

# 5 STEPS TO SAFER CYCLING

Bike during the day in low-traffic areas.

Does the Tour of Utah motivate you to dust off your bicycle? **Michael Henrie, D.O.**, a sports medicine physician at University of Utah Health, offers these tips to stay safe while cycling:

Using a flashing **LED headlight and tail light** to increase your visibility.

**Ditch the headphones.** "Listening to music while biking can impair your ability to hear pedestrians and traffic," Henrie says.

**Wearing a helmet** reduces risk for head injury by up to 85%. Make sure yours fits properly. It should sit level and snug on your head, two finger widths above your eyes.

**Wear bright colors, and use reflective gear** so that others can see you



**KNOW THE RULES OF THE ROAD** Obey traffic rules. Bike on the right side of the road, use hand signals and ride defensively.



LEFT TURN



RIGHT TURN



STOP



RIGHT TURN  
(ALTERNATIVE)



[healthcare.utah.edu/orthopaedics/programs/cyclists-clinic.php](http://healthcare.utah.edu/orthopaedics/programs/cyclists-clinic.php)



**HEALTH**  
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# Safe Cycling

**Judd E. Hollander**



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