

# Winston-Salem Police Department Crime Prevention Unit





# Bicycle Safety

Presented by  
Winston Salem Police Department  
Crime Prevention Unit

# Topics

- Brief History of the Bicycle
- Statistics
- Why Accidents Happen
- Safety Check List
- Bicycle Maintenance
- Rules of the Road
- Bicycle Rodeo



# History

- BI = Two
- Cycle = Wheel

The first bicycle was invented in 1816 and it was called a "Hobby Horse"



# Statistics

- 40,000 bike related injuries occur each year
- 1,000 cyclists are killed each year
- Few people were wearing helmets or protective or reflective clothing



# Causes of Accidents

- Loss of Control
- Mechanical Problems
- Entanglement
- Failure to follow traffic laws
- No reflective clothing
- No lighting



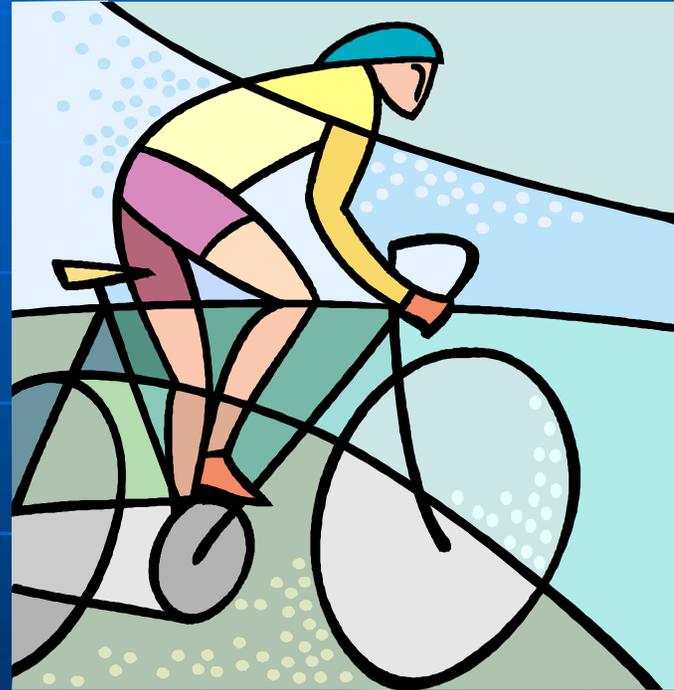
# Safety Checklist

- Seat
- Handlebars
- Bell or Horn
- Brakes
- Headlight
- Spokes
- Wheels
- Pedals
- Reflectors



# Safety Equipment

- Helmet
- Knee pads
- Elbow pads
- Proper Shoes
- Chain Guard
- Pant leg strap
- Eye protection



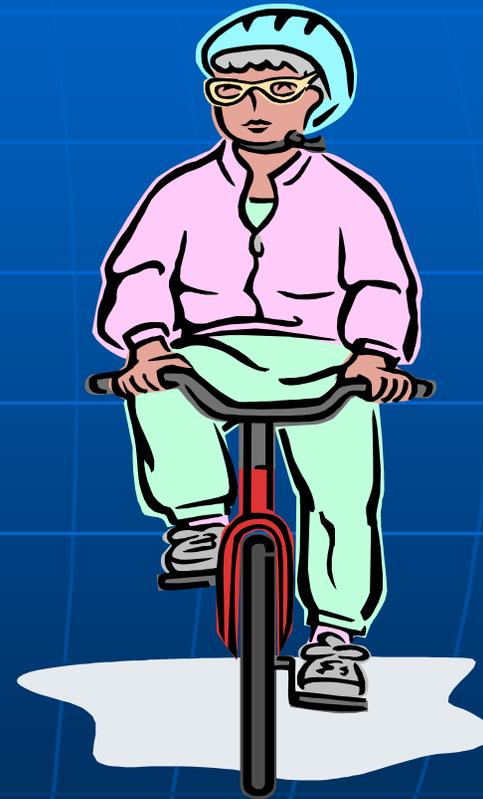
# Bicycle Maintenance

- Basic tool kit
- Lubricate chain
- Clean working parts
- Tighten screws
- Wheel Attachment
- Replace old brake pads



# Rules of the Road

- Ride with traffic
- Obey all traffic laws
- Use hand signals
- Watch for other vehicles and pedestrians
- Parked cars
- Helmets – NC Law



# Bicycle Rodeos

- Allows for practical exercise
- Conducted with supervision
- Available for all ages
- Stresses the importance of safe riding



# Summary

- Choose a bike for your height/weight
- Learn how to ride safely
- Maintenance is important
- Follow the rules of the road
- Stay alert for traffic hazards

# Questions

