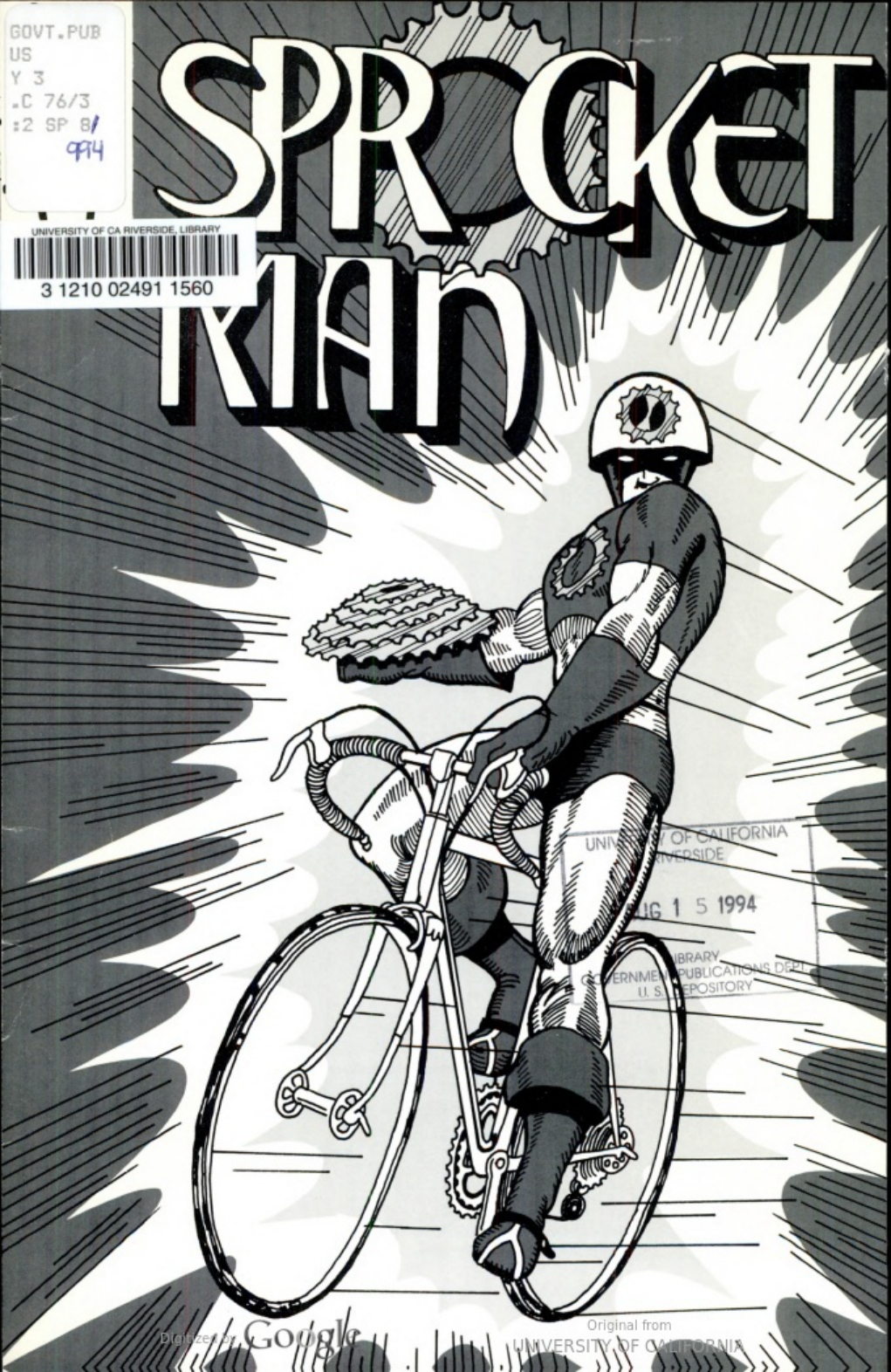
GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

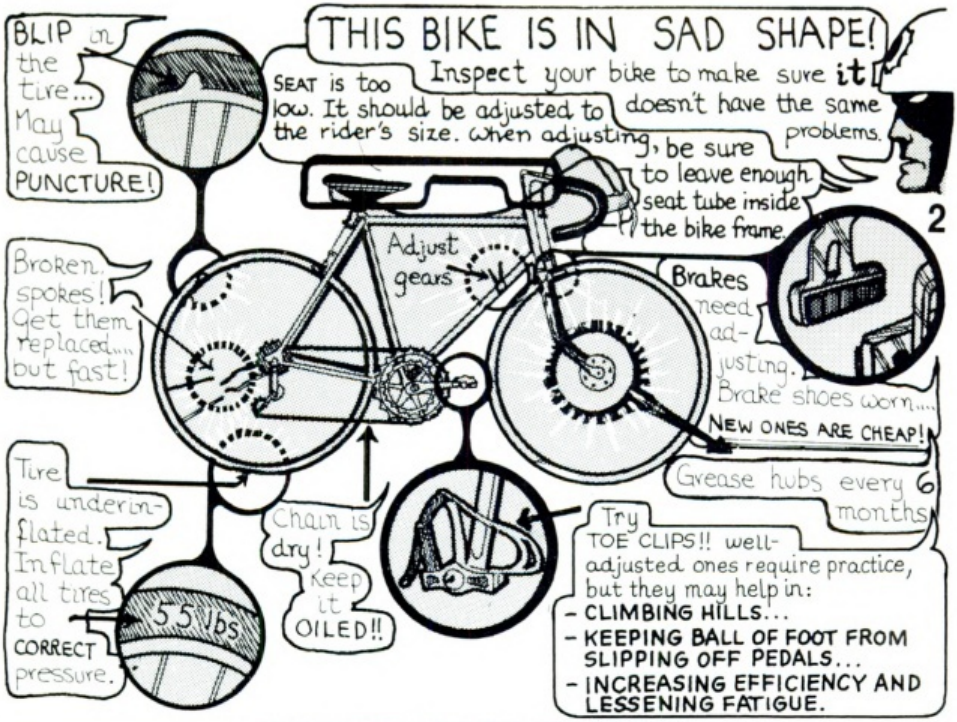
UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA



CHECKING YOUR BICYCLE

WHEELS

Pick up bike by saddle and spin rear wheel forward
- it should spin freely without
  - 1) wobbling
  - 2) hitting either brake block
  - 3) slowing down super fast

Pull on rear brake lever to stop wheel
- brake should have plenty of power to spare. apply smoothly without jerking and hit rim squarely

Release the lever
- the brake should spring out immediately

Look at brake blocks
- are they
  - 1) worn, cracked or crumbly?
  - 2) both an equal distance from the rim in accordance with manufacturer's specifications?

Push wheel back and forth toward one brake block and then the other
- the wheel will give, but there should be no play

Look at the tread of the tire all around
- there should be neither worn-through patches nor bulges

Check inflation pressure

Pick up bike by handlebars and repeat for front wheel

FRONT END

Stand in front of bike, hold wheel tightly between knees
- try to twist handlebars
  - they shouldn't move
- try to pull handlebars up and down
  - they shouldn't move
- try to twist brake levers
  - they shouldn't move

Stand beside bike, lift frame near handlebars
- front wheel should turn freely to the side

Try to roll bike forward and back with front brake locked
- there should be no play where the fork enters the frame

Ends of handlebars protected?

FINISHING UP

Try to twist or tilt saddle
- it shouldn't move

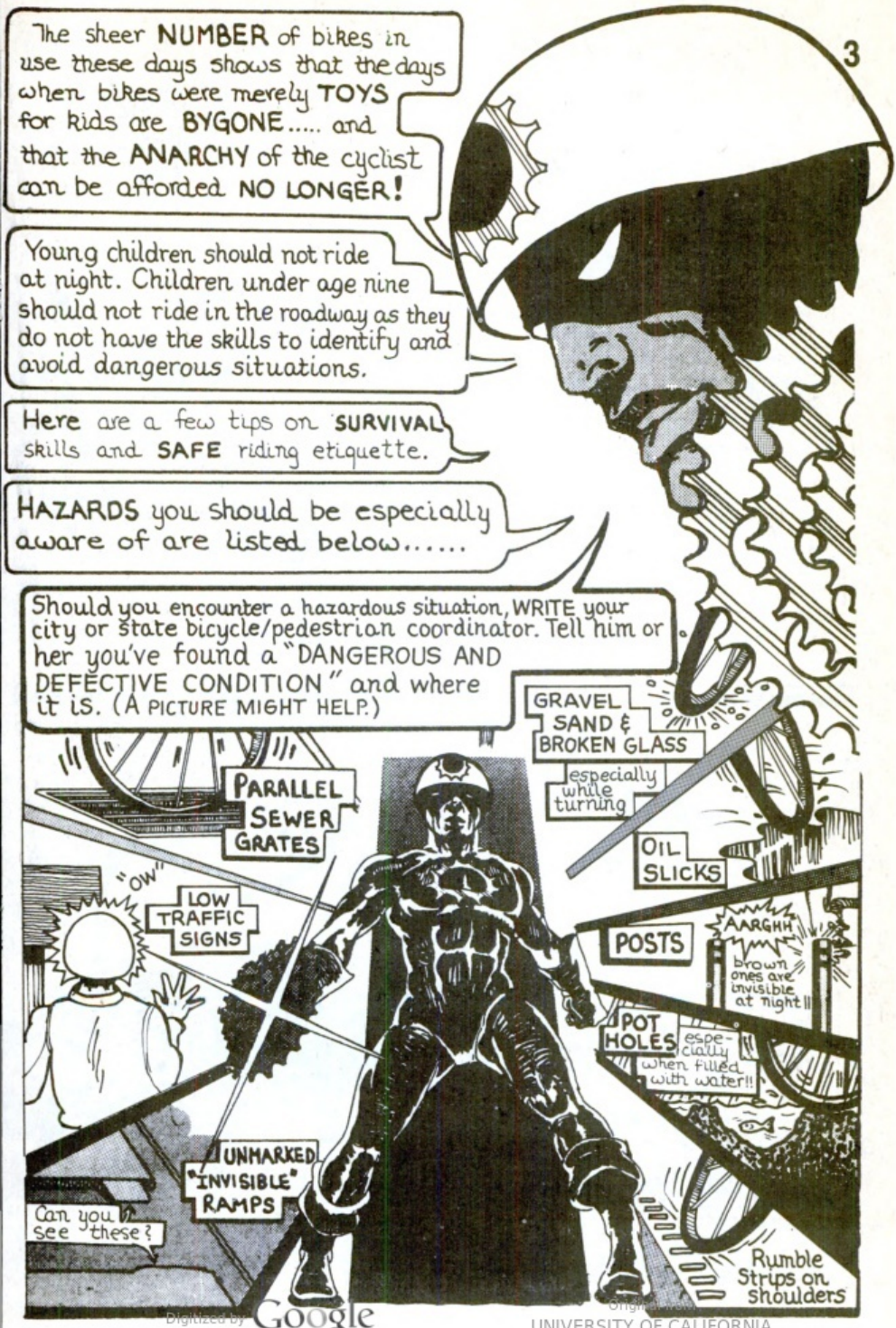
Wipe off reflectors, are they attached securely?

If rollers on chain are shiny or if side plates are rusty lubricate your chain!

If when pedaling, you feel a clunk every time around stop immediately, and take to an expert repairperson

Take your bike to a bike shop at least once a year for a tune-up and safety check.

Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

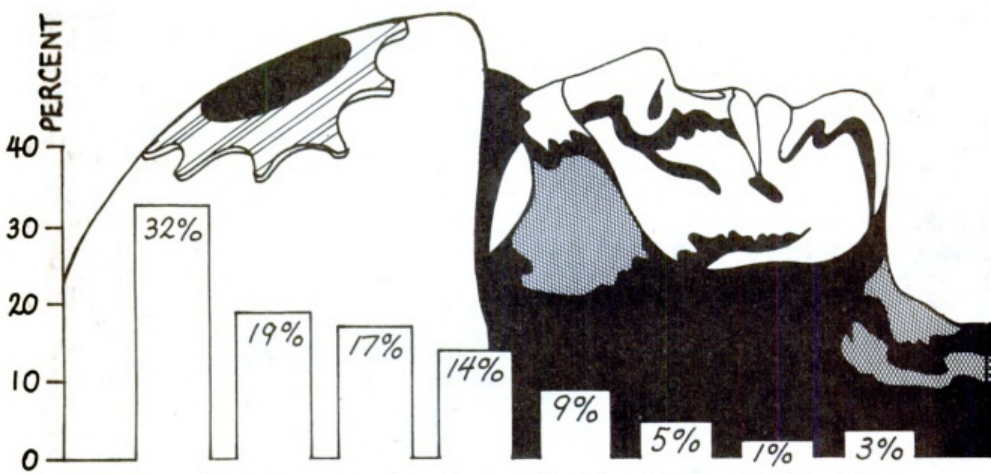


Digitized by Google
UNIVERSITY OF CALIFORNIA

About ¾ of all bicycle-related deaths result from head injuries.

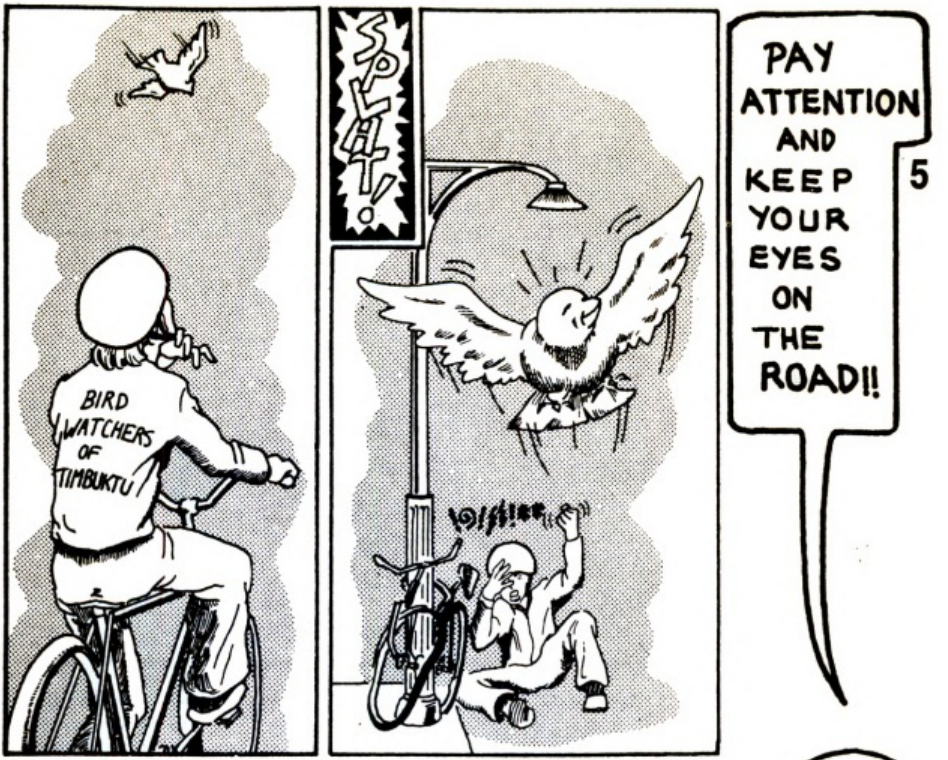
HELMETS help avoid head injuries!

