

Bicycling Safety Fact Sheet for Workers

HS04-027D (07-23)

Many employees rely on bicycles as a mode of transportation while working, including:

- Bike safety officers who police or patrol the community or assigned routes.
- Bike couriers, messengers, and food delivery pedalers.
- Bike shop mechanics and sales representatives.
- Mobile advertisers, such as Biking Billboards.
- Biking tour guides and bloggers.
- Cycling coaches.
- Fitness instructors, and more.

Bicycling is a great way to get around, but it is important to be aware of the hazards that can affect employees while commuting or working while using a bicycle. According to the Centers for Disease Control, nearly 1,000 bicyclists die and over 130,000 are injured in crashes that occur on roads in the United States each year.¹ To ensure the safety of workers who use bicycles, it is vital to follow proper health and safety guidelines.

General Safety Tips

- **Wear a properly fitting helmet.** Always wear a bicycle helmet that comfortably touches your head. The helmet should be level and stable enough to resist violent shakes or hard blows. Look for helmets with a safety



certification from the American National Standards Institute ([ANSI](#)) or the Snell Foundation ([SNELL](#)).

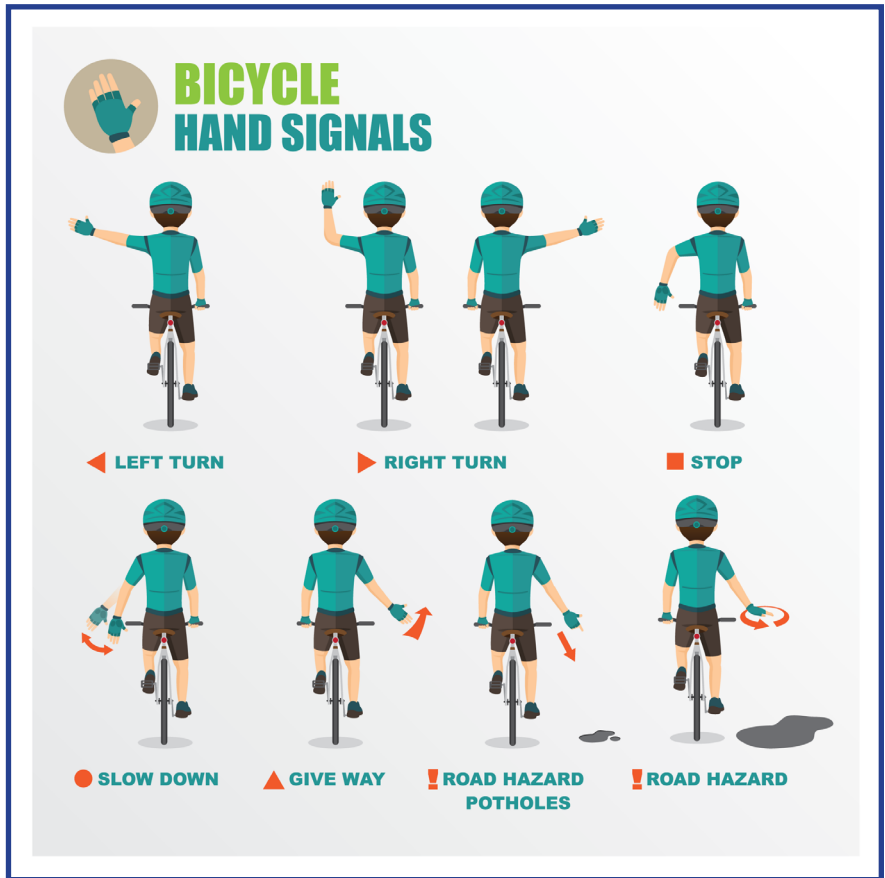
- **Obey traffic signals and signs.** Treat a bicycle as a vehicle and follow all traffic laws, including stopping at red lights and stop signs.
- **Ride in a straight line.** Avoid weaving in and out of traffic. Maintain a steady and predictable path.
- **Signal all turns.** Use hand signals to indicate your intentions to other road users.
- **Ride with the traffic.** Always ride in the same direction as the traffic flow.
- **Wear reflective materials and bright clothing.** Make yourself visible to other road users, especially during low-light conditions.

- **Be courteous to other travelers.**

Show respect to motorists, skaters, pedestrians, and other cyclists.

- **Consider additional safety equipment.**

Use a rearview mirror, biking gloves, repair kit, mounted water bottle, bicycling shoes, wet weather gear, and a headlight and taillight for enhanced safety.



Choosing Safe Routes

- **Pick the safest routes.**

Select routes that have designated bike lanes whenever possible.

