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## Basic Bicycling Safety Guidelines

In the year 2002, 632 people were killed in the United States from bicycle accidents.

Humana Military Health Services (HMHS) is committed to providing our beneficiaries with safety information. This short article is intended to provide you, the beneficiary, with information to decrease the amount of injuries and accidents incurred from bicycling.

Bicycling is a popular way to have fun and improve fitness. Before starting on a ride, be sure and check your bicycle for safety following the simple list below, the **ABCs** of bike preparation.

**A = Air;** be sure to check the tires to make sure they are properly inflated and the tread is in good shape.

**B = Brakes;** be sure to check the brakes. If you have hand brakes, press each one to make sure that it 'grabs' the wheel firmly. In addition, check the brake pads for any wear and tear.

**C = Chain;** be sure to check the chain for any problems such as rust, *or*, not being connected correctly to the bike. Remember to put bike lubricant on the chain after every 2 to 3 rides.

In addition, the following safety tips will help to ensure that you and your loved ones have a 'safe' ride. NOTE; *this is not an all inclusive list.*

1. When riding a bike, always wear a **helmet** to prevent serious injuries and possibly death. When buying a helmet, always make sure there is a 'CPSC' label on the inside because that means it has been approved by the United States Safety Commission.
2. To avoid the possibility of heat problems such as dehydration, **drink plenty of water**. Bring either a water bottle (there is a place on the frame to attach a holder) or wear a water pack commonly known as a camel back.
3. Finally, whenever you are riding with a group and see that the light is red, please say "**Stopping**" which will help prevent an accident with the riders behind you.
4. Use hand signals to let others know you are turning, stopping, etc.
5. Try not to ride on the sidewalk.
6. Always be sure and check your local and state laws for bicycling. Local law enforcement or state web sites should be able to provide you with information.

For additional information regarding this topic, please go to [www.bhsi.org](http://www.bhsi.org), [www.bikeleague.org](http://www.bikeleague.org). A sample state website devoted to bicycling is [www.sharetheroadky.com](http://www.sharetheroadky.com).