

Eight Tips For Safer Cycling

Motorcycling is fun, exciting, and a practical way get around. But, like any other activity, it has risks. The reality is that you are exposed and vulnerable; it is up to you to avoid accidents and injury. Risk - and how you treat it - is what safe cycling is all about. To help reduce and manage risks, use the following tips as a guide.

1. Know your skills. Take a beginning or Experienced Rider Course from a Motorcycle Safety Foundation recognized training center. Call 1-800-447-4700 for the Rider Course nearest you. The more you know, the better rider you become.
2. Know the rules of the road and respect other road users. Don't forget, riding is a privilege. Get yourself and your motorcycle properly licensed; get insurance if required. Know the limits of your skills, your motorcycle, and the road conditions, so you don't ride over your head.
3. Ride with the right gear. A helmet, eye protection, sturdy jacket, pants, boots, and gloves, are your best defense against injury. It can happen to you!
4. Ride aware. A car turning left across your path is the most frequent accident. Three-fourths of motorcycle accidents involve collisions with other vehicles, the majority caused by the other driver. Intersections can be bad spots, so slow down and be prepared to react. We repeat: it can happen to you!
5. Ride to survive. Be seen and not hit. You aren't as big as a Mack truck, but you can attract attention. Wear bright clothing, use your headlight, select a lane and a position within a lane to be seen, avoid rapid lane changes, and keep looking around - you don't need surprises!
6. Ride straight. Alcohol and other drugs do not let you think clearly or make sound judgments. Up to 45% of all fatal motorcycle accidents involve alcohol.
7. Keep a safe bike. Know your owner's manual, follow recommended service schedules, and have repairs made by an authorized dealer. Always check your bike's tires, suspension and controls, before riding.
8. Share a safe ride. Company is nice. Some company weighs 100 pounds; other company weighs more. All weight affects handling. Having someone on the back is a big responsibility. Instruct them on proper riding technique and protective gear.

Now, take responsibility for your riding, learn more and enjoy yourself!

Source: Motorcycle Safety Foundation