



MCIWEST-MCB CAMP PENDLETON



2015 Critical Days of Summer Newsletter

Week 10: 26 July-1 August 2015

Bicycle Safety



Basic Safety Tips can help you enjoy your bicycle ride. Bicycle riding is a healthy, fun way to be independent. When riding a bicycle remember that they are not toys, they are vehicles. Before riding your bicycle make sure it is ready to ride. Inspect your bike to make sure all the parts are secure and working properly. Bicycles on the roadway are, by law, vehicles with the same rights, and responsibilities as motorized vehicles (nhtsa.gov, 2015). Cyclist have the same rights and responsibilities to follow the rules of the road as motorist (nhtsa.gov, 2015).



Bicycle Safety Tips

(Courtesy of the Naval Safety Center)

- Make sure your brakes work and the cables are lubed.
- Make sure the saddle is tight.
- Make sure the handlebar grips are tight.
- 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.

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

- 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, whether you are using it for training, recreation, or transportation. Use lights and reflectors from dusk until dawn.
- Carry a cell phone or some money for a phone call or a cab ride if you run into trouble, your ID card, and an emergency-contact card.
- The primary risk factors are excessive speed, traffic fatigue, and poor road conditions.
- Beware at intersections. Signal your turns and look out for others. 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.
- Cycle while it is daylight.
- Wear comfortable, brightly colored clothing or a safety vest as another good precaution.
- Wear a reflective vest from dusk until dawn.
- Check your tires for nicks, cuts and wear before each ride, and ensure the tires are inflated properly.
- Make sure all the nuts, bolts and connectors are tight.



Rules for the Road

(Courtesy of the nhtsa.gov)

- **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 left- or right-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).

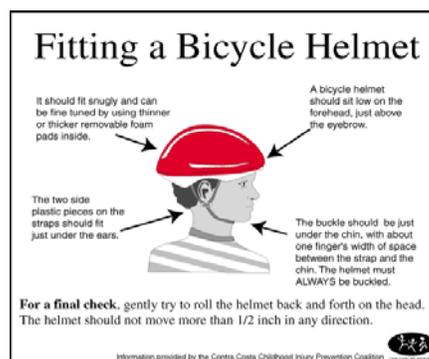
Bicycle Safety Gear

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).



Upcoming Training

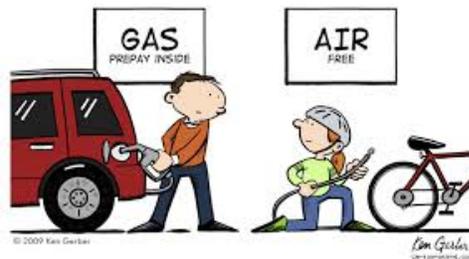
(Please call Base Safety for more information, and to verify class prerequisites)

- Ground Safety for Marines Course: 27 July-7 August
- Fire Protection and Life Safety: 18-21 August
- CPR: 10 September
- 10 OSHA Course: 31 August -1 September
- 30 OSHA Course: 31 August -3 September
- 4th Quarter Safety Committee: 9 September
- Attitudinal Dynamics of Driving (Remedial Driving): Every other Friday
- Fall Stand down: 28 Oct 2015

Safety Quote of the Week

Chance takers are accident makers

Picture of the Week



 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/people/injury/pedbimot/bike/kidsandbikesafetyweb/>

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