

## ■ Good Hands® Advice

Tips to help you be prepared and informed



# Bicycle Safety

Cycling isn't only a great mode of transportation, it's also a fun fitness and recreational activity for Canadians of all ages. But before you take your bicycle for a spin, please remember the following tips to help keep you and your loved ones, as well as your bicycle, safe:

### Protect Yourself

Unsafe bicycle use can lead to serious injury or even death. In fact, approximately 7,500 cyclists suffer serious injuries in Canada every year. Don't be one of these statistics.

- **Wear a helmet!** There are helmet laws in most provinces for good reason - they can save your life. Research suggests almost nine out of 10 cyclists fatally injured in bicycle accidents had sustained injuries to the neck and head. The use of helmets has been shown to reduce the risk of serious head injury by up to 85 per cent, and the risk of serious brain injury by nearly 90 per cent.
- **Ride safely.** When riding on the road, obey the rules of the road. This includes properly signaling a turn or a lane change, and obeying traffic signs and lights.
- **Tune up.** Just as you would a car, maintain your bike to ensure it is always in good working order. Be sure to check the breaks, wheels, lights, headset and lubricate the drive system.
- **Take your time.** Give yourself adequate time to get to your destination. Seventeen per cent of deaths and 23 per cent of injuries occur in accidents during the afternoon rush hour.
- **Be seen.** Thirty per cent of cyclist fatalities occur at night. Make sure your bike has a working light on both the front and back and that you wear bright and reflective clothing.
- **Use caution.** Never assume a motorist will yield, even if you have the right of way. A cyclist is more likely to be hit at an intersection or road locations with traffic signals or other traffic control signs.
- **Teach your kids.** Educate your children about bicycle safety. People under the age of 24 have substantially higher cycling death and injury rates than the rest of the population.

Source: Statistics Canada

### Protect Your Bike

While your personal welfare is most important, remember it can take less than 30 seconds for someone to steal a bike in broad daylight. But there are a few ways to help protect your bike.

- Invest in a good quality bicycle lock and use it.
- Insured or not, you must have records of the manufacturer's name and the model and serial numbers of your bicycle. If your bike is stolen you will need this information to file a police report or insurance claim. It also helps to have a picture of yourself with the bike as proof of ownership.
- Personalizing your bike can also act as a theft-deterrent as this makes it more difficult for thieves to resell it. Removing name brand decals or placing stickers or decals on your bike makes it unique and adds your own personal touch.
- Make it difficult for a thief to ride away with your bike by removing the seat or the front wheel and take these parts with you when you lock your bike in a public place. This only takes a few moments and makes your bike less desirable to thieves.

For more safety tips, visit [allstate.ca/learningcentre](http://allstate.ca/learningcentre), contact your local Allstate Insurance Agency or call 1-800-allstate.

**Good Hands® claims service available 24/7**