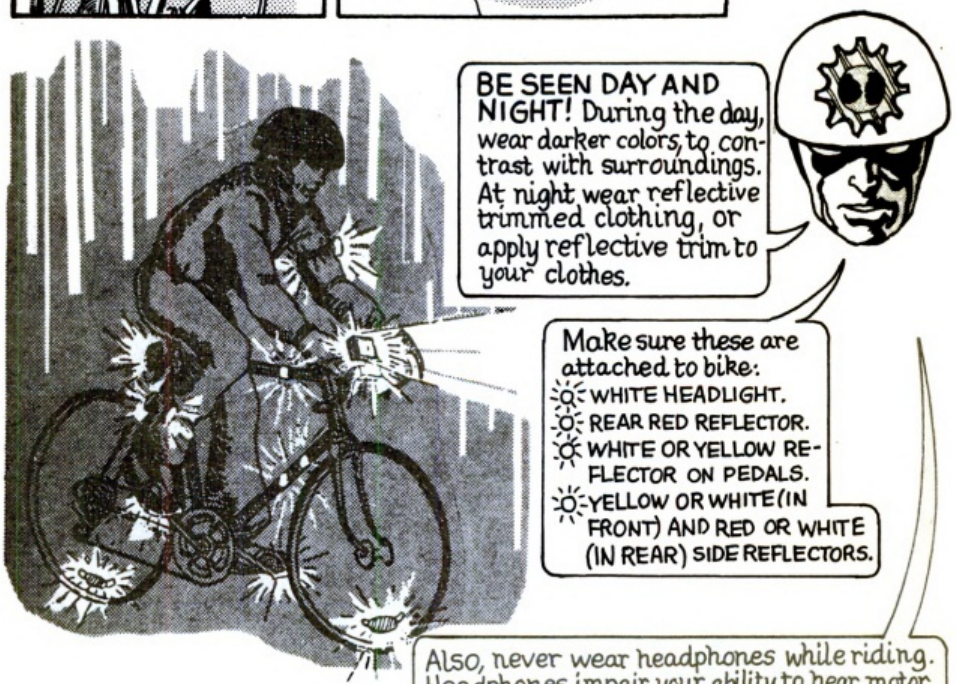
Choose a helmet with the help of a dealer to assure proper fit. If the helmet is involved in a crash, replace it or have it examined by the manufacturer before reuse.



Statistics from the CPSC National Electronic Injury Surveillance System (NEISS)

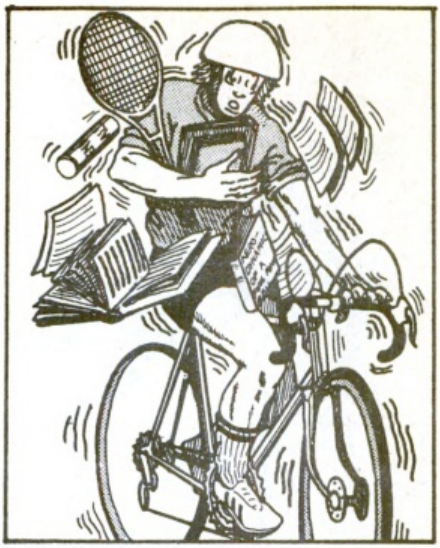
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA





Digitized by Google
UNIVERSITY OF CALIFORNIA

"DON'T CARRY ANYTHING THAT MAY HAMPER YOUR CONTROL OF YOUR BIKE!" Plan ahead and use a BACK-PACK !!



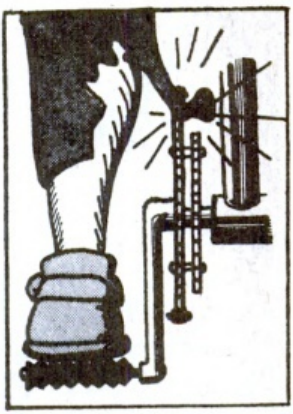
Front baskets have a center of gravity that's way too high.... which makes for awkward steering. **REAR BASKETS AND RACKS** work better!

Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

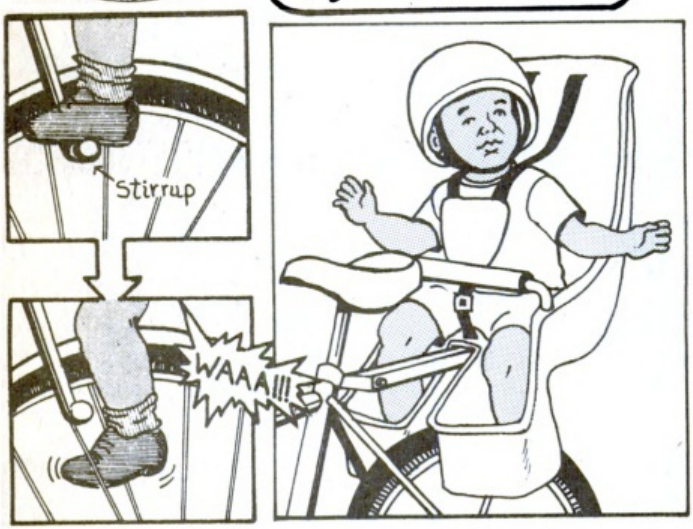
WATCH OUT for objects that may DANGLE, like a purse strap or chain.... they will CATCH in your wheels !!

This goes for PANT CUFFS as well !

Pant cuffs caught in bike chain can **easily** lead to an accident... and assuredly to dirty cuffs. When riding roll up your cuffs, or tuck them into your socks, or better yet... clip'em in with those nifty **pant clips.**



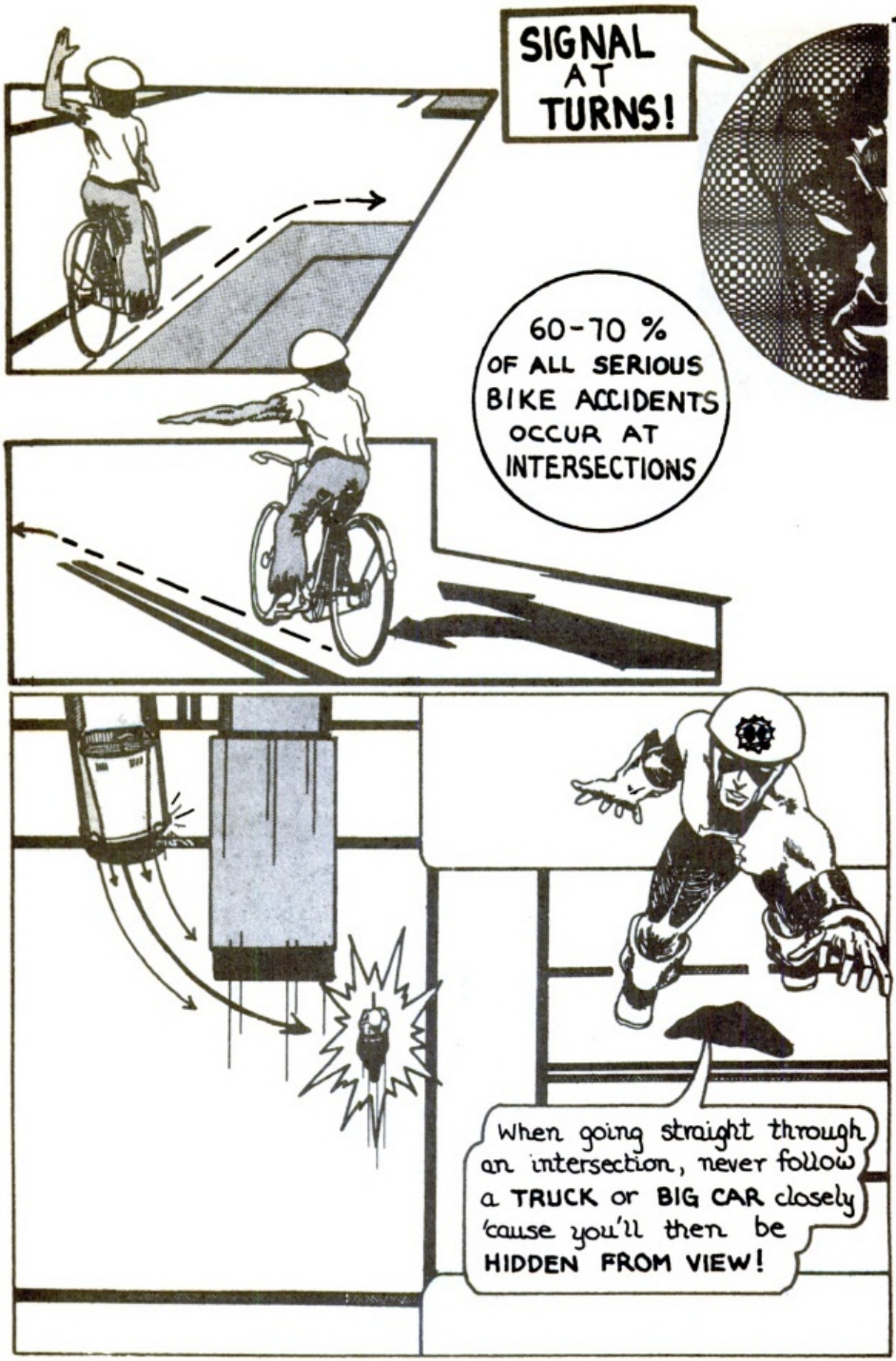
And for you parents... or rather – more importantly – for your children, make SURE their feet will not be caught in the wheels. Baby seats with only STIRRUPS to support the baby's feet are DANGEROUS!



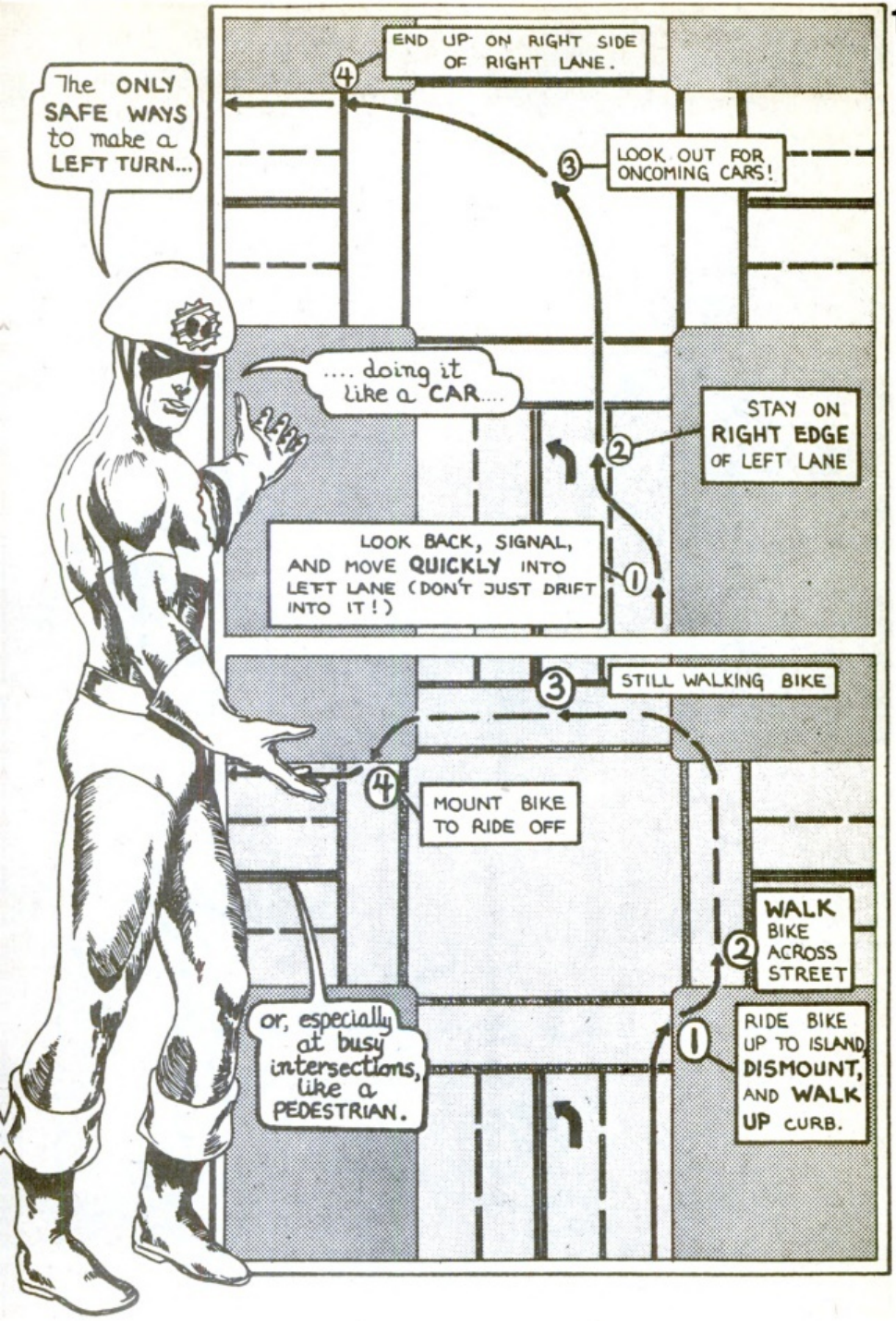
Child seats have been known to fall off Moving bikes with child ATTACHED!
FASTEN SEATS SECURELY!!

Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

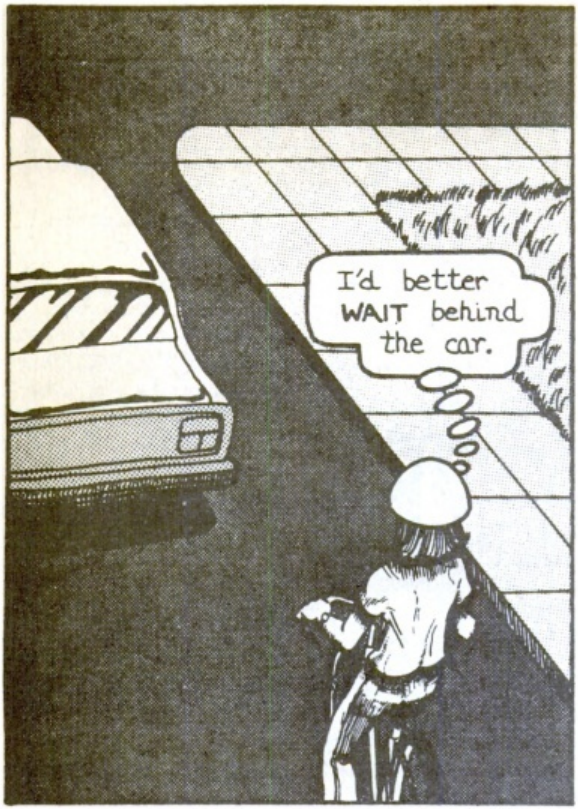
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

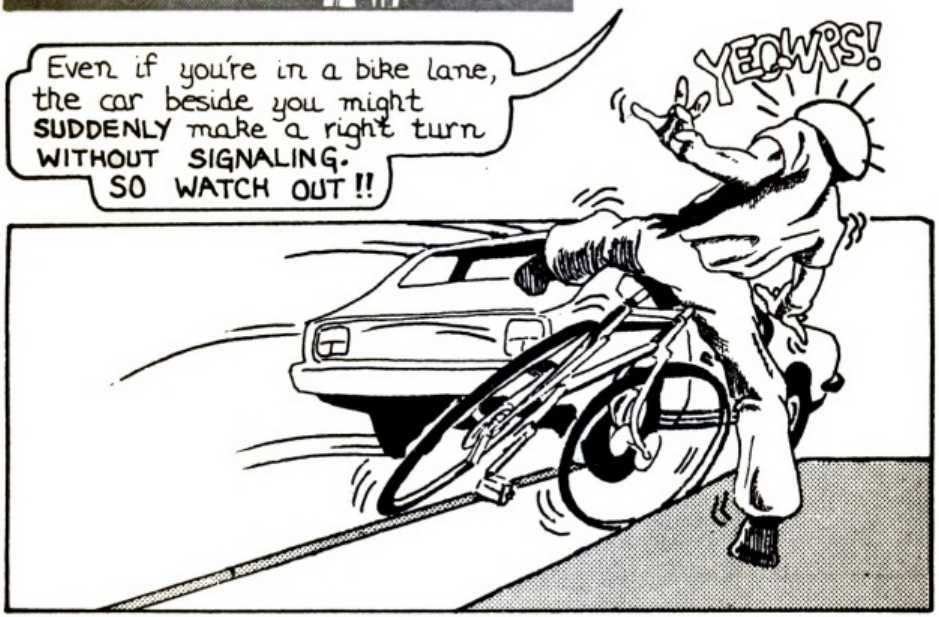


Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

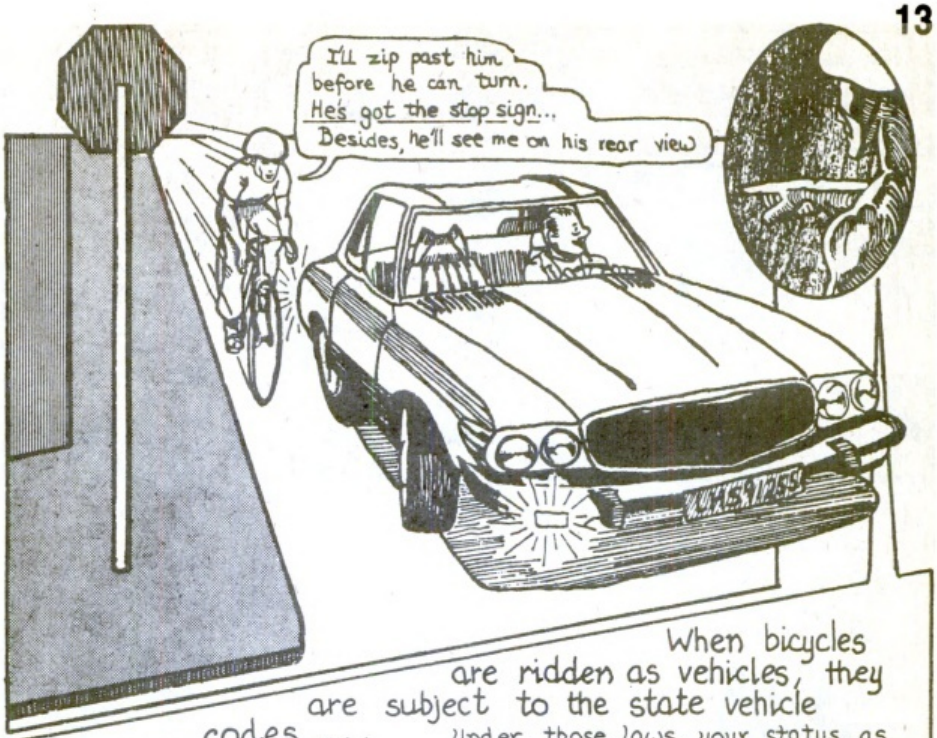


Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

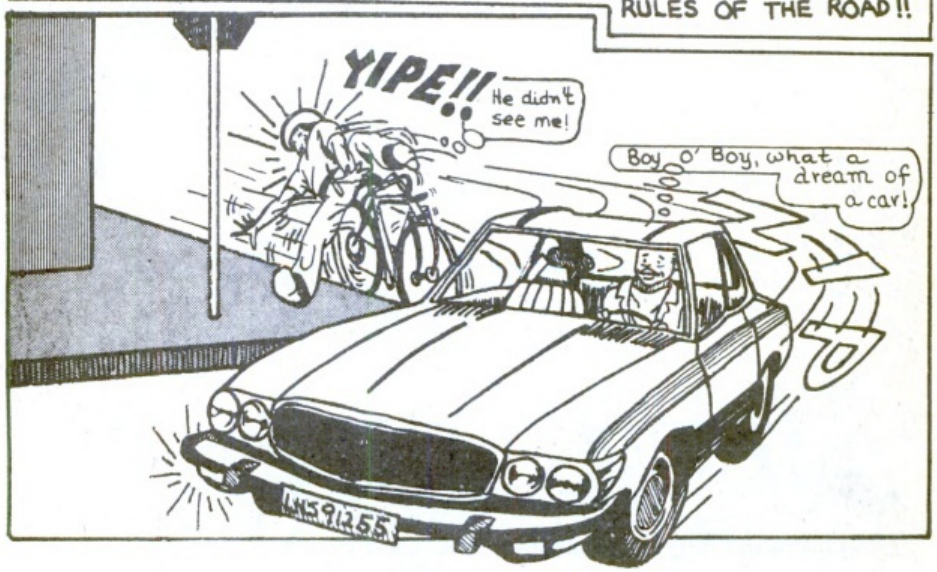




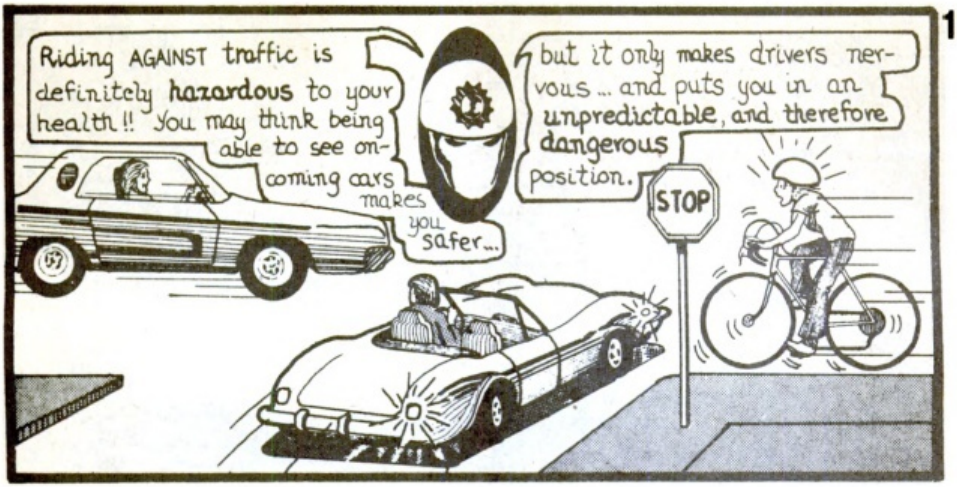
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

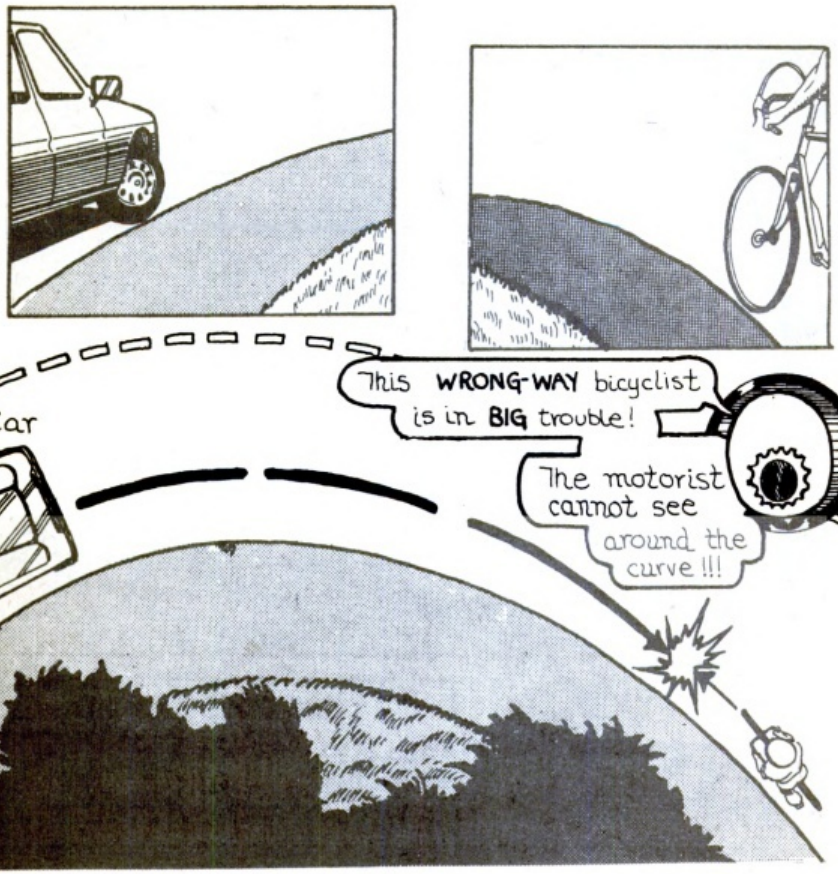


When bicycles are ridden as vehicles, they are subject to the state vehicle codes .... Under those laws, your status as bicyclist® is : "EVERY PERSON RIDING A BICYCLE UPON A ROADWAY HAS ALL THE RIGHTS AND DUTIES APPLICABLE TO THE DRIVER OF A VEHICLE." So **STOP** at all stop signs and stop lights **AND OBEY THE RULES OF THE ROAD!!**

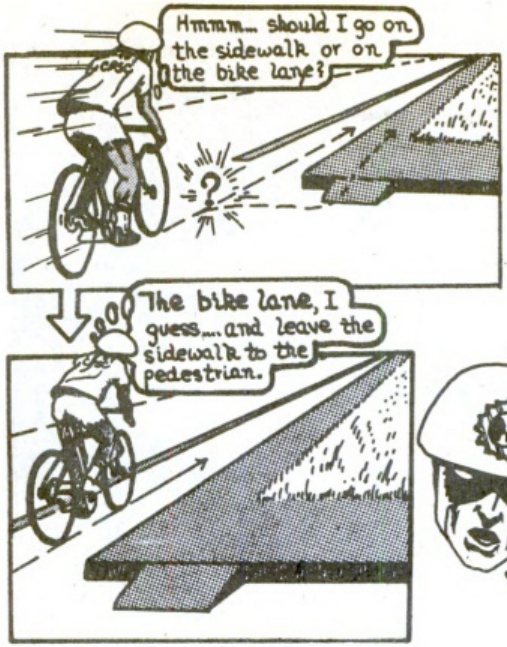


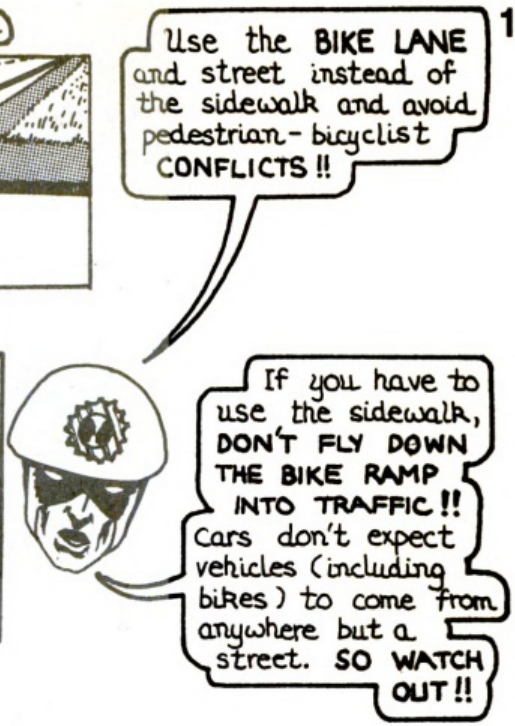
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

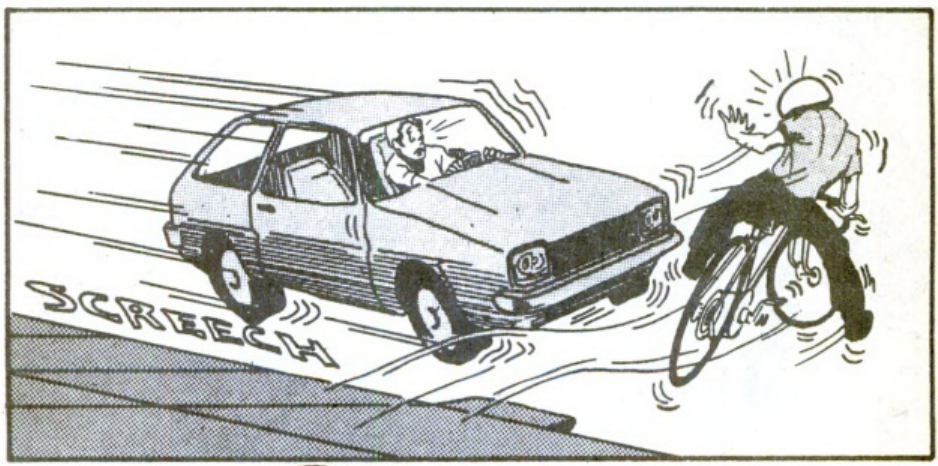




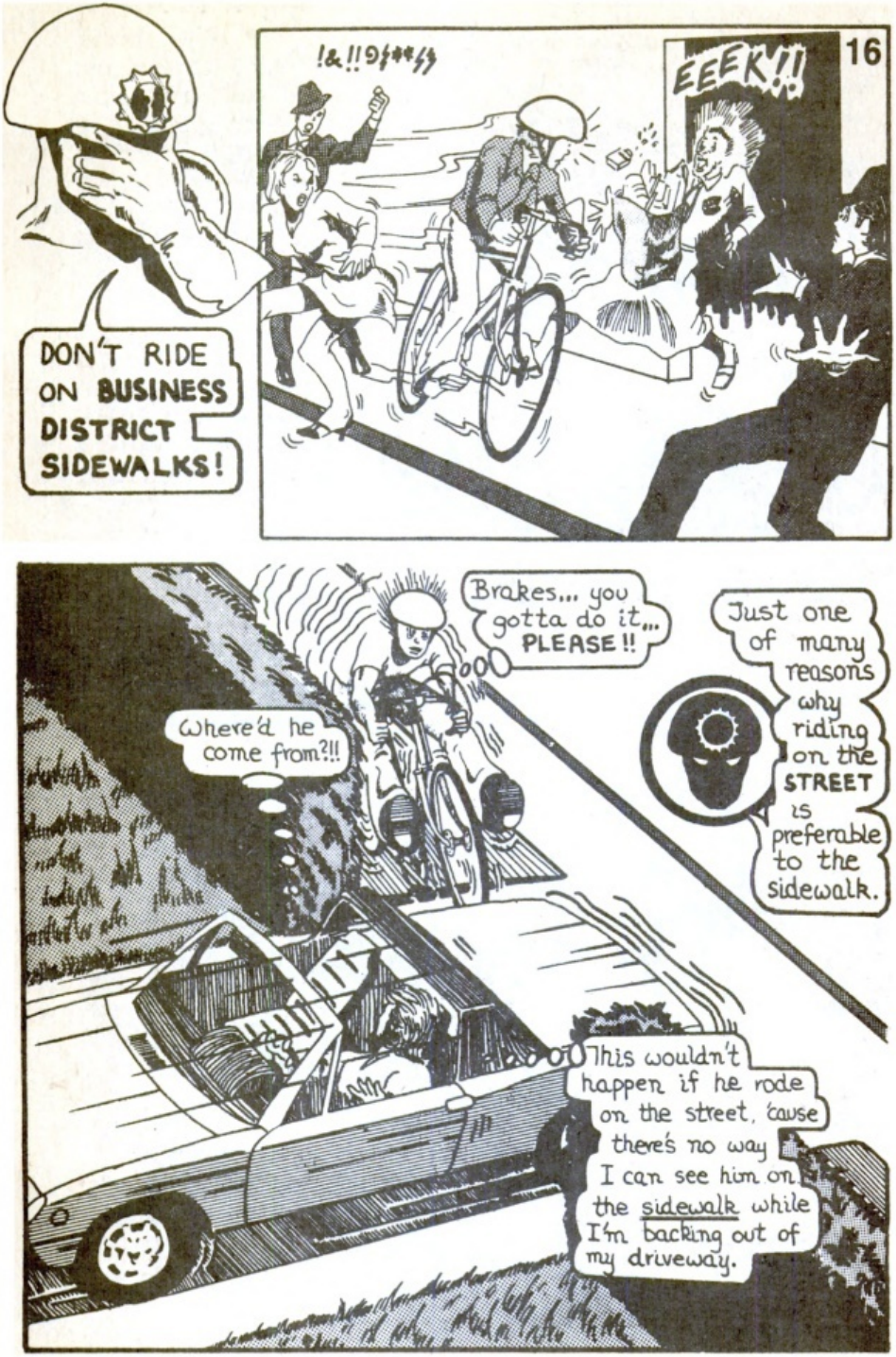
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA





