

BIKE SAFETY

STEP 1:

PROTECT YOUR HEAD



WEAR A HELMET



DID YOU KNOW

As of August 2025, preliminary CTDOT data indicated six bicyclist fatalities, surpassing the annual totals for each year from 2021 through 2024.



DID YOU KNOW

Wearing a bike helmet in Connecticut is crucial, as it can reduce the risk of head or brain injuries by up to 85% to 88% in a crash



SAFETY STEP 1

Always ensure your helmet fits snug on your head and is properly buckled.



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BIKE SAFETY

STEP 2:

SUIT UP



WEAR SAFETY GEAR



DID YOU KNOW

A reflective vest or bright-colored clothing is recommended, particularly because 78% of fatal bike crashes occur in urban settings.

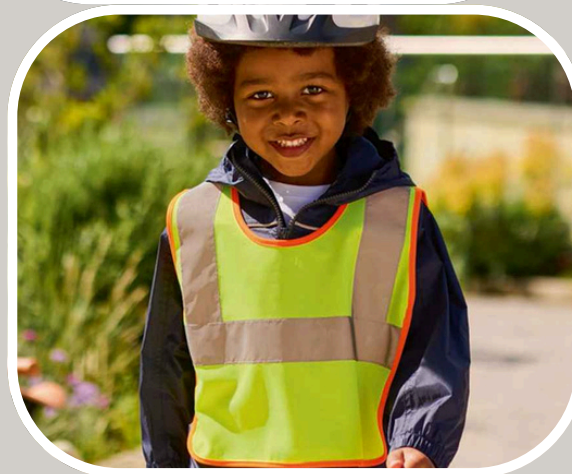


DID YOU KNOW

Studies show that wearing a reflective vest, combined with ankle and knee bands, can increase a rider's visibility to motorists by up to 90%, compared to just 50% with a vest alone.

SAFETY STEP 2

Wear bright colors or reflective safety gear and add lights to your bike or scooter.



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STEP 3:

BE AWARE



WATCH OUT FOR ROAD HAZARDS



DID YOU KNOW

It is suggested that you keep your eyes 15–20 yards ahead, not just on the ground immediately in front of your wheel. This gives you time to react.



DID YOU KNOW

If a pothole or debris occupies the bike lane, check behind you, signal, and move into the traffic lane to go around it. Never swerve suddenly.



SAFETY STEP 3

Look out for potholes, gravel, wet leaves, vehicles changing lanes, car doors opening and of course other riders and pedestrians.



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STEP 4:

OBEY TRAFFIC LIGHTS

FOLLOW THE ROAD CODE



DID YOU KNOW

Always ride with the flow of traffic, not against it. Riding against traffic is illegal and significantly increases crash risk

DID YOU KNOW

Use proper hand signals for turns and stops, such as extending the left arm for a left turn or bending it up for a right turn



SAFETY STEP 4

Cyclists should follow the same rules as drivers; stop at red, slow down on amber, go on green.



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BIKE SAFETY

STEP 5

USE THE BIKE LANE!

RIDE IN THE RIGHT DIRECTION



DID YOU KNOW

In all 50 states, bicyclists are considered vehicles and must follow the same rules as cars, including riding on the right side of the road in the same direction as traffic.



DID YOU KNOW

Bicycle lanes are designed to separate bikes from motor traffic, increasing safety.



SAFETY STEP 5

Always bike on the right side of the road, going with traffic, not against it. Use bicycle lanes where possible.



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STEP 6

LET'S SEE THOSE HANDS!

USE YOUR SIGNALS



DID YOU KNOW

Left Turn: Fully extend your left arm straight out to the side.

Right Turn: Bend your right arm up at a 90-degree angle with your hand flat



DID YOU KNOW

Slowing or Stopping: Extend your left arm out and bend it down at a 90-degree angle with your hand open.



SAFETY STEP 6

Point with your arm and hand to show turns or stops so drivers know your moves.



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