

Bicycle Safety

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Bicycles are a popular and eco-friendly mode of transportation. They provide exercise, freedom, and a unique way to explore our surroundings. However, it's crucial to prioritize safety while riding a bicycle. Bicycle riders are sharing roads with many other vehicles, and are at risk of death. Accidents including bike riders have increased by 44% in the last 10 years. Since bicyclists share the road with motored vehicles, many riders need to learn safety, to ensure a safe and enjoyable riding experience.

To begin with, properly using safety gear can significantly reduce the likelihood and severity of injuries. Wearing a well-fitted helmet is the most significant safety measure for any cyclist. Helmets protect the head and brain from potential trauma in the event of a fall or collision. "Not all states require bicyclists to wear helmets. However, research shows that wearing a helmet can reduce the risk of a serious injury by 70 percent." (National Highway Traffic Safety Administration) When a bicyclist gets into an accident with another vehicle it's likely the bicyclist who is hurt.

Understanding and following traffic rules is vital for cyclists and other road users. Bicycles should always be ridden in the same direction as traffic flow, and cyclists should adhere to traffic signals, stop signs, and road markings. It's essential to signal one's intentions to turn or change lanes using hand signals, allowing other road users to anticipate the cyclist's movement. By respecting traffic laws, cyclists can reduce their chances of being involved in accidents and create a safer environment for themselves and others on the road.

In conclusion, bicycle safety should always be a top priority for everyone. Wearing safety gear, and following traffic rules can contribute to reducing the risks associated with cycling. By adopting these measures, we can pedal towards a future where bicycles are embraced as a safe, sustainable, and enjoyable mode of transportation.

Bibliography

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