



# Bicycle Safety

WEEK 5: 22 JUNE, 2020

## BICYCLE SAFETY TIPS

**As you might expect, when a crash occurs between a vehicle and a bike, it's the cyclist who is most likely to be injured. In this newsletter, you'll learn bicycle safety tips and rules of the road, from properly fitting your helmet to driving defensively and predictably.**

- Do a maintenance and safety check on your bike before every ride.
- Ride with a basic tool kit, basic first-aid kit, and bring water.
- Never ride off-road alone.
- Stay off sidewalks. Slow-moving pedestrians are as dangerous to you as you are to them.
- 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.
- 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.
- 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 and a reflective vest on your body. Use lights and reflectors from dusk until dawn, but ride primarily in daylight.
- Always carry a cell phone, your ID card, and an emergency-contact card. It's also a good idea to have some cash for a cab ride or Uber/Lyft if you run into trouble.
- Primary risk factors are excessive speed, traffic fatigue, and poor road conditions.
- Be aware at intersections. Signal your turns and look out for oncoming traffic in both directions. Use hand signals when turning.
- Fatal collisions are most common in urban areas.
- Roads with speed limits of 55 mph or greater produce higher rates of injuries and fatalities.
- You'll need all of your senses, especially hearing and sight. Don't wear headphones.

For more information, check out [nhtsa.gov/road-safety/bicycle-safety](https://www.nhtsa.gov/road-safety/bicycle-safety) and [kidshealth.org/en/kids/bike-safety.html](https://www.kidshealth.org/en/kids/bike-safety.html)



MCO 5100.19F—Marine Corps Traffic Safety Program (Available at [Marines.mil](https://Marines.mil))

### RESEARCH HAS SHOWN THAT CYCLING:

- Can help you lose or maintain weight
- Can provide you with better sleep
- Can keep your brain healthy and stave off dementia
- Can improve the health of your upper respiratory system

## RULES OF THE ROAD

**Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow, not against it.

**Obey All Traffic Laws.** A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.

**Yield to Traffic When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you

must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.

**Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.

**Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear a headset when you ride.

**Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for turning traffic.

**Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

For more information and specific rules of the road for Camp Pendleton, refer to MCIWEST-MCB CAMPENO 5000.2 - Base Regulations.

# BICYCLE HELMET SAFETY

**You must wear a helmet when riding on base. Helmets are not concussion-proof, but can help protect you from a serious brain or head injury. Here are some bike helmet tips:**

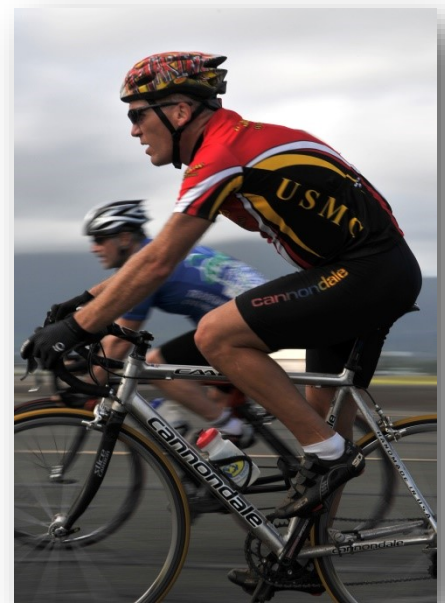
**Helmet Certification** Bicycle helmets sold in the U.S. must meet the standards issued by the U.S. Consumer Product Safety Commission (CPSC). When riding on base; your helmet must be ANSI or SNELL compliant. Look for the certification label inside the helmet.

**General Fit.** The helmet should fit snugly all around, with no spaces between the foam and bike rider's head. A bike helmet should not sit too high or low on the rider's head. To check, make sure the bottom of the pad inside the front of the helmet is one or two finger widths above the bike rider's eyebrows. The back of the helmet should not touch the top of the bike rider's neck. The chin strap should be centered under the bike rider's chin, and fit snugly so that no

more than one or two fingers fit between the chin and the strap. Your helmet should not rock forward or backward, or side to side on your head. If your helmet rocks more than an inch, go back and readjust.

**One and Done.** Replace any bike helmet that is damaged or has been involved in a crash. Bike helmets are designed to help protect the rider's brain and head from one serious impact, such as a fall onto the pavement. You may not be able to see the damage to the foam, but the foam materials in the helmet will crush after an impact. That means that the foam in the helmet won't be able to help protect the rider's brain and head from another impact.

If you have specific questions about helmet requirements, please contact the Regional Traffic Safety Manager, Mr. Blaine Bromwell by calling (760) 763-5070 or by email at [blaine.bromwell@usmc.mil](mailto:blaine.bromwell@usmc.mil).



## ALWAYS SIGNAL YOUR INTENTIONS CLEARLY!



RIGHT TURN  
2 OPTIONS



STOP

## RIDING AT NIGHT

If you are riding during darkness on base, you must have a headlamp attached to the bicycle or the rider, a red rear tail lamp, and a high visibility vest.

# 47

**The average age of bicyclist killed in motor vehicle crashes in 2017.**



## CAMP PENDLETON SAFETY CENTER

We provide a wide range of safety support services aimed at preserving combat readiness by identifying hazards and reducing risk to people and resources. We perform inspections, provide technical support, assist with safety program implementation, conduct mishap investigations, and offer safety training opportunities for all base personnel to include tenant commands. We want to empower all Sailors, Marines, civilians, and their families to embrace a proactive culture of risk identification and management to achieve zero preventable mishaps.

Have a question? Email us at: [Cpen\\_safety\\_help@usmc.mil](mailto:Cpen_safety_help@usmc.mil)

Commanding General's Safety Hotline: 760.763.7233