IF YOU ARE INVOLVED IN A CRASH

1. **Call 911:** Call for police/ emergency services. Do not move if you suspect you are injured.

2. **Seek care:** Get medical attention, even if you feel fine. Adrenaline can mask pain and internal trauma so you may not be aware you have been injured.

3. **Document everything:** Take photos of any injuries and property damage. Write down:
   - location, time, vehicle descriptions, license plates, driver info and insurance, witness names and numbers
   - weather, lighting and road conditions.

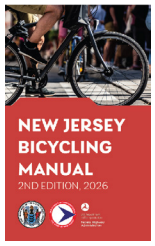
4. **File a police report:** Reporting is key for insurance and legal purposes and helps with future crash prevention. Don't discuss fault with anyone at the scene. Preserve your helmet, clothing, and bike as evidence. Consult the **New Jersey Bicycling Manual** to learn more about your rights as a bicyclist.



FOR MORE INFORMATION

NJDOT: Biking in NJ
dot.nj.gov/transportation/commuter/bike

NJ Bicycle & Pedestrian Resource Center
njbikeped.org



Read the **New Jersey Bicycling Manual, Second Edition**, to learn how to ride comfortably and confidently across settings and situations.

New Jersey Department of Transportation
1035 Parkway Avenue
Trenton, NJ 08625

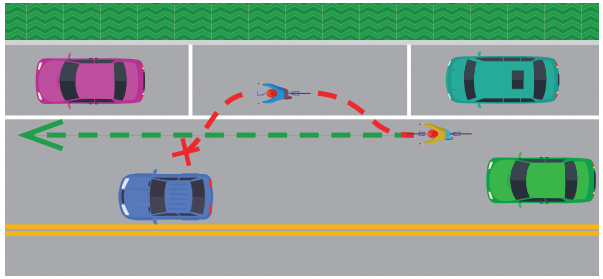
BICYCLE SAFETY

RIDING SAFELY ON NEW JERSEY ROADS

U.S. Department of Transportation
Federal Highway Administration

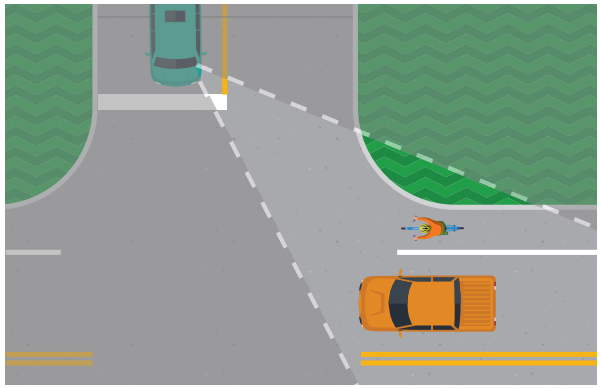
TIP 1
RIDE PREDICTABLY

- **Being predictable on the road** is important for all road users. Bicyclists have the same rights and responsibilities as drivers.
- **Ride with traffic,** never against it.
- **Obey all traffic signs,** signals, and pavement markings.
- **Ride in a straight, predictable line;** don't weave between parked cars, and avoid sudden moves.



- **Use hand signals** to show that you are turning, changing lanes, or stopping.





TIP 2
PROPER LANE POSITION

- **Ride as far right as you safely can** — stay away from parked cars, and move left to avoid hazards or narrow lanes.
- **Yield when required,** especially to pedestrians crossing the street and to buses re-entering traffic.
- **Take more lane space in poor conditions** to stay visible. If it feels unsafe, stop and walk your bike.

TIP 3
STAY AWARE

- **Stay alert:** scan ahead, check behind, and anticipate hazards.
- **Make eye contact** with drivers and pedestrians when possible.
- **Avoid being distracted** by headphones or smartphones.
- **Slow down** in rain, snow, darkness, or heavy traffic. **Brake earlier and allow extra space** on wet or slippery roads.
- **Cross railroad tracks at a 90° angle,** or as close as possible.
- **Avoid grates, plates, and debris,** especially when wet.
- **Actively look for pedestrians and slow down around them,** especially at intersections and turns.



Credit: Mike Dannemiller

TIP 4
STAY VISIBLE

- **Lights and reflectors are required if you ride when it's dark (at night or early morning),** and are a good idea for staying visible during the day, too.
- **Light-colored clothing** can also help you stay visible, especially in shade.