

**Cycling Matters**

# **Guide to Safe Cycling**

English

Bicycles can be used in many different ways such as exercise, leisure, and transportation.

While they are simple to use, it is important that you know how to handle them properly so that you can arrive safely at your destination.

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# Safety gear

You can ride a bicycle wearing your usual everyday attire, but these items will help make your journey feel safer and more comfortable—even at night or in rainy weather.

## 1. Helmet

If possible, always wear a helmet whenever you ride a bicycle.



### What is the correct way to wear a helmet?

A correctly fitted helmet will not move from its place even if you shake your head from side to side.

- 1 Two fingers can fit between the eyebrow and the helmet
- 2 Side straps make a “Y” shape under the ear
- 3 The distance between the strap and the chin does not exceed the width of two fingers
- 4 Make sure that you can still breathe and talk

## 2. Bright clothes

Wearing bright, vivid clothes allows you to become more visible on the road so that other cyclists and motorists can easily spot you. Many cyclists also like using extra gear such as a reflectorized vest or reflectorized sash which does not need regular washing.

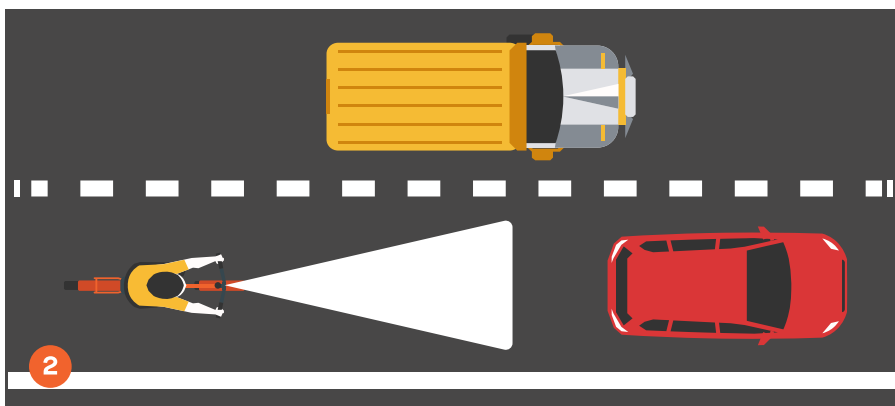




# Time and weather

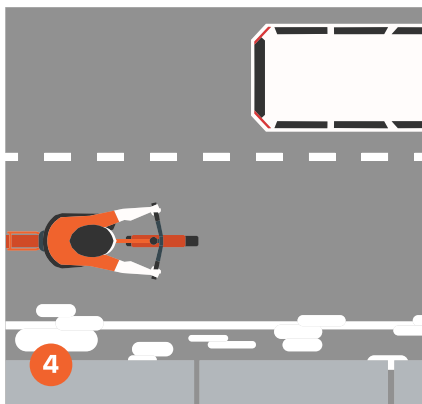
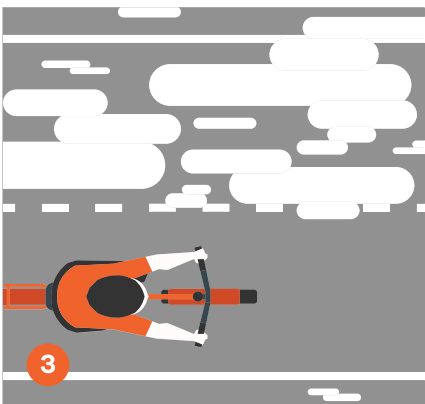
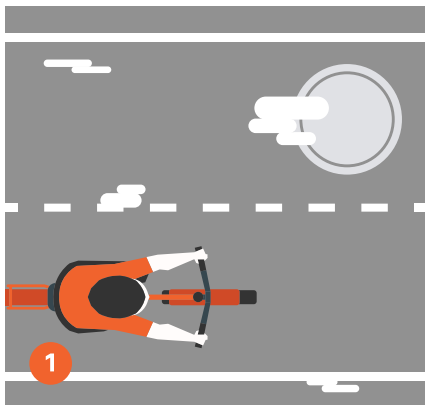
## Riding in sunny weather

- 1 Bring enough water and make a habit of constant hydration
- 2 If you can, wear shades or sunglasses
- 3 Stop to rest and take shelter whenever you need to



## Riding at night

- 1 Use a white headlight and a red rear light to better see your surroundings and so that you're visible to others on the road
- 2 Ride cautiously when the road is dark



