AMR encourages everyone to stay safe when riding a bike. Bicycle riding is an affordable mode of transportation, enjoyable recreational activity and an excellent form of exercise. But bike riding is not without risk. Each year, in the United States, approximately 900 persons die from injuries due to bicycle crashes and more than 500,000 people are treated in emergency departments.

500,000 people are treated in emergency departments each year for bicycle injuries.

It is important for everyone to follow a few basic tips to ride safe:

- Obey the speed limit
- Use a bike that fits you properly and is in good working order, including working brakes
- Wear a certified bicycle helmet correctly each time you ride, regardless of your age
- Wear clothing that is not loose or with strings that could get caught in the bike mechanism
- Ride in the same direction as traffic and obeying all traffic signs and signals
- Wear shoes that prevent slippage and protect the feet
- Wear light clothing, use reflectors and lights and use hand signals as directional indicators
- Replace any helmet that has been involved in a crash or is damaged, or if the helmet cannot be adjusted or no longer fits

For more information visit amr.net/safety