



MCIWEST-MCB CAMP PENDLETON



Critical Days of Summer Newsletter

July 2014

Bicycle Safety



<http://youtu.be/kwBI7icfQek>

Bicycles on the roadway are, by law, vehicles with the same rights, and responsibilities as motorized vehicles (NHTSA.gov).

The best way to avoid collisions is to be prepared and be aware of other vehicles around you. Avoid common bicyclist errors and common motorist errors committed around bicyclists (wsdot.wa.gov, 2014).

Follow Bicycle safety tips, wear your helmet and you can avoid being a statistic. Smart cycling will prepare you for a safe and fun bike ride. The league of American bicyclist recommends: Follow the law, be predictable, conspicuous, think ahead and know your bike (bikeleague.org, 2014).



Bicycle Statistics



- In 2012, 726 pedal cyclists were killed and an additional 49,000 were injured in motor vehicle traffic crashes. Pedal cyclist deaths accounted for 2 percent of all motor vehicle traffic fatalities and made up 2 percent of the people injured in traffic crashes during the year.
- The number of pedal cyclists killed in 2012 is 6 percent higher than the 682 pedal cyclists killed in 2011.
- Fatal collisions are most common in urban areas.
- Roads with speed limits of 55 mph or greater produce higher rates of injuries and fatalities.
- The primary risk factors are excessive speed, traffic, fatigue, and poor road conditions.
- The biggest preventable risk factor for bicycle head injury is not wearing a bicycle helmet. Helmets will protect you against 85% of all head injuries and 88% against brain injuries.

Commanding General's Safety Hotline: (760)763-7233

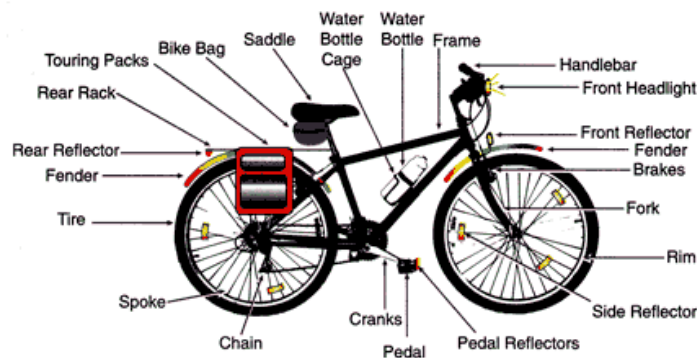


Bicycle Safety Tips

(safetycenter.navy.mil/)



- ✓ When riding in the street, obey traffic signals and traffic laws.
- ✓ Make eye contact with drivers, pedestrians and other cyclists to be sure they see you.
- ✓ Walk your bike across crosswalks.
- ✓ Never ride off-road alone.
- ✓ Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.
- ✓ If your bicycle fits, you'll perform better and avoid overuse injuries. Your knees should be at about a 15 degree angle when fully extended.
- ✓ Make sure you have lights and reflectors on your bike, whether you are using it for training, recreation, or transportation. Use lights and reflectors from dusk until dawn.
- ✓ Know your bicycle.



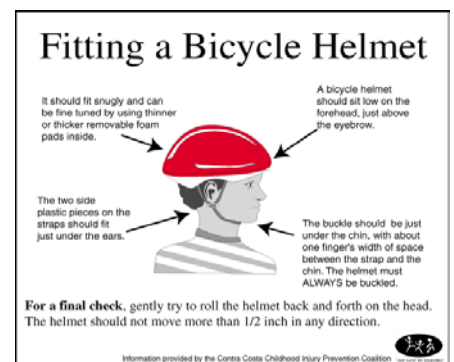
Bicycle Helmets

All bicyclists should wear properly fitted bicycle helmets every time they ride. A helmet is the single most effective way to prevent head injury resulting from a bicycle crash.

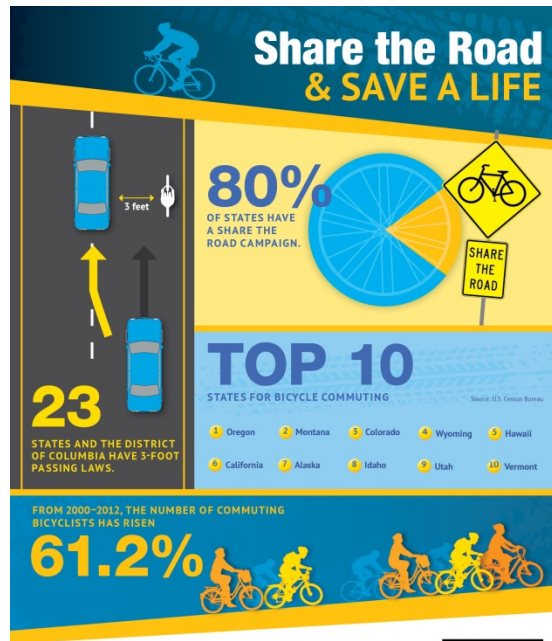
A bicycle helmet should be snug, level, and stable on your head and cover most of your forehead before any adjustments are made.

All helmets manufactured or imported for use after March 1999 must comply with a mandatory safety standard issued by the CPSC.

A helmet that has been through a serious fall or crash should be retired with gratitude. It has served its purpose and may not provide adequate protection in another crash. If you are uncertain whether the helmet is still usable, throw it away (Injury Prevention Program, 2014).



Commanding General's Safety Hotline: (760)763-7233



Data provided by the League of American Bicyclists and the U.S. Census Bureau.



For Marine Corps specific please review MCO 5100.30B Off Duty Recreation Order

MCO 5100.19F Marine Corps Traffic safety Program

BO 5100.2L MCB Camp Pendleton Base Regulation

For more information contact the Installation Recreational Safety Manager at (760)763-5332.

 Check us out on Facebook

<https://www.facebook.com/Cpenbasesafety>

[Click on these links for more tips.](#)

<http://safetycenter.navy.mil/>

<http://www.nhtsa.gov/Bicycles>

<http://www-nrd.nhtsa.dot.gov/Pubs/812018.pdf>

<http://www.fcgov.com/bicycling/commuting.php>

<http://www.herculeanumfire.com/ChildSafetySeat.htm>

<http://www.healthychildren.org/English/safety-prevention/at-play/Pages/Bicycle-Helmets-What-Every-Parent-Should-Know.aspx>

<http://www.wsdot.wa.gov/bike/safety.htm>

<http://bikeleague.org/content/rules-road-0>

Commanding General's Safety Hotline: (760)763-7233