



WALK, BIKE & E-BIKE SAFETY TIPS

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Stay Safe. Stay Seen.



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safety info!

Whether walking, pedaling for fun, fitness or your daily commute, following these important safety rules protects you and everyone around you.



Before You Leave

- **Check your equipment.** Tires inflated, brakes working, chain secure.
- **Wear a helmet!** It's your best protection against head injuries.
- **Secure loose clothing.** Avoid anything that could catch in your chain or wheels.
- **Charge responsibly (for e-bikes).** Use **only** the manufacturer's charger and never leave batteries charging overnight.



Be Visible. Be safe.

- **Use lights.** White light in front, red light in back; required by law at night.
- **Wear bright or reflective clothing,** or carry a flashlight especially at dawn, dusk or nighttime.
- **Make eye contact.** Ensure drivers see you before crossing or turning.
- **Hold hands** with young children near traffic.
- **Stop, look and listen** before crossing.



Follow the Rules of the Road

- **Cross at marked crosswalks** or intersections.
- **Ride with traffic,** not against it.
- **Obey traffic signs and signals.** Bicycles and e-bikes must follow the same laws as cars.
- **Use hand signals to communicate.** Let others know your next move.
- **Stay alert.** Avoid distractions like texting or wearing headphones while crossing streets. Watch for parked cars, pedestrians and other road hazards.



Ride Smart on E-Bikes

- **Know your e-bike's speed class** and follow local regulations.
- **Wear an appropriate helmet** rated for your e-bike. These helmets differ from standard bicycle helmets and provide enhanced protection for higher speeds.
- **Start slow.** E-bikes accelerate quickly. Practice smooth starts and stops.
- **Respect bike lanes and paths.** Be courteous to slower riders and pedestrians.
- **Never modify** your e-bike's motor or speed limiter.



- **Carry identification and emergency contact information on you.**



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SHERIFF PODCAST