- **Avoid narrow shoulders and lanes.**

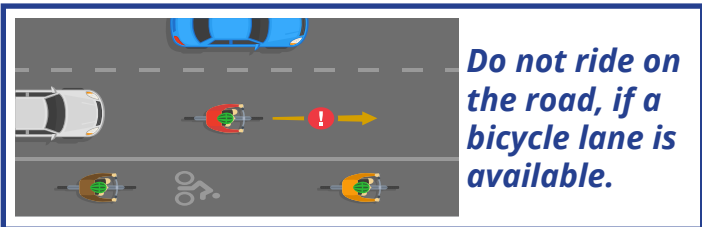
Stay away from roads with limited space for cyclists.

- **Stay away from heavy and fast-moving traffic.**

Look for parallel streets that go through residential and lightly traveled commercial areas.

- **Report road problems.**

If you encounter potholes, cracks, dangerous drain grates, utility covers, or metal plates, report them immediately to the local public works department or appropriate agency. Avoid riding on damaged roads until the issues are fixed.



Intersection Safety

- **Select intersections with good visibility.**

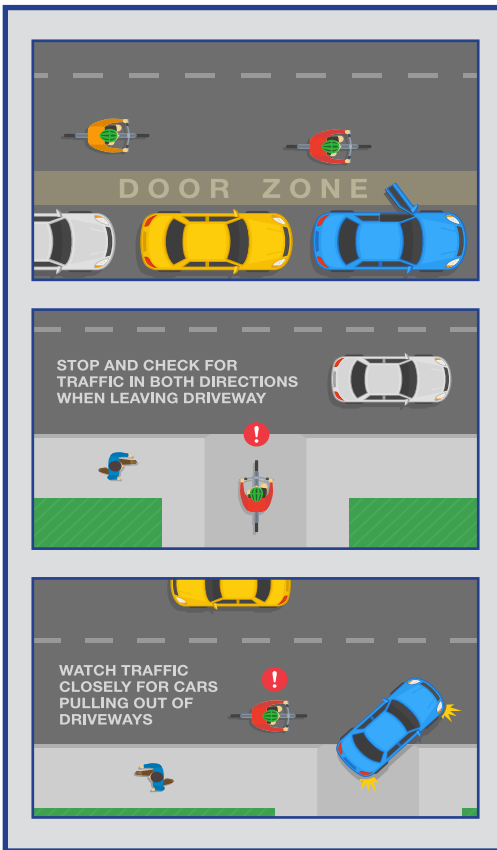
Choose routes that allow you to see crossing traffic and have signals that provide enough time to safely cross the road.

- **Avoid intersections with poor sight distance.**

Identify intersections with limited visibility and suggest improvements to the public works department, such as cutting back vegetation or improving sightlines.

- **Anticipate driver behavior.**

Always expect the unexpected and ride responsibly. Encourage local police departments to enforce speed limits and safe driving.



- **Raise awareness about sharing the road.**
Work with your community to educate both drivers and cyclists

Changing Lanes Safely

- **Plan.**
Familiarize yourself with traffic patterns and get in the correct position early.
- **Scan.**
Continuously scan for traffic, pedestrians, and hazards in front of and behind you.
- **Signal.**
Use hand signals to indicate your intention to turn or change lanes.

- **Act.**
Move quickly and decisively when it is safe to do so. Consider the relative speed between you and other traffic.
- **Improvise.**
If caught between lanes while crossing traffic, ride the white line until clear. Use crosswalks if traffic is too heavy. Move to the left turn lane if volume and speed do not allow crossing.

Bicycle Parking and Storage

- **Lock your bicycle in a safe place.**
Use a sturdy lock and secure your bicycle in a well-lit area.
- **Encourage employers to provide secure bicycle storage.**
Advocate for safe and convenient bicycle storage options at your workplace.
- **Follow bicycle-parking guidelines.** Refer to the [Association of Pedestrian and Bicycle Professionals](http://www.apbpa.org) website for information on proper bicycle-parking guidelines.

By following these health and safety guidelines, workers who use bicycles can lessen bicycling risks. It is crucial to make safety a priority and be aware of possible hazards while commuting or working on a bicycle. Practice your safety skills and riding habits to ensure you are prepared for any situation that may arise.

For more information on bicycling safety, review the bicycle safety topics at the National Highway Traffic Safety Administration (www.nhtsa.gov) or the Texas Department of Transportation (www.txdot.gov).



Reference

¹ Centers for Disease Control and Prevention, Transportation Safety: Bicycle Safety. <https://www.cdc.gov/transportationsafety/bicycle/index.html>. Accessed July 20, 2023.



www.txsafetyatwork.com

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