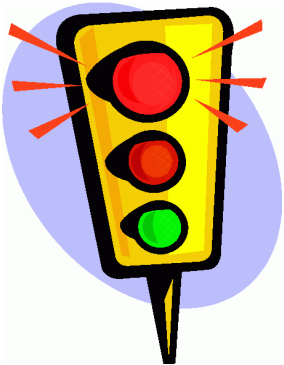


Rules of the Road



Right Turn Slow or Stop Left Turn



BICYCLE SAFETY TIPS

- Always wear a Helmet
- Use lights at night
- Stop at all stop signs
- Ride on the road
- Take out earbuds

FORT BEND COUNTY EMS

BIKE MEDIC TEAM



Bicycle Safety Informational Brochure



HEALTH & HUMAN SERVICES



Fort Bend County EMS

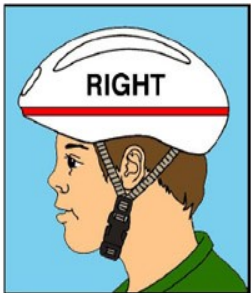


www.fortbendcountytexas.gov

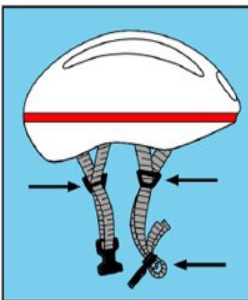
4332 Hwy 36 S
Rosenberg, TX 77471
Phone: (281)342-7233

HELMET SAFETY

- ⇒ **Always wear your helmet when riding**
- ⇒ **Adjust helmet size to fit correctly on your head**
- ⇒ **use the chin strap always**
- ⇒ **Treat your helmet well and check for cracks or damage and replace if needed**



Wear the helmet flat on the head, not tilted back at an angle!



SAFETY CHECKS

- ⇒ **Wear bright colors**
- ⇒ **Adjust saddle height**
- ⇒ **Make sure feet can touch the ground**
- ⇒ **Check tire pressure and inflate if needed**
- ⇒ **Make sure reflectors are in place**
- ⇒ **If riding at dark, use both a headlight and a tail light**

CLOTHING SAFETY

- ⇒ **AVOID LOOSE FITTING PANTS**
- ⇒ **WEAR PROPER SHOES**
- ⇒ **MAKE SURE TO TIE SHOE LACES**
- ⇒ **USE A BACKPACK TO CARRY ITEMS**

