Bike during the day in low-traffic areas.

5 STEPS TO SAFER CYCLING

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:

Ditch the headphones.

"Listening to music while biking can impair your ability to hear pedestrians and traffic,"

Henrie

SOVS.

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

Using a flashing LED headlight and tail light

to increase your visibility.









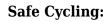






Safe Cycling

Judd E. Hollander



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