

■ Good Hands® Advice

Tips to help you be prepared and informed



Ride Safe

Motorcycle season is here - the sun is out and the temperature is up. But, it's important to take the following precautions to keep yourself safe on the open road:

Prepare in Advance

Before you hit the road after a long winter, give your bike a thorough once-over and try a rider-training course to brush up on your skills.

- Test the lights, brakes and turn signals.
- Check the oil and fuel levels.
- Make sure the mirrors are positioned correctly.
- Check the cables to make sure they aren't worn or frayed.
- Lube the chain and adjust it according to the manufacturer's specs.

Invest in Good Gear

When you're on the open road, there's not much between you and the pavement. Wearing tough gear is always a smart move.

- Pick a high-quality helmet that fits well. If it doesn't have a face shield, pair it with goggles or glasses with safety lenses.
- Use safety as your excuse to shell out for that leather jacket. Get the pants while you're at it. A bright colour will help other drivers see you better.
- Wear durable non-slip gloves.
- Invest in boots or sneakers that cover your ankles.

On the Road

You've prepared your bike and invested in the right gear; the remaining piece of the puzzle is staying safe when you're on the road.

- Always wear a helmet that meets Canada's safety standards.
- Know your bike's limits.
- Stick to the speed limit.
- Don't tailgate other vehicles.
- Use your signals.
- Be respectful of other drivers. Don't weave through traffic or drive on the shoulder.
- Make sure other drivers can see you. Don't ride in blind spots and always use your headlights.
- Brake smart. Use both brakes at the same time, slow and steady.

For more information about motorcycle safety, visit allstate.ca/learningcentre, contact your local Allstate Insurance Agency or call 1-800-allstate.

Good Hands® claims service available 24/7