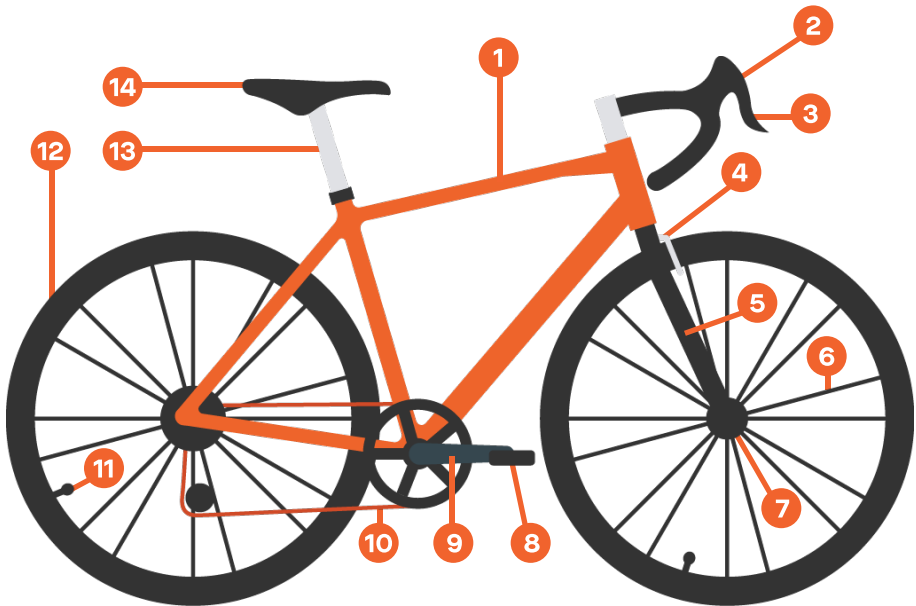
## Riding in the rain

- 1 Avoid or be cautious of slippery areas on the road like moss, metal plates or covers, and painted parts of the street
- 2 Ride slower than usual to avoid sudden breaks
- 3 Stay away from flooded areas in order to avoid potholes and other hazards that may not be visible
- 4 Avoid street gutters where sharp objects or debris accumulate as these may puncture the tires of your bicycle



# Basic parts of a bicycle

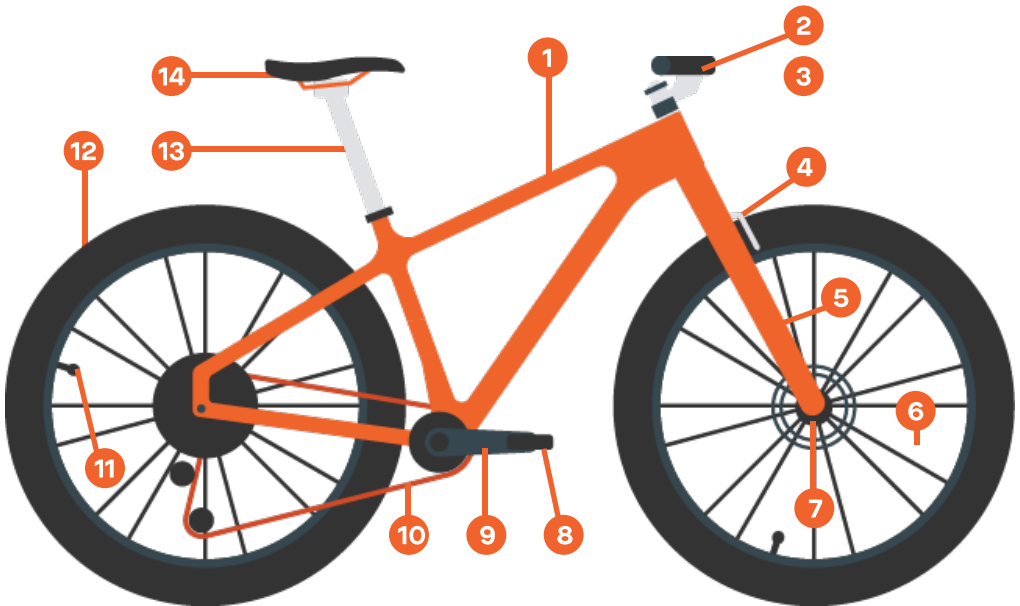
## Road bike



- |   |               |    |              |
|---|---------------|----|--------------|
| 1 | Frame         | 8  | Pedal        |
| 2 | Brake lever   | 9  | Crank        |
| 3 | Shifter lever | 10 | Chain        |
| 4 | Brake caliper | 11 | Valve        |
| 5 | Fork          | 12 | Wheels/tires |
| 6 | Spoke         | 13 | Seatpost     |
| 7 | Hub           | 14 | Saddle       |

# Basic parts of a bicycle

## Mountain bike



- |   |               |    |              |
|---|---------------|----|--------------|
| 1 | Frame         | 8  | Pedal        |
| 2 | Brake lever   | 9  | Crank        |
| 3 | Shifter lever | 10 | Chain        |
| 4 | Brake caliper | 11 | Valve        |
| 5 | Fork          | 12 | Wheels/tires |
| 6 | Spoke         | 13 | Seatpost     |
| 7 | Hub           | 14 | Saddle       |

# Check before you ride



## Air

Your wheels need sufficient air. Check for the appropriate amount of air indicated on the sidewall of your bicycle tires.