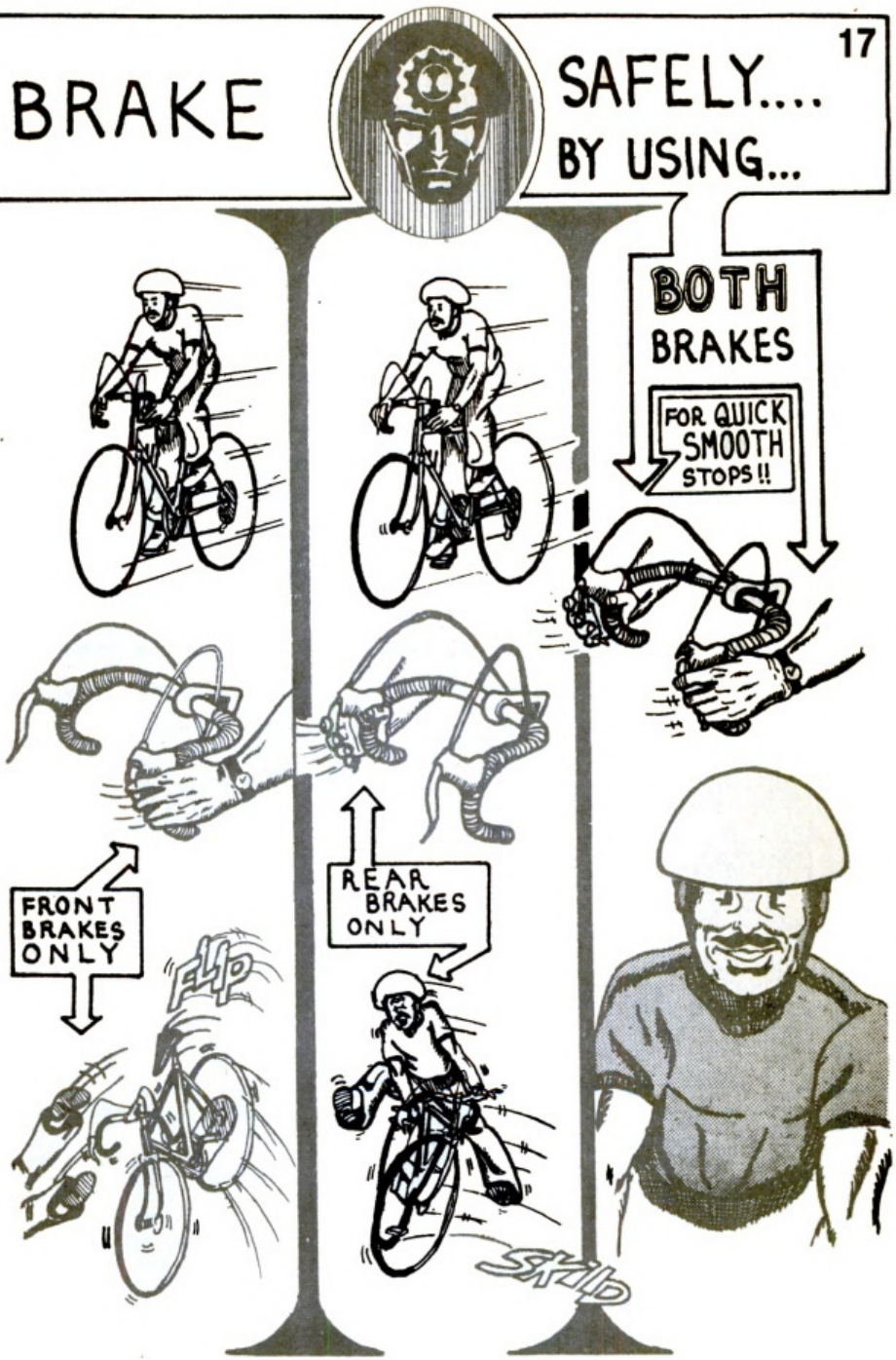


Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

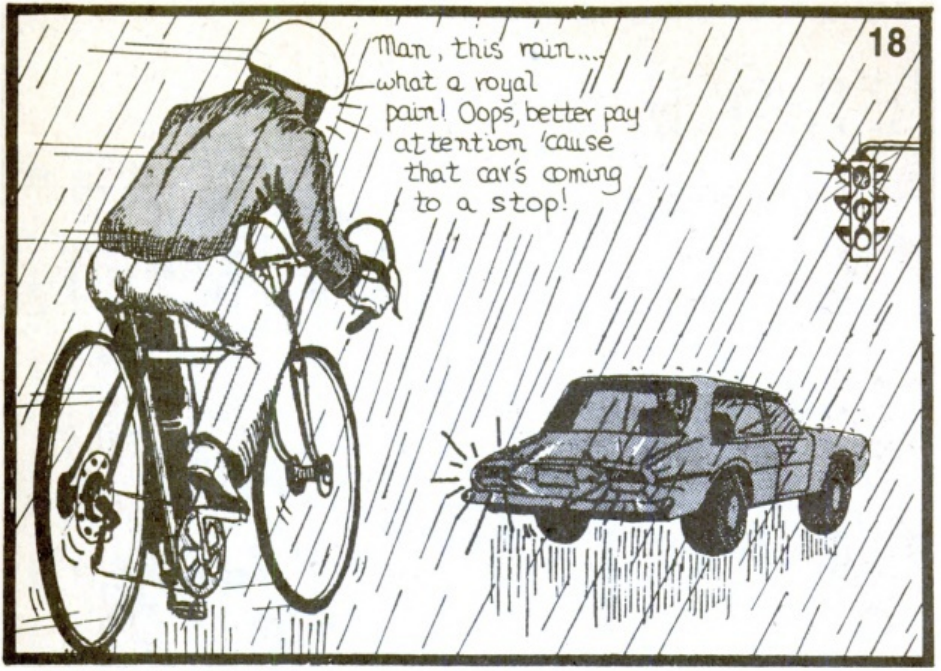


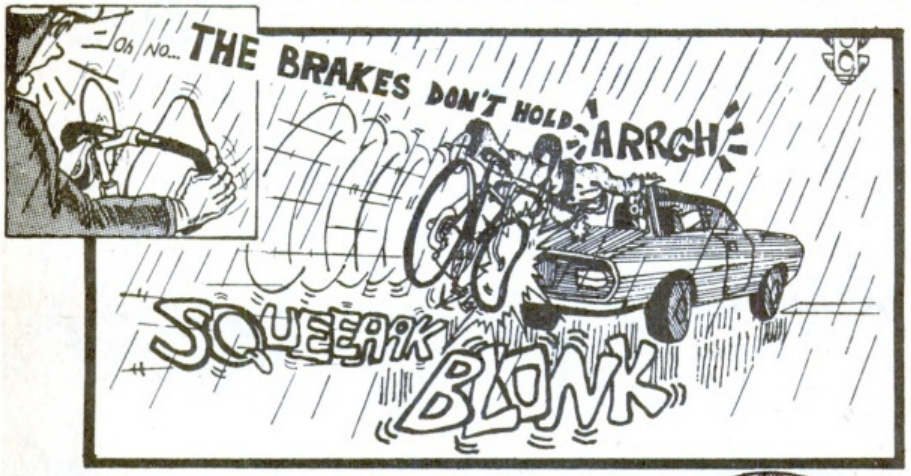
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

BRAKE SAFELY.... BY USING...



Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

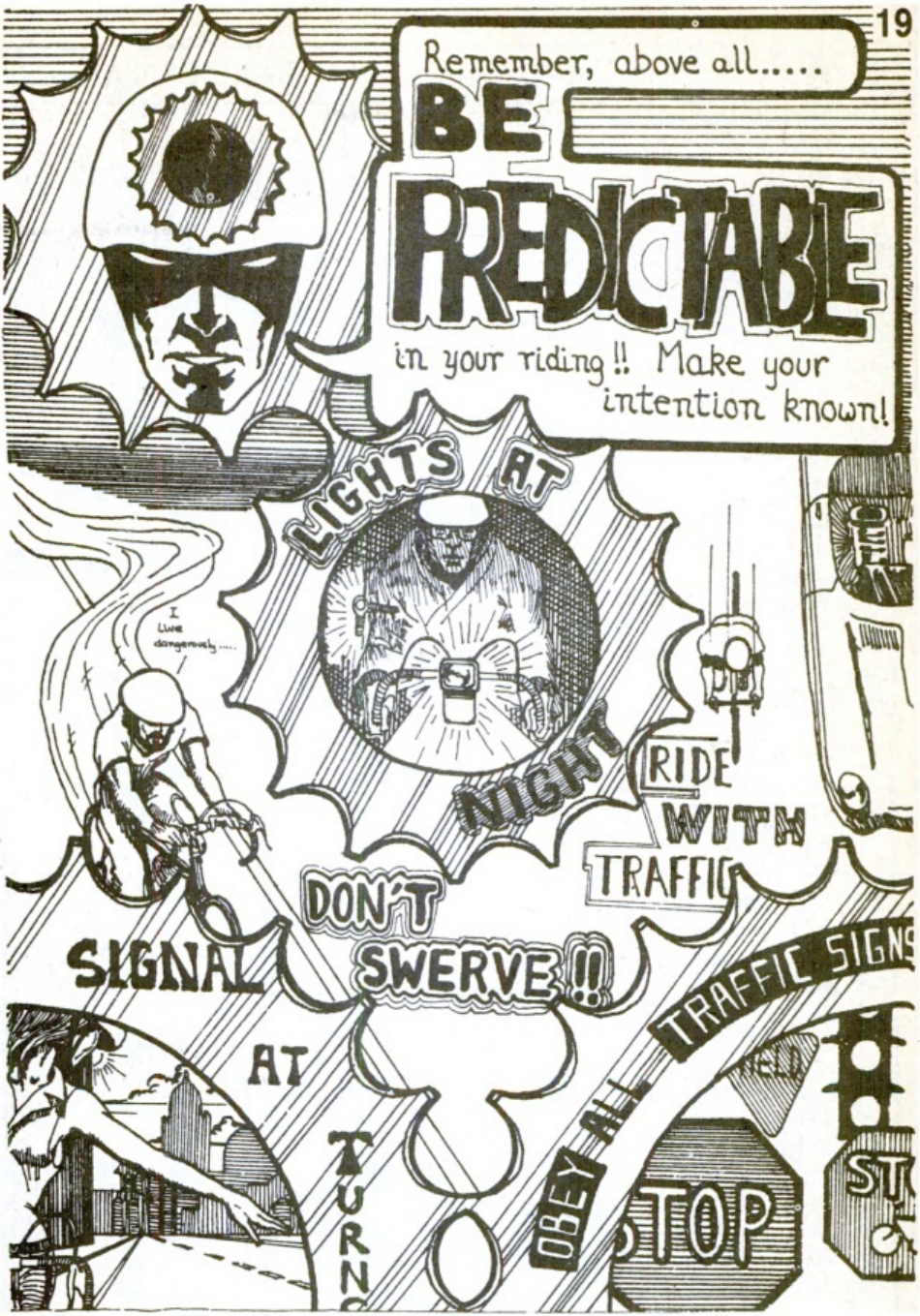




RAIN IS A PAIN!

- Handbrakes DO NOT work nearly as well in rain. Allow more time to stop than on dry pavement.
- Ride SLOWER than normal.
- Wear a LIGHT if visibility is poor.

Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

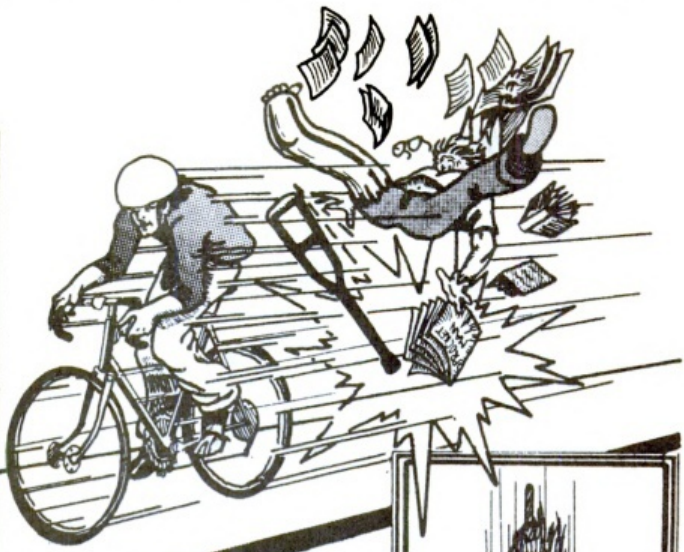


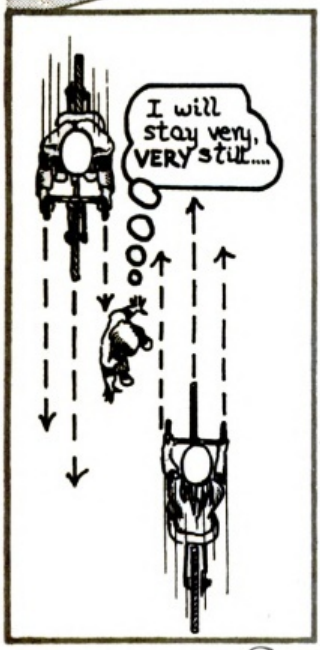
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

PEDESTRIANS HAVE THE RIGHT OF WAY!!

Play the GOLDEN RULE bit.... No matter how much you like to ride a bike, YOU'VE got to walk SOMETIME....

