

## LEAGUE OF AMERICAN BICYCLISTS ABC QUICK CHECK

### Air

- ☞ Check that tires are firm
- ☞ Use a pressure gauge to ensure proper pressure

### Brakes

- ☞ Inspect pads for wear
- ☞ Check that the brakes work

### Cranks, chain and cassette

- ☞ Make sure the crank bolts are tight
- ☞ Check the chain for wear

### Quick release

- ☞ Hubs need to be tight in the frame
- ☞ The hub quick release should point back to insure that nothing catches on it
- ☞ Inspect brake quick releases to insure that they have been re-engaged

### Lights

- ☞ White light in front, visible from 300 ft
- ☞ Red light or red reflector in rear

### Check it over

- ☞ Take a quick ride to check if derailleur gears and brakes are working properly
- ☞ Inspect bike for loose or broken parts
- ☞ Pay extra attention to bike during the first few miles of the ride

## STAY FOCUSED, STAY ALERT

- ☞ Never wear headphones, they don't allow you to hear traffic
- ☞ Always be on the lookout for objects in your path (i.e. potholes, cracks in the road, wet leaves, etc.)
- ☞ Before going around an object, scan ahead and behind for a gap in traffic, signal your intentions, then follow through
- ☞ Be aware of traffic, ride defensively
- ☞ Use extra care when riding in wet weather, ice, frost, or snow. Slow your speed and allow extra time and space to stop

- ☞ Georgia Tech Police recommend securing your bicycle with a U-Type Lock



- ☞ For more information, visit the Georgia Tech Cycling website at: [www.bike.gatech.edu](http://www.bike.gatech.edu)
- ☞ Also, be sure to register your bicycle with the GT Police at: [www.police.gatech.edu/services](http://www.police.gatech.edu/services)

### GEORGIA TECH EHS GENERAL SAFETY CONTACTS:

ALEECE FOXX - SAFETY MANAGER

(404) 385-0263



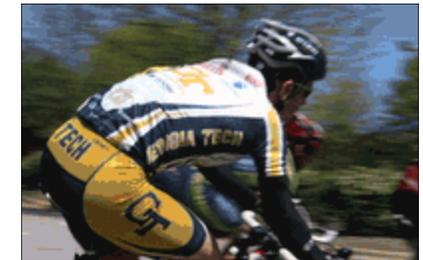
## Bicycling Safety Tips



Be Visible

Stay Focused

Stay Alert



Environmental Health & Safety (EHS)  
490 10<sup>th</sup> St., 3<sup>rd</sup> Floor  
Atlanta, GA 30318-0465

Phone: (404) 894-4635

Fax: (404) 894-5042

Website: [www.ehs.gatech.edu](http://www.ehs.gatech.edu)

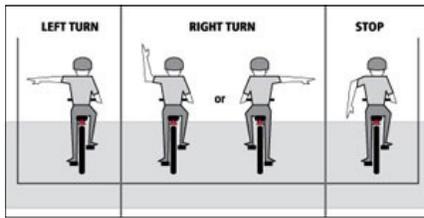
24-Hour Emergency Contact Number  
(404) 216-5237

## FOLLOW THE RULES OF THE ROAD

Bicycling has become a popular way for the Georgia Tech Community to travel. With this increasing popularity comes a greater need to address safety for bicyclists and motorists interacting with them.

Bicyclists are considered vehicles on the road and must follow all traffic laws that apply to motor vehicles.

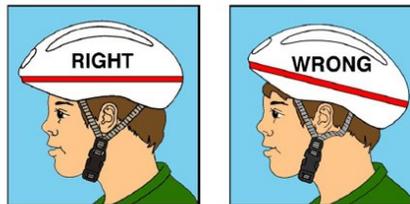
- ☞ Always ride with the flow of traffic and obey traffic lights, signs, speed limits, and lane markings
- ☞ Do not ride on the sidewalk if a street is available
- ☞ Signal in advance of a turn and use correct hand signals



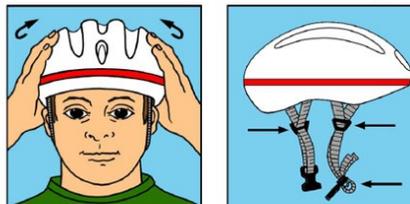
- ☞ Yield to pedestrians and other vehicles
- ☞ Ride on the right side of the road, and as far right as practicable and safe. Use the bicycle lane if there is one present
- ☞ Stay alert! Watch for opening car doors, sewer gratings, soft shoulders, and debris
- ☞ Know your bicycle's capabilities - bicycles are smaller than vehicles and can't move as fast, but they can change direction more easily, stop faster, and move through smaller spaces
- ☞ Ride ready! Check that your tires have enough air, brakes are working, chain runs smoothly, and quick release wheel levers are closed.
- ☞ Keep your cool! Road rage benefits no one and always makes a bad situation worse.

## PROTECT YOUR HEAD, WEAR A HELMET

- ☞ Head injuries are responsible for about two-thirds of all bicycling fatalities. Wear a helmet.
- ☞ Choose a helmet that meets the U.S. Consumer Product Safety Commission (CPSC) uniform, mandatory federal safety standard for all bike helmets. All helmets must carry a label or sticker stating that they meet the requirements of the CPSC standard.
- ☞ Make sure your helmet fits correctly:
  - ✓ Choose the correct size
  - ✓ The helmet should sit level on your head and low on your forehead
  - ✓ Adjust the slider on both straps to form a "V" under and slightly in front of your ears
  - ✓ Buckle the chin strap and tighten it, leaving space for no more than one or two fingers under the strap
- ☞ Replace any helmet that has been involved in a crash or is damaged



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



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

## READY FOR THE ROAD

- ☞ Use a bicycle that fits you
  - Stand over the top, there should be 1 - 2 inches clearance between you and the tube. You should have 5 inches of clearance if you have a mountain bike
  - Adjust the seat height
- ☞ Inspect the bicycle
  - Handlebars should be firmly in place and turn easily
  - Wheels should be straight and secure
  - Test the brakes in a safe area
- ☞ Always be seen. Wear bright clothing.
- ☞ Install the correct safety equipment on your bicycle:
  - Red rear light or reflector
  - White front light
  - Amber or colorless reflector on the front wheel
  - Pedal reflectors
  - A horn or bell

