**Bicycle Safety**

The U.S. Department of Transportation’s National Highway Traffic Safety Administration (NHTSA) is spreading awareness about bicycle safety among all road users.

**Talking Points**

**Overview**

* Bicycles are considered vehicles, which means bicyclists are required to follow the same rules of the road as drivers, and drivers should treat them as they would other vehicles.

**For Drivers**

* Traffic safety is a shared responsibility. When driving, look out for bicyclists, never drive distracted, and look left-right-left and behind when turning right on red. Yield to bicycles as you would other vehicles.
* If you see a bicyclist, maintain a safe distance: Bicyclists are most often killed by drivers who strike them with the front of their vehicles, often at high speeds. The higher the vehicle speed, the higher the likelihood a bicyclist will be seriously injured or killed.

**For Bicyclists**

* Just like seat belts help save lives in a motor vehicle crash, bicycle helmets save lives, too. When biking, always wear a correctly fitting helmet.
* Compared to vehicles, bicyclists are harder to see because of their smaller size. To make it easier for drivers to see you, have reflectors and lights on your bike, and wear retroreflective and bright clothing.
* Bicyclists ride in the same direction as traffic, and obey street signs, signals, and road markings, just like a vehicle. Never text, listen to music, or do anything that can distract you from keeping your eyes, ears, and concentration on the road and traffic.

**Stats**

For more information about bicycle safety, visit [www.nhtsa.gov/road-safety/bicycle-safety](https://www.nhtsa.gov/road-safety/bicycle-safety).