

## Bicycle safety

Bicycle safety is a risk issue that requires attention and action from individuals, communities, and policymakers to reduce the risk of injuries and fatalities associated with cycling. By promoting awareness, education, and infrastructure improvements, it is possible to create a safer environment for cyclists and encourage more people to adapt to the environment so cycling can be healthy and safe to transport and move around. One of the most important safety measures is wearing a helmet. Helmets can reduce the risk of head injuries by up to 85 percent and should be worn by all cyclists, regardless of age or experience level (National Safety Council). In addition to helmets, cyclists should wear brightly colored or reflective clothing to increase visibility and use lights and reflectors when riding at night or in low-light conditions. Properly maintaining the bike is also crucial to ensuring safety while cycling. Regular maintenance checks should be performed to ensure that the brakes, tires, and other components are in good condition and functioning correctly.

Cyclists should also follow traffic rules and signals, use hand signals to indicate turns and stops, and be aware of their surroundings at all times. It has improvements that can also play a significant role in promoting bicycle safety. Bike lanes, protected intersections, and traffic calming measures can make cycling safer and more accessible for all cyclists. Communities and policymakers should prioritize the development of safe and accessible cycling infrastructure to encourage more people to cycle and reduce the risk of accidents and injuries. Bicycle safety is a critical issue that requires attention and action from individuals, communities, and policymakers to reduce the risk of injuries and fatalities associated with cycling. By promoting awareness, education, and construction improvements, it is possible to create a safer environment for cyclists and encourage more people to adopt cycling as a sustainable and healthy mode of transportation.