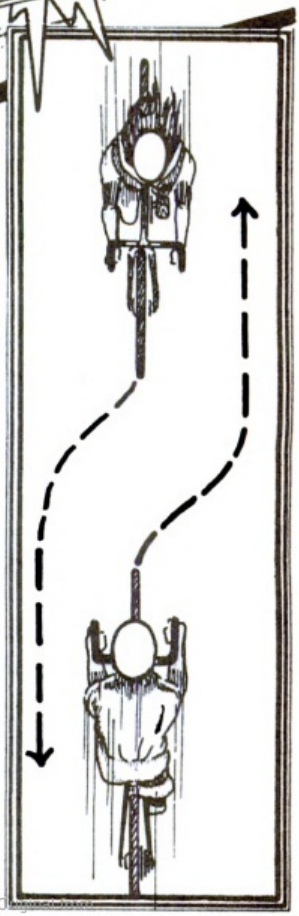
Besides, the ped you hit may play the "AN EYE FOR AN EYE" bit at a later date.





However, sometimes it's much easier for the ped to FREEZE than the bicyclists. The ped should let the bikes go straight through while he either stops or maneuvers around the bike.

When coming HEAD-ON towards a pedestrian or another cyclist, GO TO YOUR RIGHT!!



Digitized by Google
UNIVERSITY OF CALIFORNIA

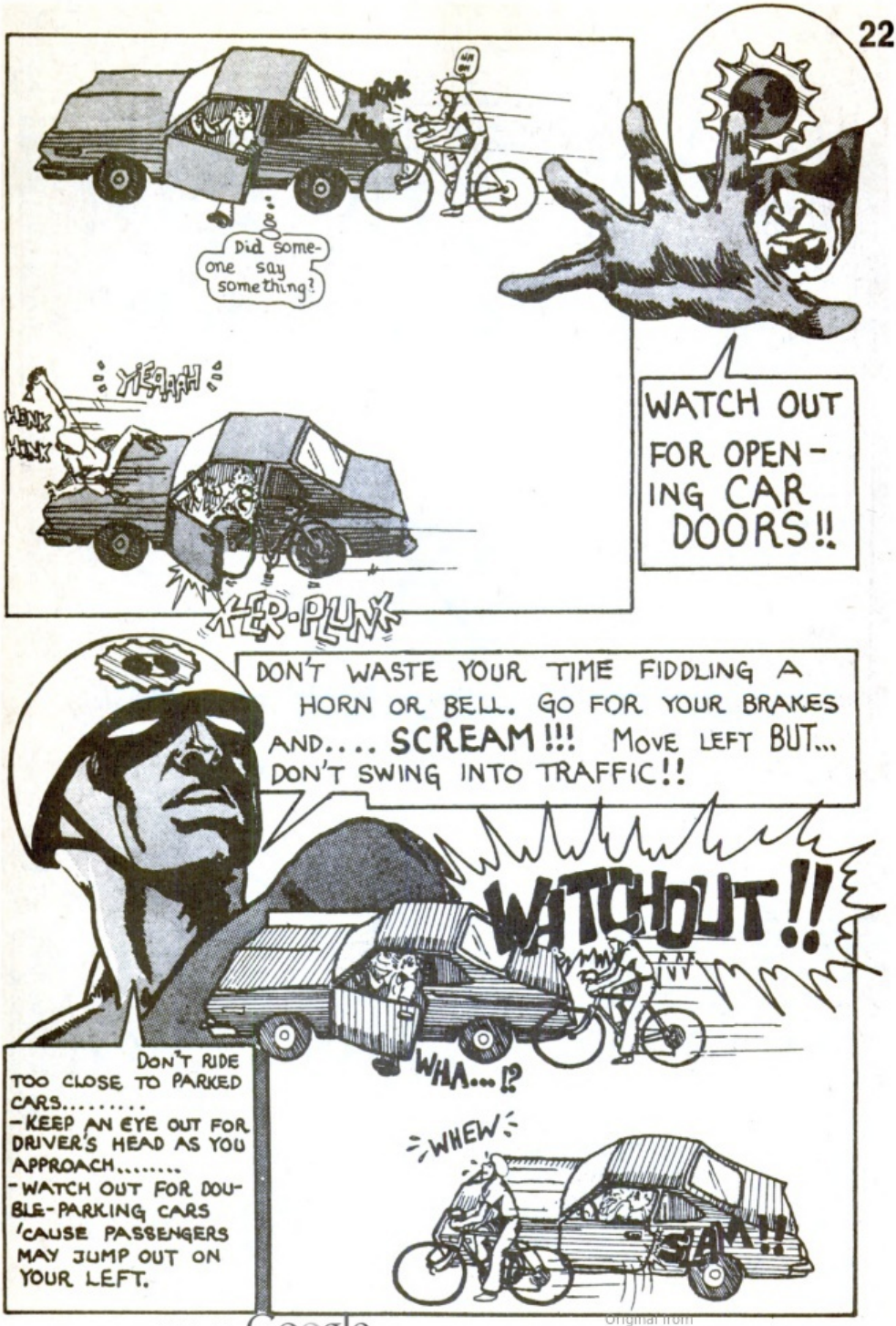
PASS A PEDESTRIAN ON HIS LEFT... AND SAY IT!

PASSING ON YOUR LEFT!

THANKS FOR TELLING ME.

Be a pedestrian:
WALK YOUR BIKE
- when you're tired
- when a hill's too steep
- when an intersection is too complicated
- when the buffalo come to town.

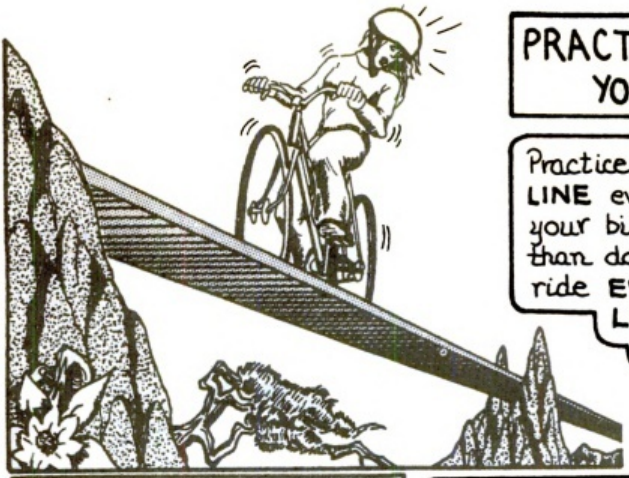
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

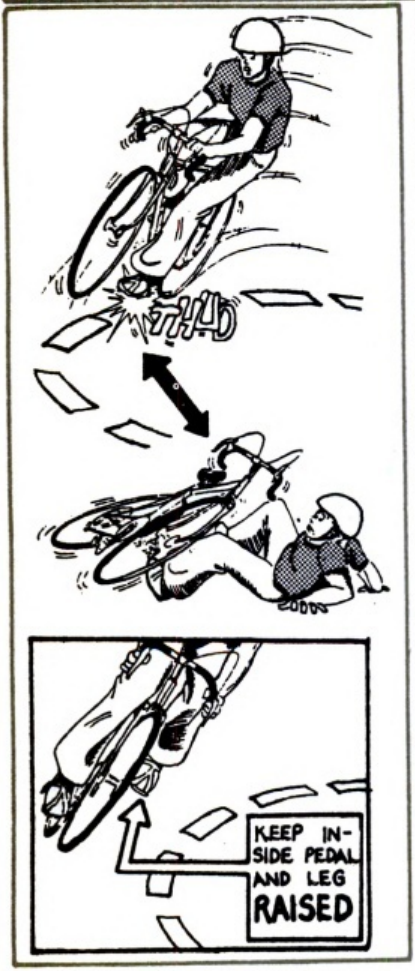


Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

PRACTICE RIDING YOUR BIKE !!

Practice riding in a **STRAIGHT LINE** every time you get on your bike (it's easier said than done). Knowing how to ride **EVENLY** may save your **LIFE**, especially on narrow roads !





Around **CORNERS**, keep your **INSIDE** pedal and leg raised or you'll take a spill !

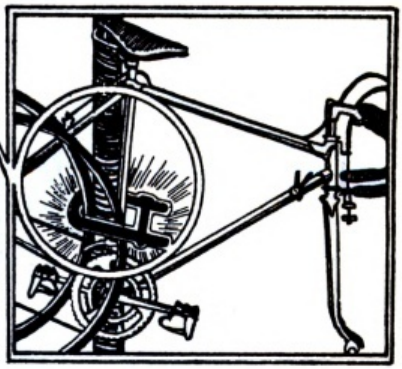
RIDE CREATIVELY. Try back roads where few cars (and bikes) roam. You'll see a lot more and breathe a lot **LESS** pollution !

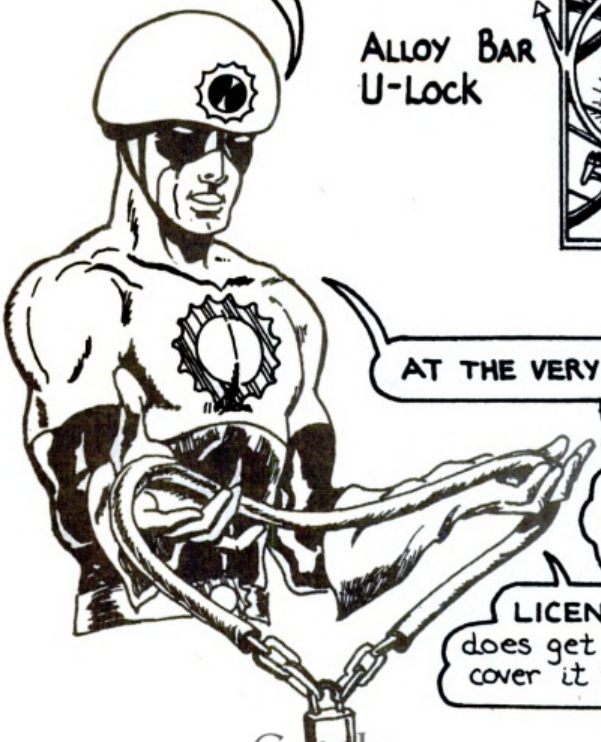
Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

NO LOCKING SYSTEM IS FOOL-PROOF !!

However, certain bike locks do provide **MAXIMUM SECURITY!** Particularly for those bicycles with "quick-release," it is best to remove your front wheel and lock it as well.

ALLOY BAR U-LOCK





AT THE VERY LEAST, use a heavy chain (5/16" alloy) or cable and a good padlock. **NEVER** use a flimsy combination lock and chain !!

LICENSE your bike! If it does get stolen, you can recover it much more easily.

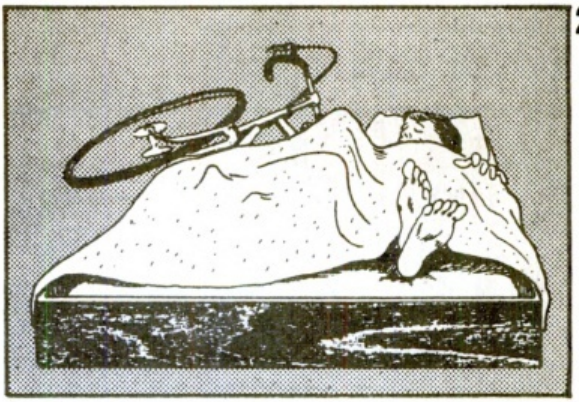
Digitized by Google

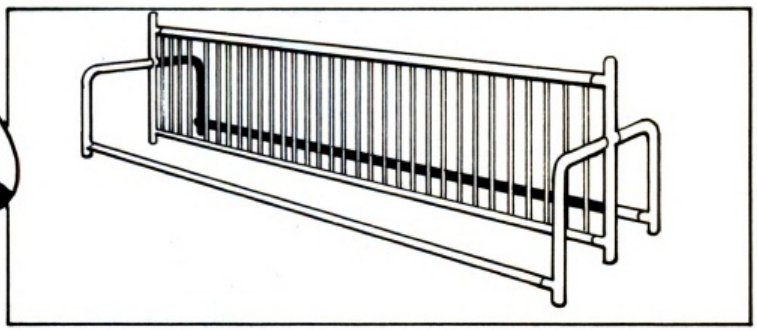
Original from UNIVERSITY OF CALIFORNIA

WHENEVER POSSIBLE, TAKE YOUR BIKE WITH YOU!!

Otherwise, park in a **HIGHLY VISIBLE** location.

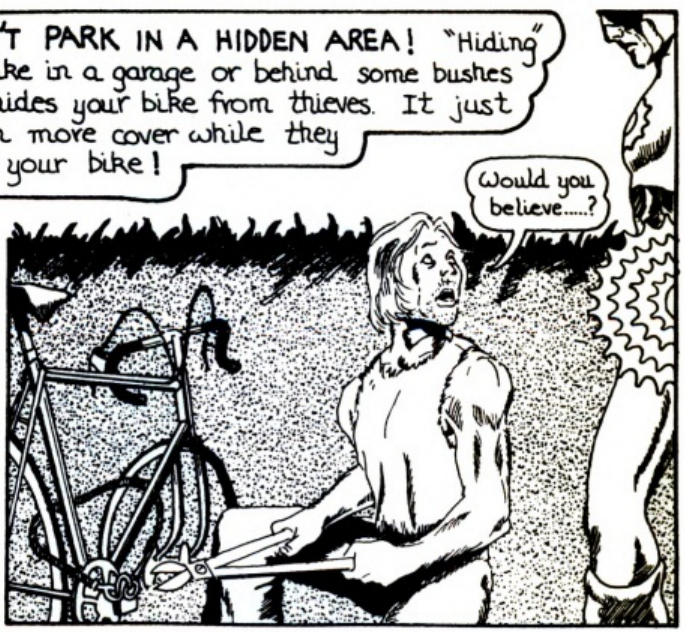
Use **LOCKERS** and/or **FRAME RACKS**, if available



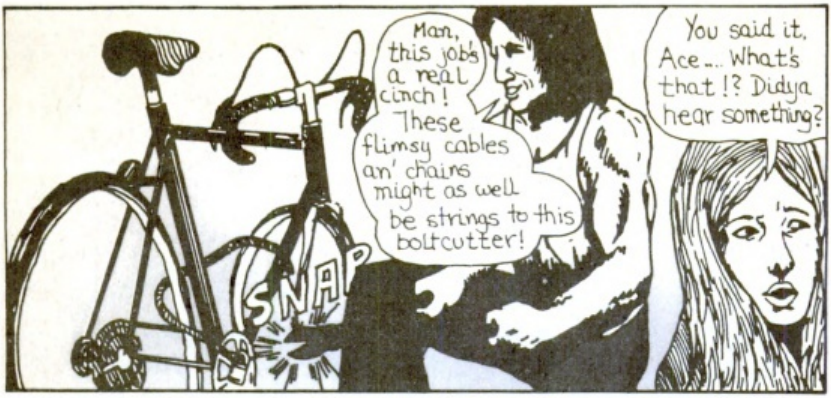


DON'T PARK IN A HIDDEN AREA! "Hiding" your bike in a garage or behind some bushes never hides your bike from thieves. It just gives them more cover while they **STEAL** your bike!

And **DON'T PARK NEAR DOORS OR IN OPEN PLAZAS** where people might fall over your bike!



Digitized by Google
Original from UNIVERSITY OF CALIFORNIA



Digitized by Google
UNIVERSITY OF CALIFORNIA

THANK YOU, IT'S BEEN A PLEASURE HELPING YOU BECOME A SAFER CYCLIST. AND NOW I'D LIKE TO THANK THE PEOPLE WHO MADE ME POSSIBLE.....

