and up to \$100 for a subsequent offense.

Bicycle helmets should be used by everyone who rides, as helmets have been shown to reduce head injuries by 85 percent.

For children, use the extra padding that comes with the helmet to ensure proper fit.

## Bicycles should be seen and heard.

Wear clothes that make you more visible. Wearing neon, fluorescent, or other bright colors when riding helps people to see you.

New Jersey law requires that all bicycles be equipped with a horn or bell. Use this equipment to alert drivers and pedestrians of your presence.



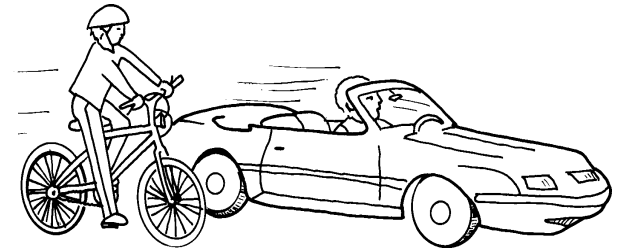
## Avoid biking at night.

It is far more dangerous to bicycle at night than during the day. Most bicycles are equipped for daylight use and need to be adapted for nighttime use.

New Jersey law requires that bicycles be equipped with a white light on the front and a red light on the rear when in use during nighttime hours.

## Go with the flow, ride on the right side of the road with traffic.

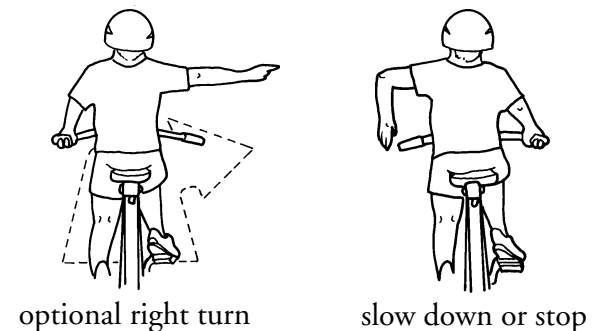
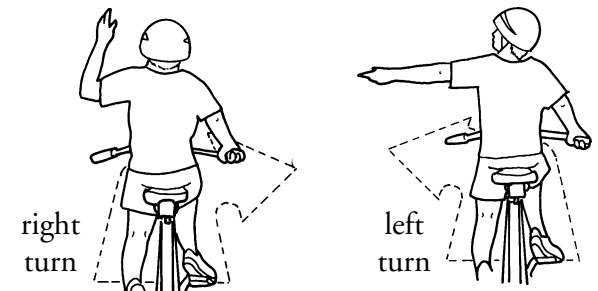
Always ride on the right side of the road, with traffic. Ride single file in a straight, predictable path. Riding against traffic puts you where motorists don't expect you.



## Obey all traffic laws, signs & signals.

Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists. Always signal your moves. Be courteous to pedestrians and other vehicle operators.

### Hand Signals



## Use caution at intersections.

More than 70 percent of car-bicycle crashes occur at driveways or other intersections. Before you enter any street or intersection, check for traffic. Always look left, right, and left again, and walk your bicycle into the street to begin your ride.

## Make sure your bicycle is in good working order and properly adjusted.

Make sure your tires are properly inflated. Check to see if all parts are secured and working well. The handlebars should be firmly in place and turn easily. Your wheels must be straight and secure.

Always check the brakes before riding. Ride slowly in wet weather and apply your brakes earlier-it takes more distance to stop.

## Have you been "Saved" by a Bicycle Helmet?

If you or someone you know has been saved from serious injury or death during a bicycle crash by wearing a bike helmet, contact the NJ Division of Highway Traffic Safety to receive an application for membership to our "Saved by the Helmet Club".



New Jersey Department of  
Law and Public Safety

Division of  
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# Safe Bicycle Riding in New Jersey

