

Safe on 2 wheels

Cycling is a good form of exercise. But with more than 1.4 million injuries reported in 2012 according to the Consumer Product Safety Commission, riders need to be safety conscious before hitting the pavement (literally).

The American Academy of Orthopaedic Surgeons offers cycling safety rules:

- Use a bicycle that is the proper size.
- Make sure you are fit enough to ride before you start pedaling.
- Change riding positions to reduce stress on pressure points on your body and avoid overstretching muscles.
- Always wear a helmet approved by the American National Standards Institute (ANSI). It should fit snugly but comfortably and not obstruct vision.
- Check your bicycle's mechanical components regularly (brakes, tires, gears).
- Follow traffic signs and lights. Signal your turns so drivers can anticipate your actions.
- Ride in the direction of traffic. Be aware of all surroundings.
- Use caution on uneven or slippery surfaces.
- Do not listen to music with head phones, talk on your phone, text or do anything else that can obstruct your hearing and vision.
- Avoid loose clothing. Wear padded gloves and appropriate footwear. Never wear flip flops. Use padded cycling shorts for longer rides.
- At night, wear bright fluorescent colors; make sure to have rear reflectors. Both a working tail light and headlight should be visible from 500 feet away.