## Chain

Check if your chain is appropriately oiled to avoid rusting and for a smoother cycling experience.



## Quick release or thru-axle

If your bicycle wheels have a quick release or a thru-axle, ensure that these are secured properly.



## Brake lever

Ensure that your brake lever does not touch the handlebar when you brake. Your thumb should fit in the space between it and the handlebar.



## Frame and fork

Check your bicycle frame and fork for any damage or cracks to avoid accidents.

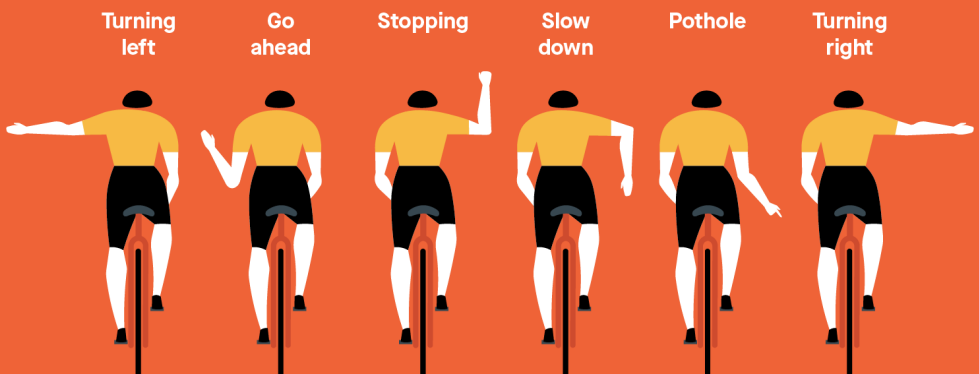
# Road safety reminders

## Follow the Law

Everyone using the road has their own rights and duties. Follow traffic laws by obeying traffic lights and following the correct flow for vehicles.

## Be Clear

Be clear with your intentions before turning or stopping to avoid accidents. Cycle in a straight line. Make it a habit to signal and look over your shoulder before turning or changing lanes.



## Be Visible

Ride where you are visible and wear bright-colored clothing as much as possible. Use a white light for the front of your bicycle and a red light for the back of your bicycle. With the help of a reflector, these will allow others to see you without difficulty. Look motorists in the eye and do not ride on sidewalks.

## Think

Be alert with the movement of other people and vehicles on the road. Keep an eye out for turning cars and be wary of parked vehicles that might open their door. Make it a habit to survey the road from a distance for any obstacles or possible dangers so you can change lanes if needed.



