



Franklin Lakes Police Department

Traffic Bureau



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To: Carmine Pezzuti
Chief of Police

From: P.O. Denny G. Knubel #51
Traffic Safety Officer

RE: Bicycle Safety Tips

With the warmer weather here and the completion of another school year, more and more children are out playing. Children and adults alike are taking to the streets on their bicycles. The Franklin Lakes Police Department wishes to remind residents of the bicycle helmet law that requires anyone under the age of seventeen to wear an approved helmet while riding a bicycle in New Jersey. The law also applies to any child in a restraining seat or being towed by a bicycle. Please consider the following bicycle safety tips, and have a safe and happy summer.

SAFETY TIPS FOR BICYCLE RIDERS

Obey all traffic laws. In New Jersey, bicycles have the same rights and responsibilities as motor vehicles.

- Ride on the right.
- Obey all traffic signs and signals.
- Ride in single file when riding in a group.
- Ride with the flow of traffic

Wear an approved bicycle helmet. Helmets are the single most effective safety device available to reduce brain injury and/or death. Studies have shown that bike helmets can reduce the risk of head injury by 85 percent and the risk of brain injury by almost 90 percent.

- Buy a helmet that meets the safety standards of the American National Standards Institute or Snell Memorial Foundation.
- Always ensure the proper fit by tightening the chin strap to keep the helmet from slipping. Only two fingers should fit under the chin strap.
- Place the helmet directly over the forehead.
- Adults should wear helmets too, to set the right example for children

Be Courteous and remember:

- Don't dart out of driveways or from between parked cars.
- Be careful when checking traffic and don't swerve when looking over your shoulder.
- Use hand signals when making movements.
- Wear bright comfortable and reflective clothing conducive to weather conditions.
- Always use a light when riding at night.
- Never allow another person to ride on your bike with you.
- Exercise courtesy and drive defensively always watching for cars.
- Don't weave in and out of traffic, or between cars.
- Know your local and state laws regarding bicycles.
- Walk your bike across any street or when in crosswalk.

Make sure your bicycle is in good working order. Be sure to check the following before going for a ride.

- Tire/wheels
- Brakes
- Chain
- Lights
- Reflectors