



# Weekly Safety Meeting

---

## Ride Smart, Ride Safe

May is National Bike and Motorcycle Safety month and serves as an important reminder that safety on the road is everyone's responsibility. Whether you're riding a bicycle through your neighborhood or traveling on a motorcycle across highways, understanding and practicing safe riding habits can prevent accidents and save lives.

### Safety Awareness Matters

Cyclists and motorcyclists are more vulnerable than drivers of enclosed vehicles. Without the protection of a car frame, riders face a higher risk of serious injury in the event of a crash. Increasing awareness during this week helps encourage both riders and motorists to share the road responsibly and stay alert.

### Wear a DOT Approved Helmet

Always wear a properly fitted helmet, even in states where there is no law making it mandatory. For motorcycles, make sure your helmet is an official DOT approved helmet from a reputable brand like Bell or Snell. The National Highway Traffic Safety Administration outlines how to find the right motorcycle helmet here: <https://www.nhtsa.gov/motorcycle-safety/choose-right-motorcycle-helmet>

For cyclists and motorcyclists alike, Mips protection is an added safety system to look for in a helmet. <https://mipsprotection.com/> The Mips systems contain a low-friction layer inside the helmet, reducing rotational motion to the brain during a collision. You should choose a bike helmet with a Mips system for the best protection.

### Avoid Fake "DOT" Helmets

There are many fakes on the market, and you must research carefully to avoid a scam—if it sounds too good to be true, it probably is! Avoid places like Facebook Marketplace unless you really know how to tell if something is DOT-approved. A good helmet should weigh at least 3 pounds, have a DOT-sticker with the manufacturer's name, model, and "FMVSS No. 218" on the sticker, as well as have at least ¾" of a thick foam inner liner made of expanded polystyrene. Buying from authorized dealers is the best way to avoid counterfeits.

## Use Recommended Safety Apparel

For motorcyclists, additional gear like gloves, jackets, and boots can reduce injury severity. Even at very low speeds, severe road rash can occur. Cyclists should also consider reflective clothing for visibility. Clear shatter-proof eyewear will keep bugs, dirt, and the sun out of your eyes.

## Increase Visibility

Remember to use lights, reflectors, and bright clothing, especially when riding at night or in low-visibility conditions. Fluorescent yellow is a very bright and is a good choice for a helmet that will get attention.

## Obey the Law

Obey all traffic signals, signs, and lane markings. Ride in the direction of traffic and use designated bike lanes when available. Never drive impaired. Limit distractions and stay focused by NOT using mobile devices or having loud music on that block out surrounding sounds.

## Pre-plan Your Exit at an Intersection

Constantly check your mirrors and look behind you when at an intersection to see if someone is coming in too fast, then be ready to move out of the way in a pre-planned exit path. Don't pull up closely behind a stopped car dead center. Give yourself space to pull off to the right or left if you see trouble from behind.

## Inspect Your Ride

Regularly check brakes, tires, lights, and signals to ensure everything is in working order. Make sure you have enough air in your tires as well.

## Tips for Drivers Sharing the Road

Motorcycles and bicycles are smaller and can be harder to see. Remember to "Look Twice, Save a Life." Always double-check blind spots before changing lanes or turning. Try to be aware of your 360 surroundings, and don't drive distracted. Many accidents occur at intersections. Watch intersections carefully—slow down and stay alert.

## Whatever You Drive...Don't Look at Your Phone While Driving!

41% of motorcycle accidents are caused because a driver of a car or truck did not SEE a motorcycle, often do to phone distraction. Eyes on the road, not your phone! It can wait.

## Give Space

Maintain a safe distance when passing cyclists and motorcyclists. When passing a cyclist, give them from 3-5 feet of distance. Also, when stopping at a light, give motorcycles and cyclists ample space—don't pull up right behind them. Be patient with cyclists and motorcyclists. Avoid aggressive driving behaviors such as tailgating or honking unnecessarily.

## Community Responsibility

Safety is a shared effort. Communities can support safer roads by improving bike lanes, promoting safety education, and encouraging respectful driving habits. Schools, workplaces, and local organizations can also participate by spreading awareness and hosting safety events.

National Bike and Motorcycle Safety Week is more than just a campaign—it's a call to action. By adopting safe practices and staying mindful on the road, we can protect ourselves and others. Whether you're on two wheels or four, make safety your top priority every day.

***RIDE SMART...WEAR PROTECTIVE GEAR AND STAY AWARE!***