# Riding across intersections

## Be prepared before you reach the intersection.

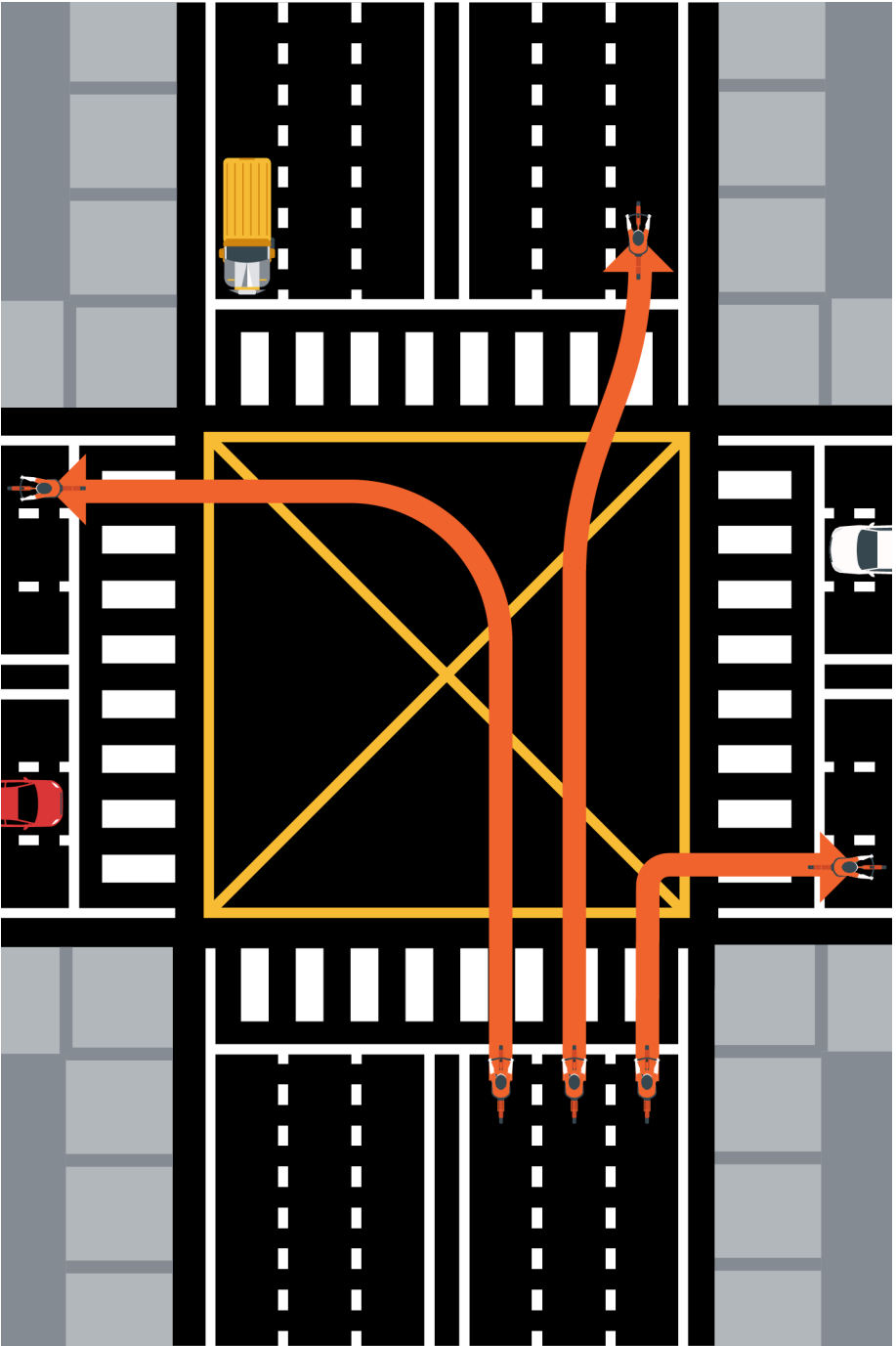
- Signal and switch to the right lane early
- Be wary of trucks, buses, and other large vehicles. Maintain your distance and position yourself at the back of large vehicles to avoid getting run over or squished.

## Follow traffic lights.

- Don't insist on crossing the road when the light is switching to red.

## Position yourself near the direction you wish to proceed.

- Stay near the left if you plan on turning left
- Stay in the middle lane if you intend to go straight
- Stay near the right if you plan on turning right



# Locking your bicycle



## 1. Effective locking

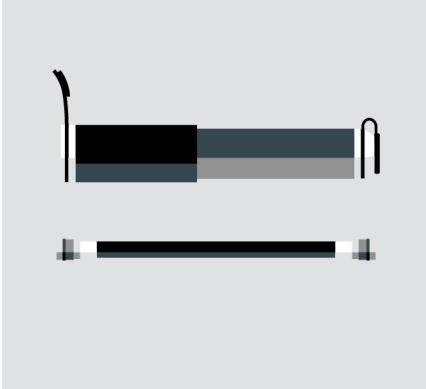
Use a U-lock, cable lock, or a combination of the two. Securely lock both wheels and the frame to a fixed object.

## 2. Looking for a safe place

Lock your bicycle in a location with enough light to avoid robbery. It is better if the place you will leave your bike is passed by many people.

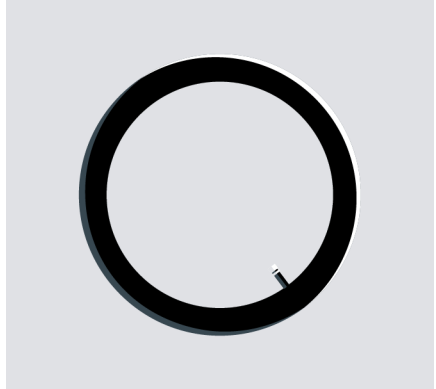


# Roadside repair essentials



## ① Mini pump

To inflate the wheels



## ② Inner tube

Replacement inner tube



## ③ Patch kit

To patch holes on the inner tube



## ④ Tire levers

To remove the tire from the rim of the wheel

# In case of an accident

- Examine yourself to make sure there are no serious injuries. Stay calm. Call the police or an ambulance if necessary.
- Take photos of the positions of the bike and the car.
- Get the names, contact information, and plate numbers of the vehicles of those involved in the crash.
- Examine your bicycle for damages.
- See a doctor as soon as possible.

# Don't be shy to wave



Treat fellow cyclists as friends on the road.  
Don't be shy to greet "Hello!" or "Good morning!"

# Cycling Matters

## **Guide to Safe Cycling**

1st Edition

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