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

Bicycle Safety Informational Brochure

www.fortbendcountytx.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

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

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