

Importance of Bicycle Safety

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Bicycling has been a popular way to exercise and travel for years. But being safe while biking is important too. There are various ways to take part in bicycle safety. Bicycle safety helps prevent accidents and keep riders safe on the road. When biking wearing a helmet, using proper hand signals, and obeying traffic laws are all essential parts of being safe on a bike.

When bicycling wearing a helmet is one of the most important things for you to do. Wearing a helmet protects your head in case of accidents. Helmets have saved lives and prevent injuries in many instances. Cleveland Clinic Health Essentials says “Using the safety gear is considered the single most effective way to prevent head and brain injuries if you should somehow tumble off your two-wheeler. Consider these facts from a meta-analysis that found using bicycle helmets: Reduces serious head injuries by 60%.”(Cleveland Clinic) Keeping yourself safe while enjoying your time on your bike is important.

Wearing a helmet isn't the only important safety measure to take when bicycling. It is important to use proper hand signals when riding. Using hand signing helps keep cars and other bike riders around you ready for your next move. An article by Bike Law Network states, “learning hand signals is vital to the safety of other bicyclists. If you're group riding or simply in an area where a lot of people are cycling, using hand signals can warn them of your intention to stop, slow down, or turn – giving them the time that they need to react appropriately.”(Wilborn) Keeping yourself safe is important but so is keeping the people around you safe.

Bicycle safety will always be important. It helps protect you from injuries and keeps you and others safe on the road. Wearing a helmet protects you from head injuries and brain dead. Along with that using hand signals helps you communicate with drivers and other bikers. Bicycling will always be a fun activity and sport that still needs to have safety precautions.

<https://www.bikelaw.com/2021/03/bike-hand-signals/#:~:text=Beyond%20motorists%2C%20learning%20signals%20is,they%20need%20to%20react%20appropriately.>

<https://health.clevelandclinic.org/bicycle-helmet-safety>