



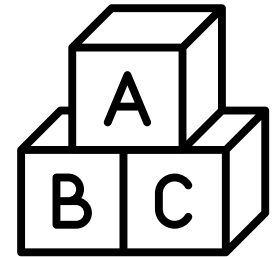
**The Partnership TMA**  
**of Montgomery County**

# BICYCLE SAFETY TIPS



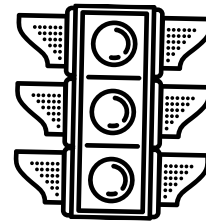
## 1 PROTECT YOUR HEAD

Wearing a bike helmet that fits properly and meets CPSC standards reduces the risk of serious head and brain injury by 85 - 88%.



## 2 REVIEW YOUR ABC'S

**A**ir: Check air in tires, inflate if necessary  
**B**reaks: Test your brakes before every trip  
**C**hains: Check your chains



## 4 OBEY TRAFFIC LAWS

When riding on the road, stay focused and alert to traffic, hazards, and people around you. Ride in the same direction as traffic, obey street signs, signals, and road markings.

## 3 SEE AND BE SEEN

Day or night, you need to be seen by others. Wear neon, fluorescent, or bright colors. Also use reflective lights or tape/markings.



## 5 BRING A BACKPACK

Carry all items you may need in a backpack or strapped to the back of a bike. Don't forget to bring water, a first-aid kit, a cellphone, and tools for basic bike repairs.

## 6 USE HAND SIGNALS

When turning left or right, always look behind you for a break in traffic, then signal before making the turn. When passing pedestrians, announce "on your left" or use a bell.





## ABOUT

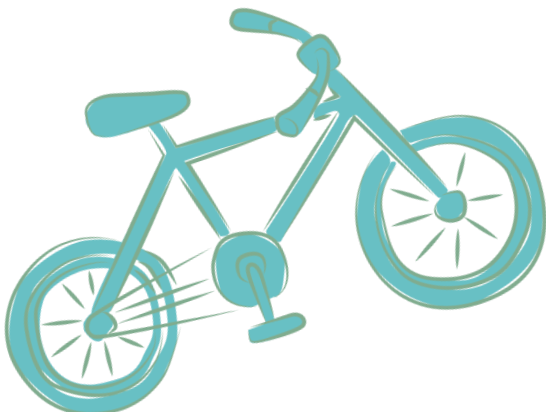
The Partnership TMA of Montgomery County is a nonprofit 501 (c)(3), established in 1993. It collaborates with 150+ public and private sector partners to develop, deliver, and manage services and programs.

## MISSION

- **Expand & Enhance** transportation options
- **Ease** traffic congestion
- **Educate & Engage** our communities on the issues of land use, the environment, and healthy lifestyles

## BETTER BIKING IN MONTCO

- Education and resources for safe bike riding
- Free fitted bike helmets at select events
- **Bike Share Program:** A free community resource with a fleet of 22 bicycles & tricycles at 8 locations for commuting, errands, and recreation
- Promote and support **Bike Montco: The Bicycle Plan for Montgomery County**



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