ACKNOWLEDGEMENTS:

...AND MAY THE WIND ALWAYS BE AT YOUR BACK.

For further information, write: Bicycles, U.S. Consumer Product Safety Commission, Washington, D.C. 20207 or call the toll-free hotline 800-638-CPSC to report an unsafe consumer product or a product-related injury.

And now...

FOR MORE INFORMATION

American Automobile Association (AAA)
Check your telephone directory for the AAA chapter nearest you. Various bicycle safety publications are available.

Bicycle Federation of America
1818 R Street, NW
Washington, DC 20009
(202) 332-6986.
Clearinghouse for information on all aspects of bicycling. Conducts training programs and conferences. Contact for list of state and local bicycle-pedestrian coordinators. (Contact your state bicycle-pedestrian coordinator through your State Department of Transportation.) Publishes "The Basics of Bicycling" brochure.

Bikecentennial/Bicycle Forum
PO Box 8308
Missoula, MT 59807
(406) 721-1776.
National bicyclists' membership organization, information on bicycle touring, safety, advocacy, and maps. Publishes Bicycle Forum Technical Note Series on various topics including bicycle crash types, "Guide to Bicycle Rodeos," "Bicycle Safety: What Every Parent Should Know," helmet use materials, and others.

League of American Wheelmen (LAW)
190 West Ostend Street, Suite 120
Baltimore, MD 21230
(410) 539-3399.
National bicyclists' membership organization with information on advocacy, education, and organized cycling events. Contact for information about bicycle clubs in your area.

National Safe Kids Campaign
111 Michigan Avenue, NW
Washington, DC 20010
(202) 939-4993
Campaign to prevent childhood injuries, including helmet use and bicycle safety.

Digitized by Google
Original from UNIVERSITY OF CALIFORNIA

THE U.S. CONSUMER PRODUCT SAFETY COMMISSION

The U.S. Consumer Product Safety Commission was activated on May 14, 1973 and directed by Congress to 1) protect the public against unreasonable risks of injury; 2) assist consumers in evaluating the comparative safety of consumer products; 3) develop uniform safety standards; and, 4) promote research and investigations.

It has jurisdiction over more than 5,000 products used in the home, school, and public places. In its efforts to protect the public from serious product-associated injuries, the Commission needs the help of every consumer, young and old.

One important product—the bicycle—has been associated with approximately 500,000 injuries treated in hospital emergency rooms yearly. The dramatic increase in bicycling as a form of transportation and recreation has intensified the need for information and education materials for both young and old. This booklet is offered as one approach to involve you in THINKING BICYCLE SAFETY!

The Commission's final regulation on bicycles became effective December 22, 1978. The bicycles depicted do not in all circumstances conform in detail to the specifications in the regulation.

In addition, the regulation applies to nearly all bicycles that are toys or other articles intended for use by children [but may also be used by adults]. This booklet is directed only to bicycles that are appropriate for use on streets by sufficiently mature riders.

To report a hazard or a product-related injury, write to the U.S. Consumer Product Safety Commission, Washington, D.C. 20207 or call the toll-free hotline 800-638-2772. A teletypewriter for the hearing impaired is available on the following numbers: National (including Alaska and Hawaii) 800-638-8270, Maryland residents only 800-492-8104.

009302

*U.S. Government Printing Office: 1994 — 377-257/10493

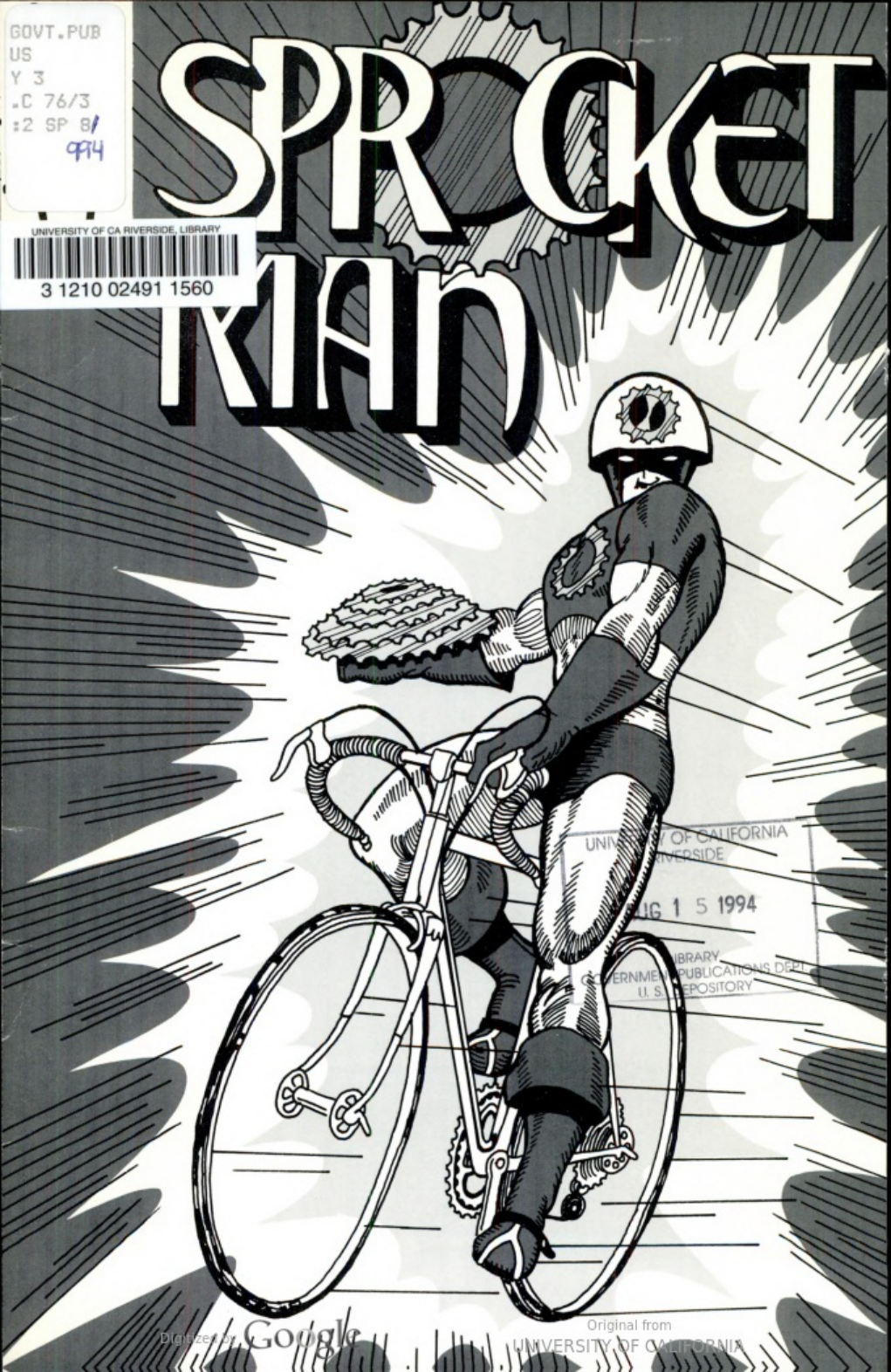
Digitized by Google

Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



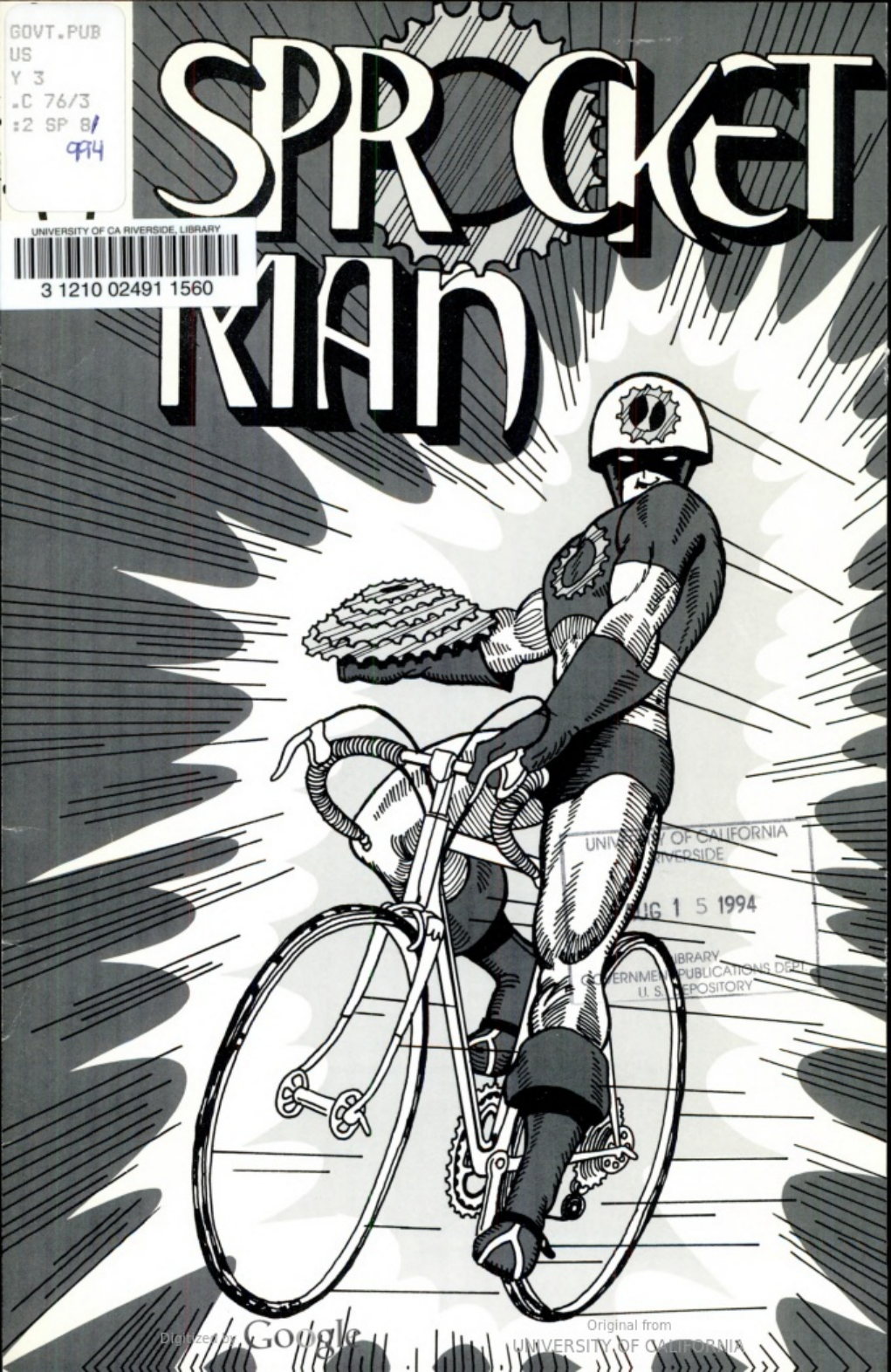
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



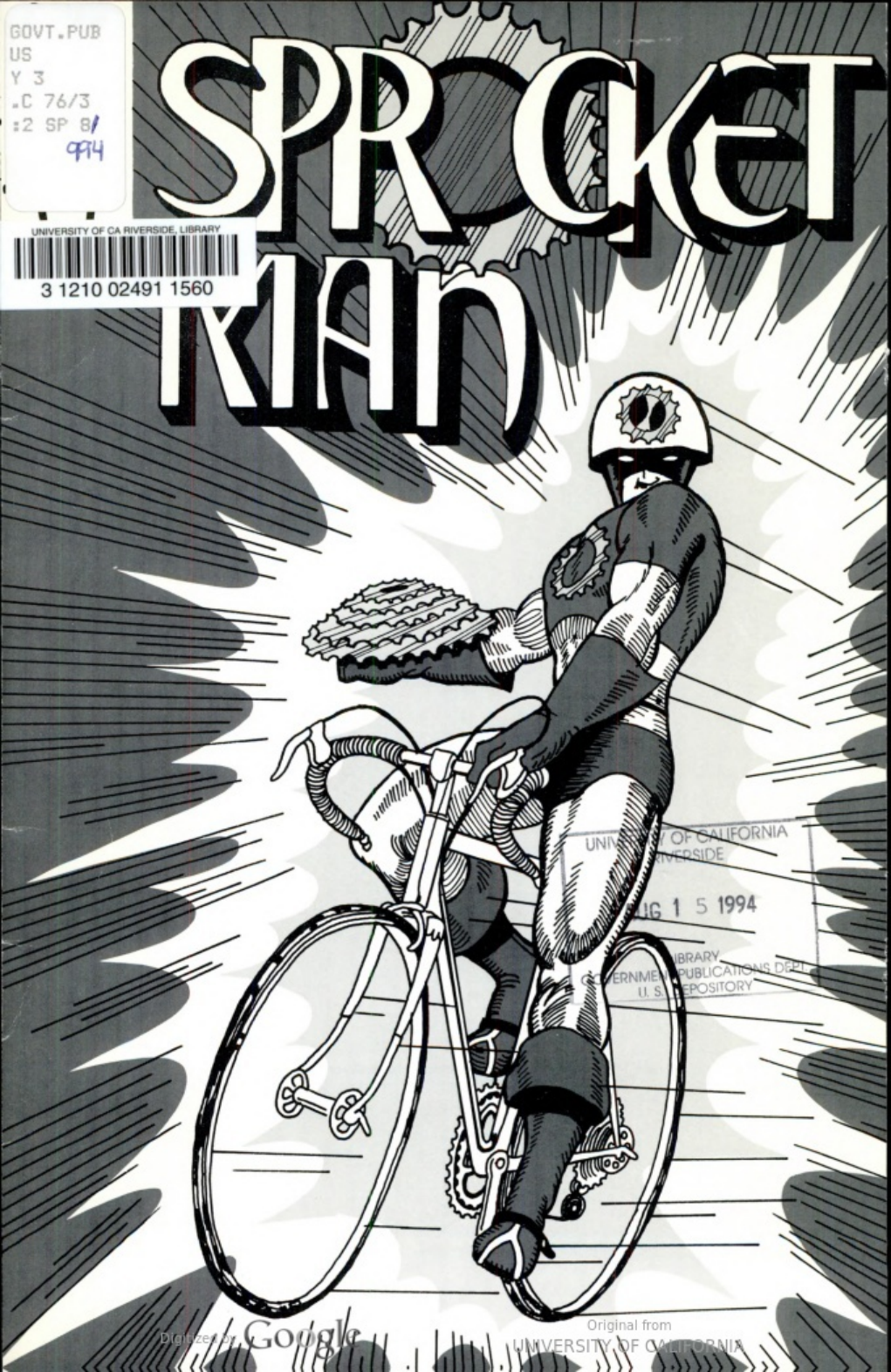
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



