

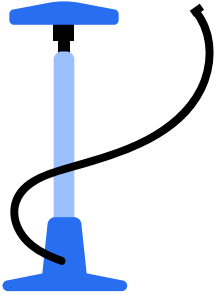
# Bicycle Delivery Safety Tips

from the Governors Highway Safety Association



## Ride a bike that fits correctly.

You should be able to stand over your bike comfortably, have full leg extension when pedaling, and be able to touch the ground with your feet.

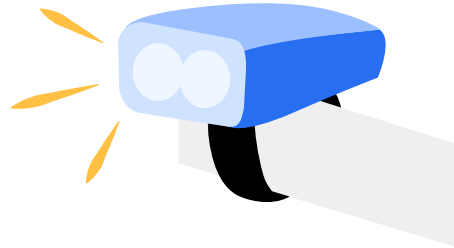


## Do a 30-second A-B-C safety check before you ride.

Pinch the tires to check the Air pressure. Squeeze the front and rear Brakes. Spin the pedals to confirm the Chain is moving smoothly. If you find a problem, get it fixed before you ride.

## Be visible day and night.

Wear brightly colored clothing, equip your bike with a blinking white front light, red rear light, and reflectors. If you have a delivery bag or basket, apply reflectorized tape for added visibility.



## Wear a certified\* helmet that fits.

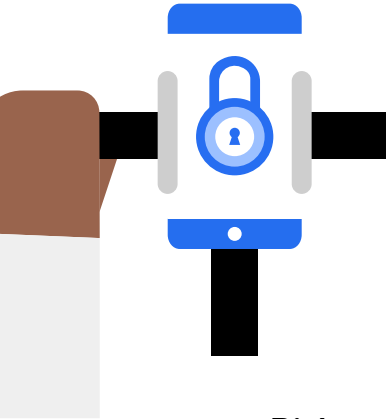
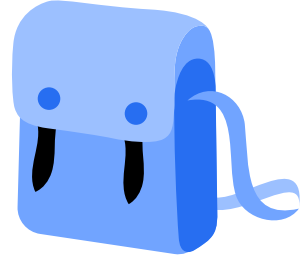
Your helmet should sit straight one to two fingers from your eyebrows and be secured tightly with a chin strap.

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## Keep your delivery secured.

Place your food delivery in a basket, pannier (saddle bag) or backpack that's properly secured to your bike or on your person and doesn't impact your balance. Never carry items in your hands or on your handlebars.

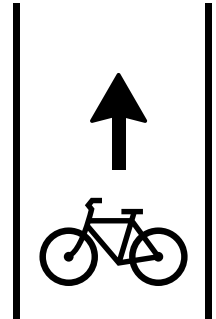


## Limit distractions.

Keep your hands on your bike and your eyes on the road by using a cellphone mount and reviewing the directions before beginning your ride. Set the volume to loud so you can hear navigation directions. If you need to handle your phone, do so only when stopped and safely off the road.

## Ride predictably.

Ride in the same direction as car traffic and obey all traffic laws, signals, and signs. Sidewalks are for pedestrians, so stick to streets and bike lanes. Signal turns by pointing in the direction you plan to go.



## Watch out for vehicle doors.

Protect yourself against car doors that are suddenly opened by leaving a door sized space between your bicycle and parked or stopped vehicles. If you must squeeze through the door zone, slow down and look for warning signs that someone may be exiting.

