

Safety Note # 196

## BICYCLING SAFETY AT WORK



According to CA.GOV, each year in California, more than 100 bicyclists are killed and over 10,000 are injured in collisions caused by motorist and/or bicyclist behavior, lack of skill, or attention. Bicyclists and motorists have the same rights and responsibilities and are subject to the same rules and regulations on the road. It is crucial that bicyclists pay attention to traffic rules and signs to reduce the risk of collisions, accidents, and injuries. *The California Vehicle Code (CVC)* contains laws pertaining to bicycle riders.

### CVC – Section

**21200:** Every person riding a bicycle on a street or highway has all the rights and is subject to all the provisions applicable to the driver of a vehicle. “*Same Roads, Same Rights, Same Rules*”

### Follow these Bicycle Safety Tips:

- Ensure the bicycle is in good working order including, brakes, tires, derailleur, chain, pedals, seat, lights, and handle bars. The quick release wheels should be properly tightened. You should be riding a properly fitted bicycle.
- If you are using a shared bicycle, make sure you adjust the seat so it fits you. Ensure you know how to operate the brakes and gears before starting your ride.
- Always wear a bike helmet to reduce risk of head injury. Make sure it fits correctly. Using a rear view mirror attached to the helmet or handlebar can improve your view.
- Be visible and alert. Use hand signals and eye contact to communicate your intentions to other riders and drivers.
- Follow all traffic laws. You can be cited for running stop signs, riding at an unsafe speed, riding on wrong side of road or on sidewalks, not having brakes, under the influence of drugs or alcohol, etc.
- On roadways, ride as close to the right side of the road as safely possible, except when passing, preparing for a left turn, avoiding hazards, or if the lane is too narrow. *CVC-21202*
- Bicyclists traveling slower than traffic must use the bike lane if available, except when making a left turn, passing, avoiding hazardous conditions, or making a right turn. *CVC-21208*
- Bicyclists must yield the right-of-way to pedestrians. *CVC-21963*
- Bicyclists may not carry items which keep them from using at least one hand upon the handlebars. *CVC-21205*
- Bicyclists may not leave bicycles on their sides on the sidewalk or park bicycles in a manner which obstructs pedestrians. *CVC 21210*. No one may stop on or park a bicycle on a bicycle path. You should pull off the path first. *CVC-21211*
- Use designated bike paths when they are available, they can be safer than riding on the road. Check with your local city or county if bicyclists may ride on sidewalks.
- Bicyclists cannot hitch rides on vehicles or streetcars. *CVC 21203*

For information pertaining to California bicycle laws:

[https://www.calbike.org/go\\_for\\_a\\_ride/california\\_bicycle\\_laws/](https://www.calbike.org/go_for_a_ride/california_bicycle_laws/)