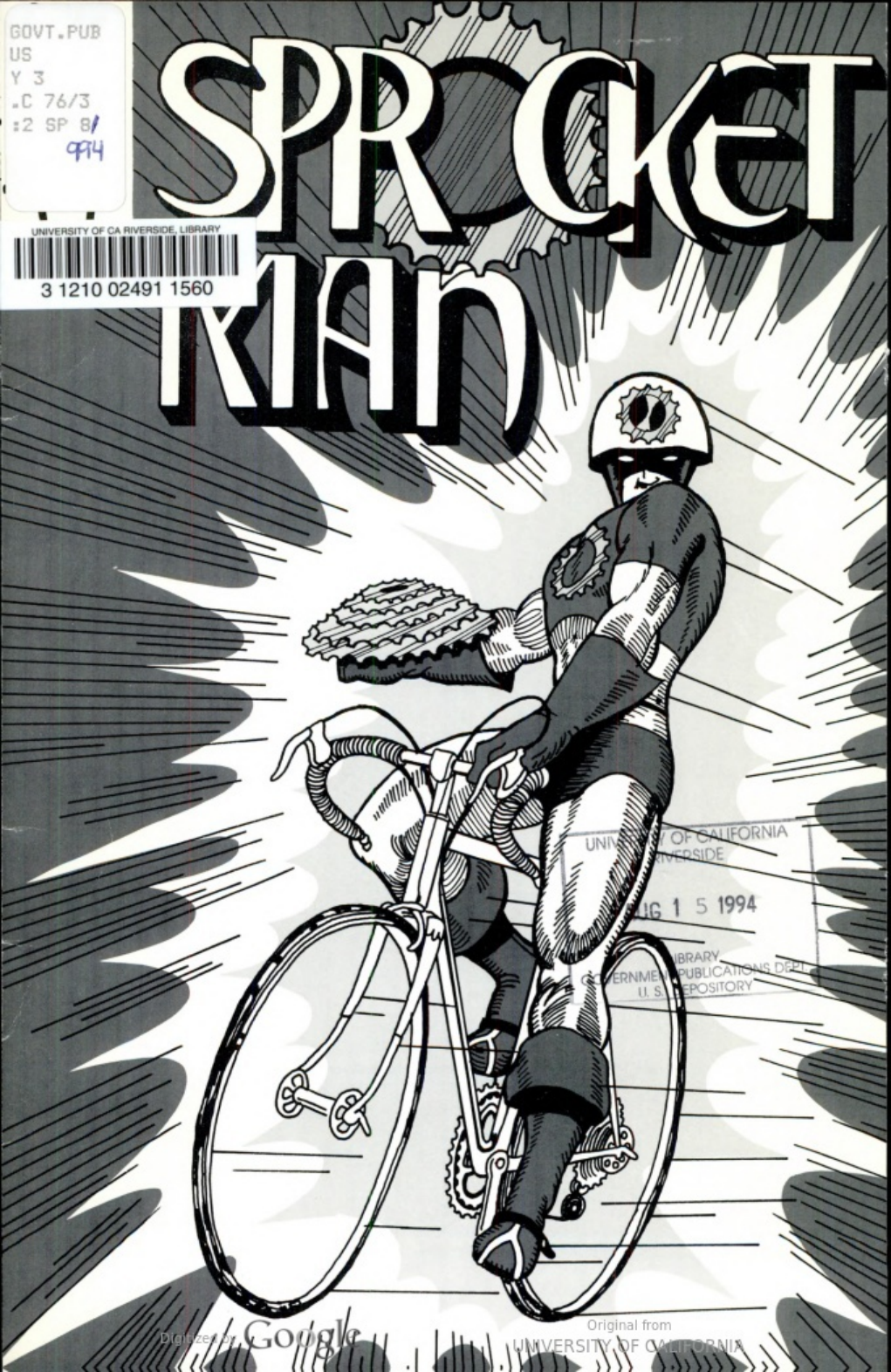
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



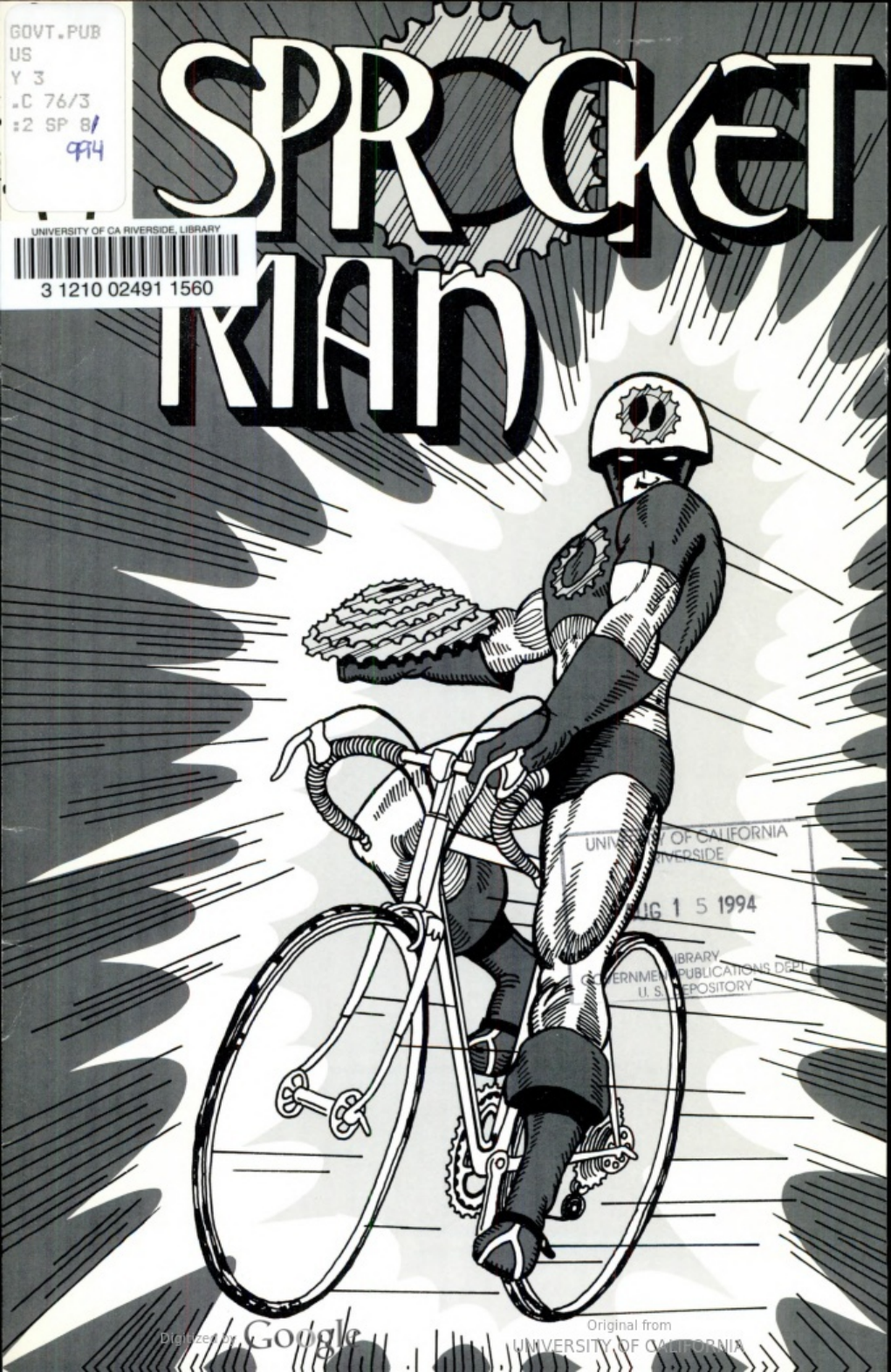
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



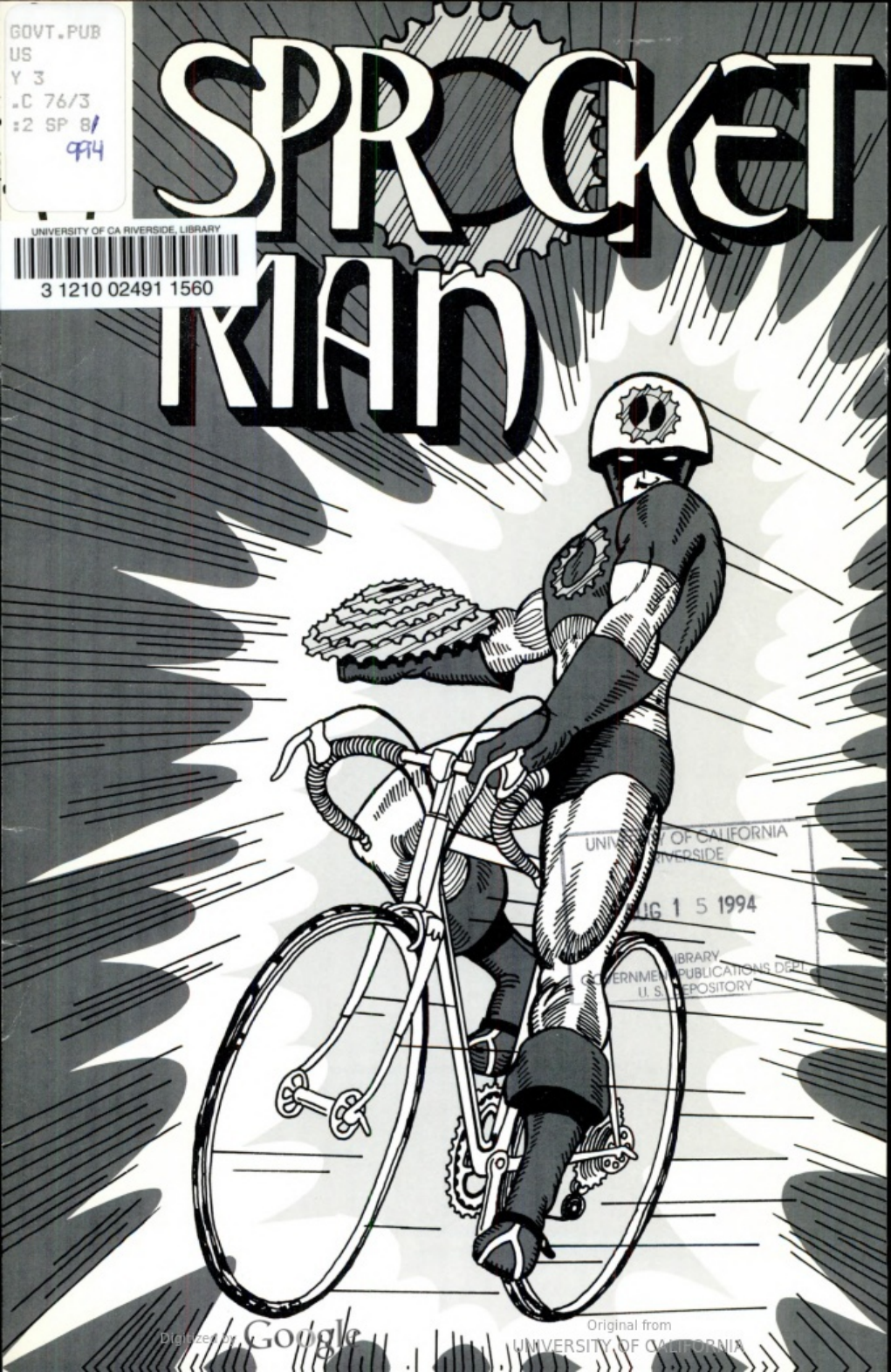
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



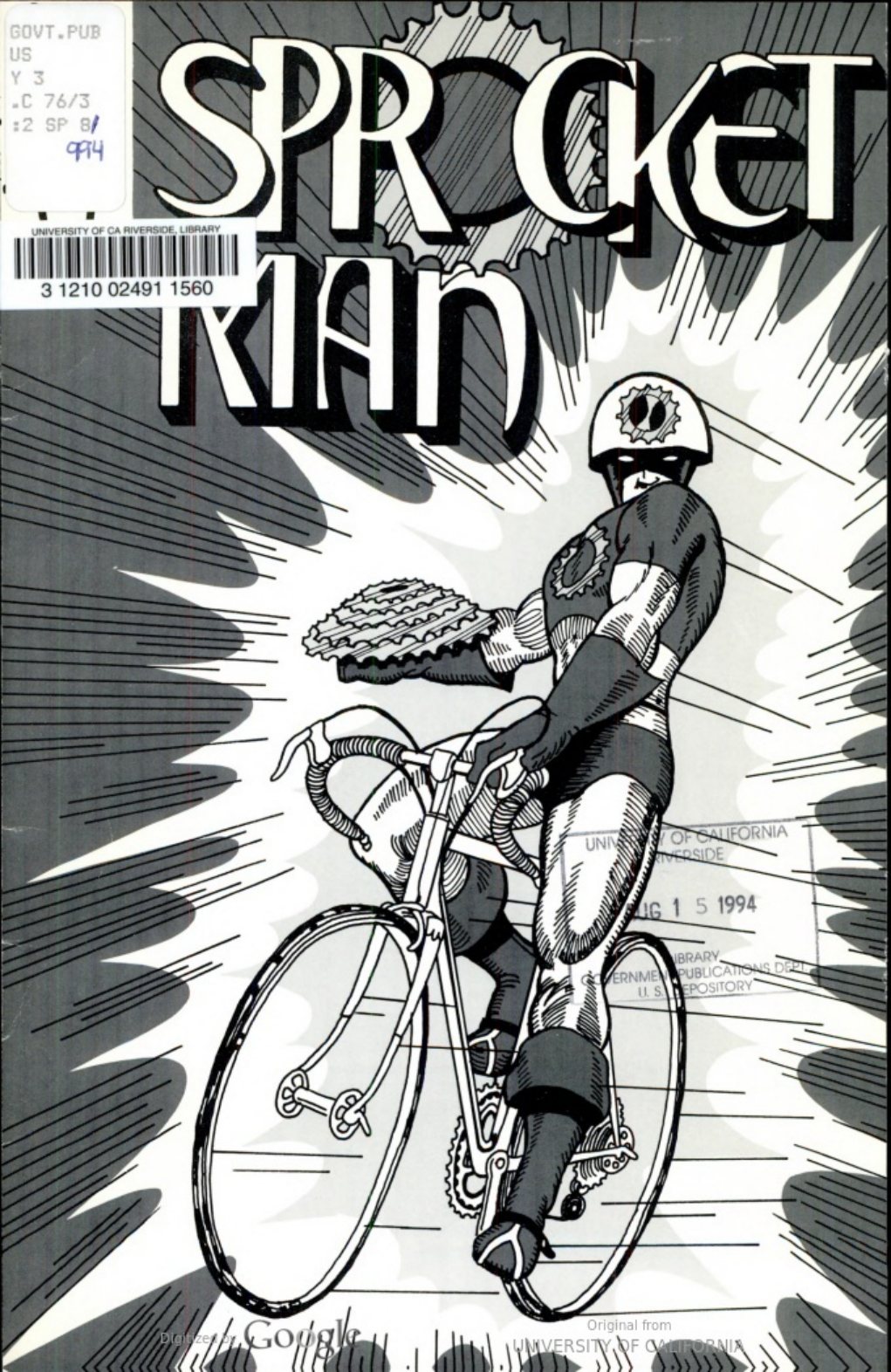
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



