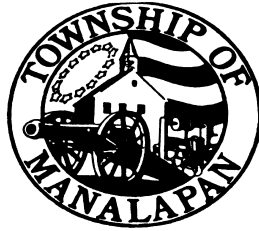


# Township of Manalapan

## BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: [www.mtnj.org](http://www.mtnj.org)



### **Bike Safety is important!**

In 2013, 743 people lost their lives in bicycle/motor vehicle crashes which averages to just under two people every day of the year in the U.S. This is the highest number of fatalities since 2006, when 772 were killed, and a major increase from the 682 bicyclist fatalities reported in 2011. Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is for transportation, not play. Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries. Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). Wear a bike helmet **EVERY TIME YOU RIDE**, even if you are going for a short ride. Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. And if they see you, that means they're less likely to run into you. Daytime riding is the safest so try to avoid riding your bike at dusk and later. No matter where you ride, you need to keep an eye out for cars and trucks. Even if you're just riding on sidewalk, a car may pull out of its driveway into the path of your bike. If you're crossing a busy road, it's best to walk your bike across the street. It will also help to learn some hand signals. These are like turn signals and brake lights for bikers. It helps cars and trucks know what you will do next, so they don't run into you. Stay safe on the roads, and have fun!

## **Bicycle Safety Tips**

- Wear a helmet that fits snug on the head with straps that are comfortably tight under the chin.
- Always ride on the right side of the road.
- Stay where cars can clearly see you. Make eye contact to verify a driver has seen you.
- Obey the rules of the road.
- Make sure another person knows your route and scheduled return time.
- Stay Alert. Keep a lookout for car doors opening and cars exiting driveways.
- When riding at dusk or in the dark, be sure to use reflectors, a headlight, and a taillight.
- Wear brightly colored clothing.
- Stay hydrated by drinking plenty of water.
- Keep bikes well-maintained. Check tires, wheels, lights, brakes, and handlebars before each ride.

For more information contact the Manalapan Township Health Department:

**Hours:**

Monday-Friday, 8:30 a.m. – 4:30 p.m.

**Location:**

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

**Phone:** (732) 446-8345

**Fax:** (732) 446-1576