



# HOW TO RIDE SAFE

## HAND SIGNALS

Use hand signals when riding your bike.

Hand signals tell others around you what your intentions are.



Left Turn Signal



Right Turn Signal



Stop Signal

Here are some tips to keep you safer when you're riding your bike.



Be Safe:  
Wear a Helmet



Be Visible:  
Dress for Safety



Don't Wear  
Headphones



Plan a Route



Ride in Single File  
& Leave Space



Follow Traffic  
Direction



Identify Hazards  
on the Road



Be Watchful:  
Look Ahead



Follow Rules and  
Road Signs



Pay Attention  
to Vehicles



Be Visible  
At Night



Look Before  
Entering Lanes



## SHOULDER CHECK

Before you make a turn or change lanes, briefly look over your left shoulder to check for traffic behind you and ensure it's safe to turn.

- Ride straight and steady while looking ahead
- Shoulder check (turn your head, not your body)
- Use hand signal to show your intentions
- Shoulder check then return hands onto handlebar
- Make the turn when safe to do so

## BE PREDICTABLE

- Ride in a straight line
- Ride in a single file
- Use hand signals
- Make eye-contact

## MANEUVERABILITY

- Ride 1 metre from curb
- Give yourself space to move around or avoid hazards

## KNOW THE LAW

The **law requires** that you equip your bike with basic equipment.

- A bell or horn in good working order
- Lights and reflectors if you ride between 1/2 hour before sunset and 1/2 hour after sunrise
  - White front light
  - red light or reflector on back at night
- Reflective tape
  - white reflective tape on the front forks
  - red reflective tape on rear forks



TBAY  
On The  
Move

# PEDESTRIAN SAFETY Tip Sheet



Walking to work, school, or errands, is an easy way to add physical activity to your day while reducing traffic and pollution.

## Dress Appropriately

### Be Bright. Be Seen.

- Wear reflective gear or bright coloured clothing, particularly in low light (e.g., dawn and dusk) and in the dark.
- Use reflective arm/leg bands or headlamps if you're walking at night

### Protect Yourself From the Elements Year-Round

- Wear layers so you can remove clothing when you're heating up or add clothing when you're getting chilled
- Wear sunscreen, sunglasses, and a hat or cap in sunny weather.
- In winter, cover exposed skin with gloves or mittens, scarves or neck warmers, and a warm hat or toque.



## Be Aware Of Your Surroundings

### Be Alert

- Stop, look, and listen for traffic
- Obey pedestrian signals and wait for the walk signal before crossing
- Watch for vehicles backing out of driveways and turning at intersections
- Walk facing traffic if sidewalks are not available so you can see approaching vehicles
- Listen for cars starting, doors closing, horns, and sirens



### Be Distraction-Free

Texting or wearing headphones while walking can distract you from potential hazards, risks, sirens and horns.



## Use The Infrastructure

- Use sidewalks when possible
- Use crosswalks and crossovers when available
- Cross the street at controlled intersections
- Do not jaywalk
- Plan routes that are pedestrian friendly (have sidewalks, crosswalks, signals)



### Make Eye Contact

Be predictable and make eye contact with drivers and cyclists so others can anticipate your movements and see you before you cross.