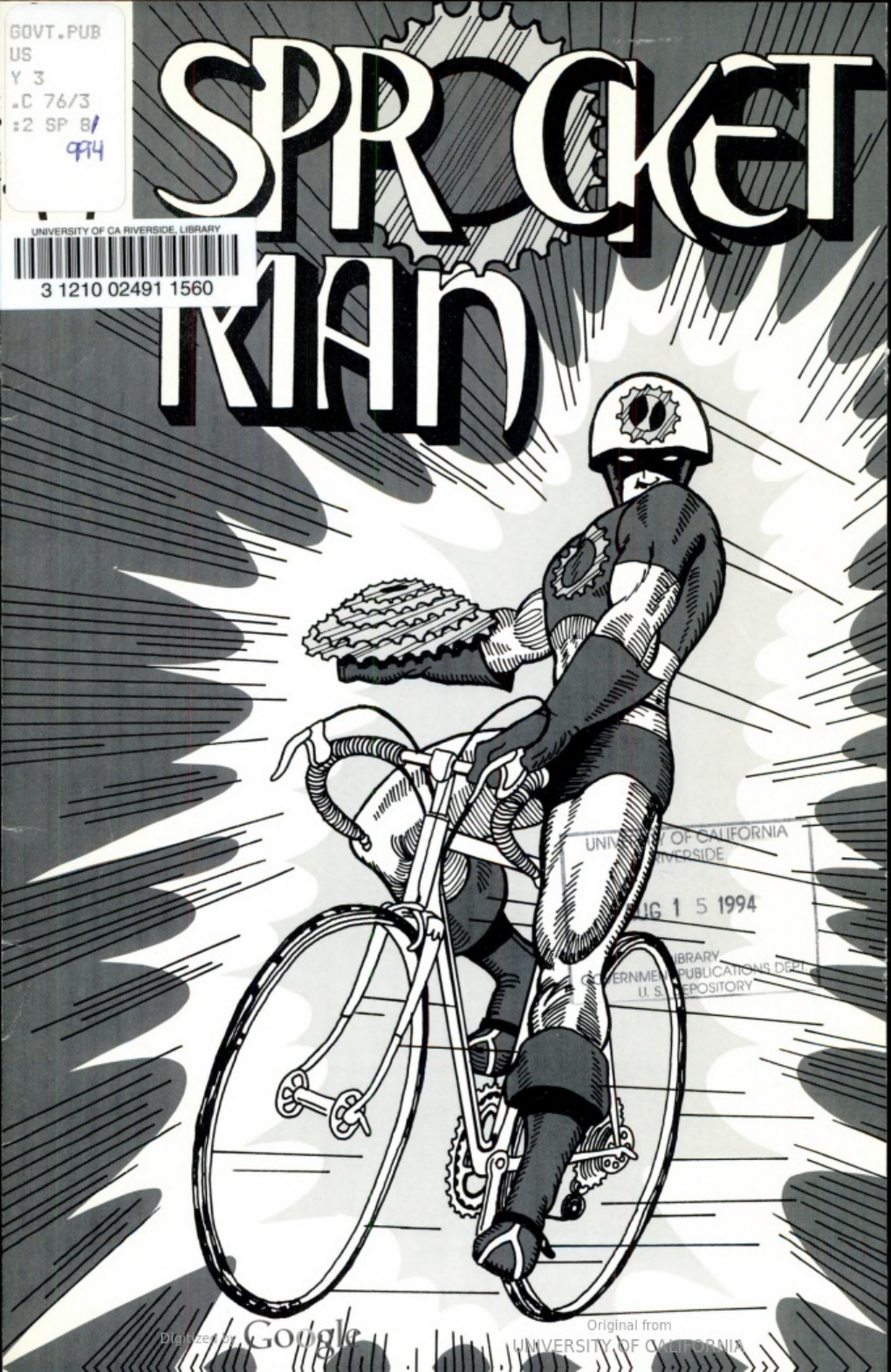
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



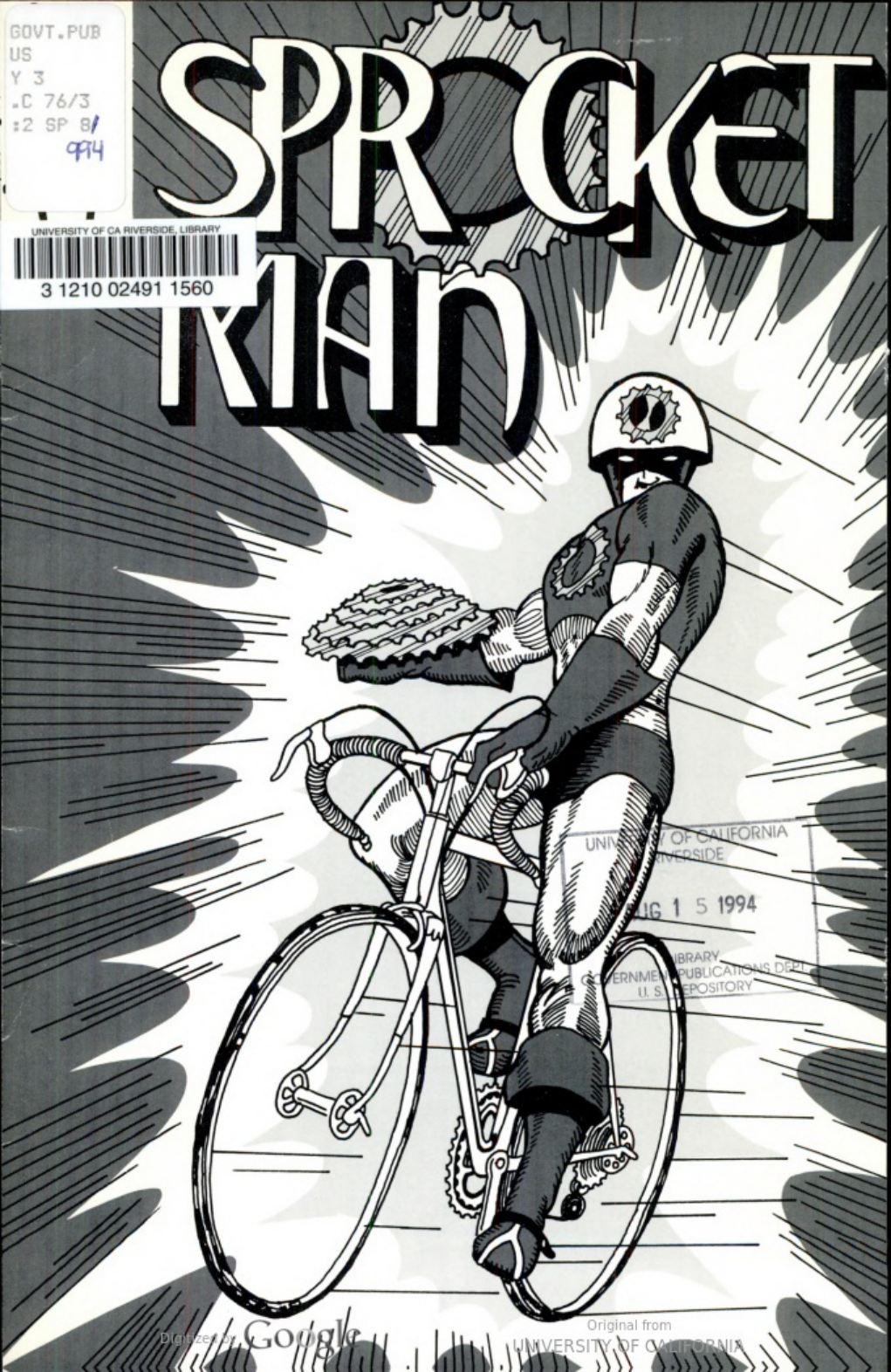
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



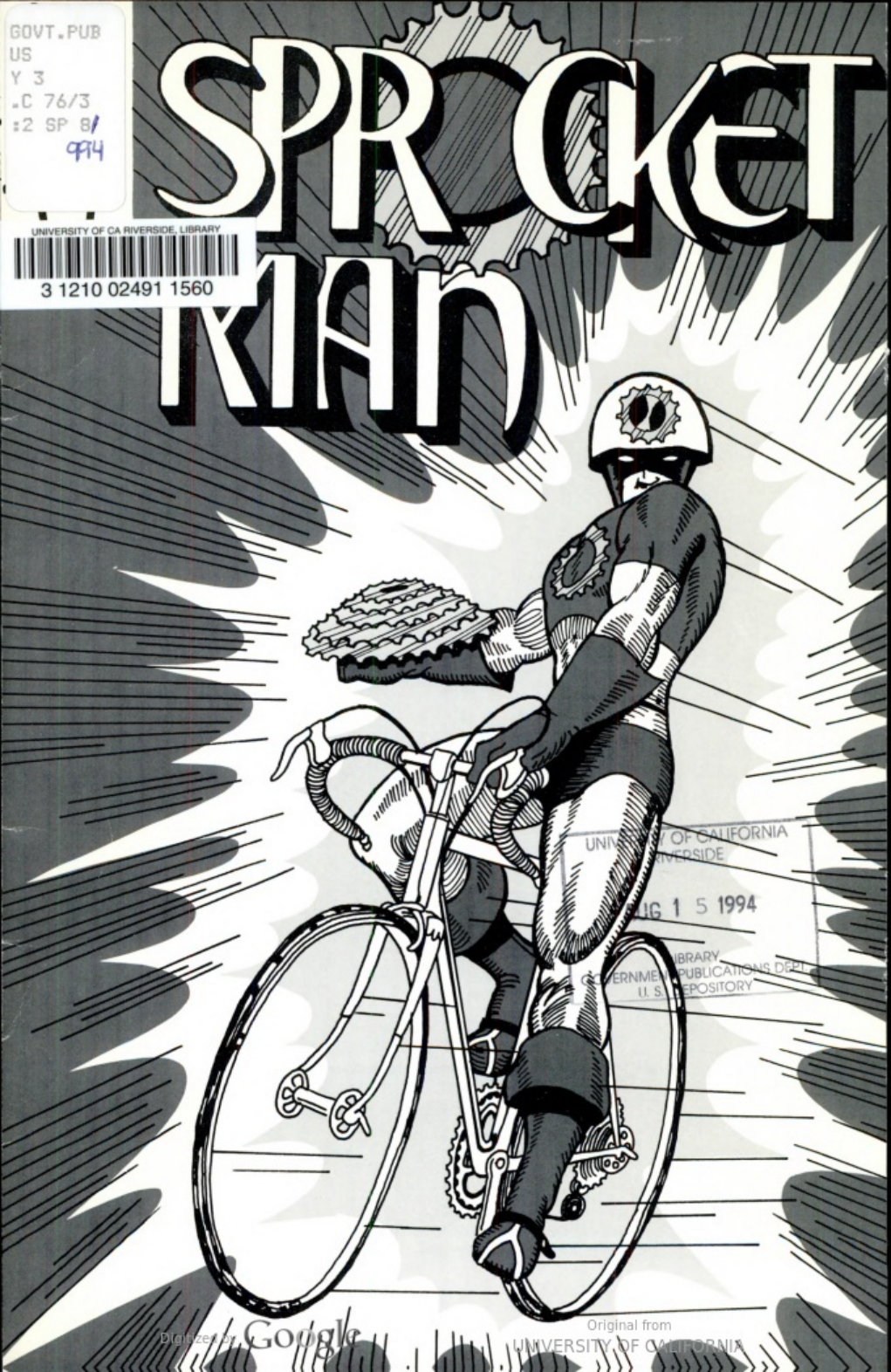
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



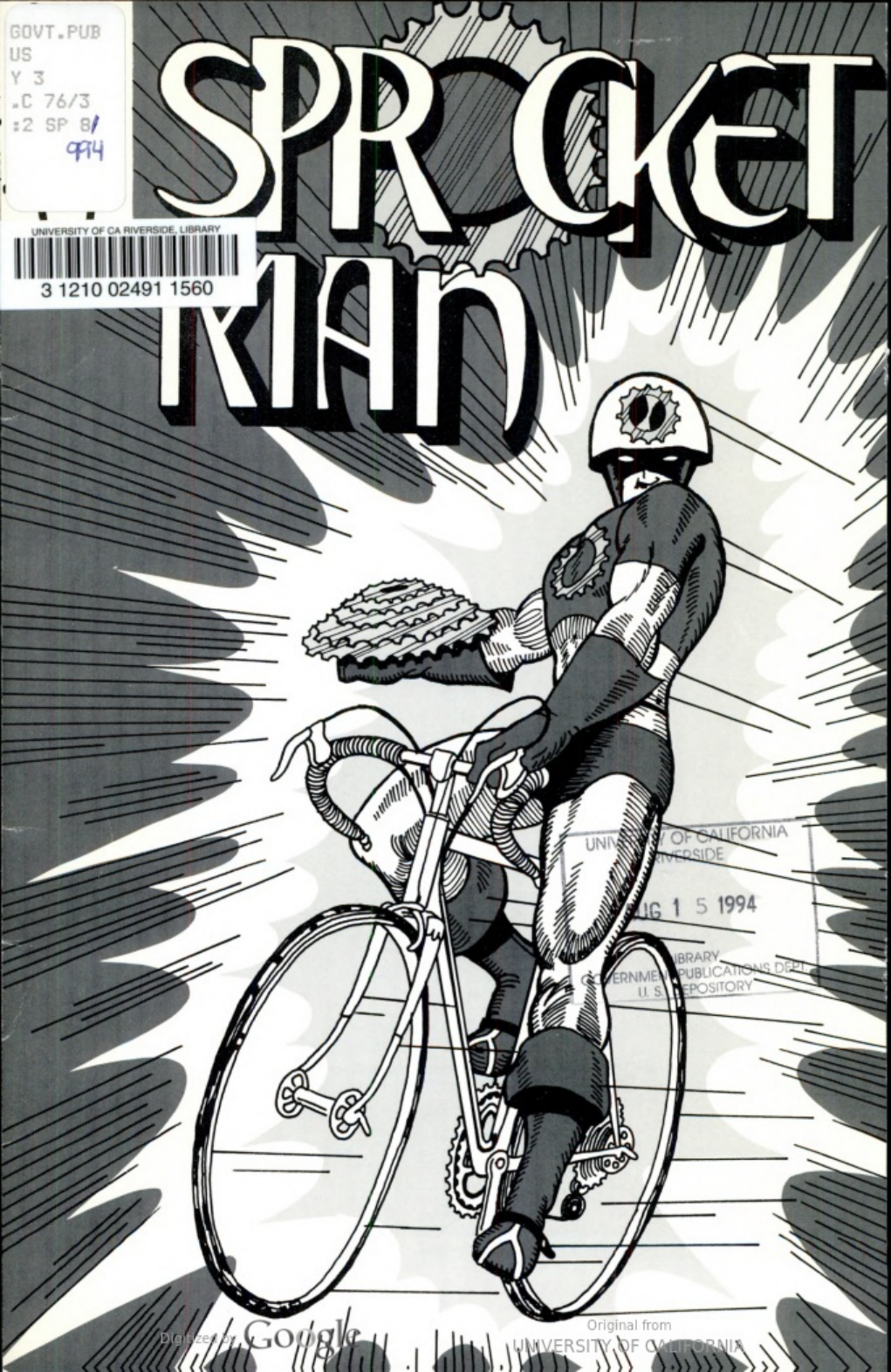
UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA

GOVT.PUB
US
Y 3
.C 76/3
:2 SP 8/
994

UNIVERSITY OF CA RIVERSIDE, LIBRARY
3 1210 02491 1560

SPROCKET MAN



UNIVERSITY OF CALIFORNIA
RIVERSIDE
AUG 1 5 1994
LIBRARY
GOVERNMENT PUBLICATIONS DEPT.
U. S. DEPOSITORY

Digitized by Google
Original from
UNIVERSITY OF CALIFORNIA