

# Motorcycle Rider Safety Tips

## **Be visible:**

- Remember that motorists often have trouble seeing motorcycles and reacting in time.
- Make sure your headlight works and is on day and night.
- Use reflective strips or decals on your helmet and on your motorcycle.
- Be aware of the blind spots cars and trucks have and don't ride in them.
- Flash your brake light when you are slowing down and before stopping.
- Wear bright colored and reflective clothing.
- Use lane positioning to be seen; ride in the part of a lane where you are most visible.

## **Use Personal Protective Gear:**

- Wear a DOT approved helmet and eye protection.
- Wear abrasion resistant, protective clothing.
- Choose long sleeves and pants, over-the-ankle boots, and full-fingered gloves.
- Remember – the only thing between you and the road is your protective gear.

## **Apply effective mental strategies:**

- Constantly search the road for changing conditions.
- Give yourself space and time to respond to other motorists' actions.
- Give other motorists time and space to respond to you.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Don't ride when you are tired or under the influence of alcohol or other drugs.
- Know and follow the rules of the road. Do not exceed the speed limit.

## **Know your bike and how to use it:**

- Get formal training and take refresher courses.
- Practice. Develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and in work zones and other uneven surfaces.

