

Work Safe!

Bike Safety Checklist



WORKERS, Keep Yourself Safe!

- Wear a helmet**
- Obey traffic signs and signals**
- Be visible: use front and rear lights and light-colored clothing at night**
- Ride in same direction as traffic**
- Use bike lanes whenever possible**
- Use extra caution when:**
 - riding near buses and trucks
 - going through intersections or making turns
 - riding near parked cars with opening doors
- Yield to people walking**
- Never ride on sidewalks**
- Never wear headphones**

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EMPLOYERS, Keep Workers Safe!

- ✓ **Tell delivery workers and messengers that bike safety is very important**
 - Review the bike safety checklist with workers
- ✓ **Give helmets to all delivery workers and messengers**
- ✓ **Provide employees with reflective or light-colored clothing. Reflective vests or strips are preferable**
- ✓ **Equip all bicycles with front and rear lights and bell or horn**
- ✓ **Provide baskets or racks for carrying packages**

For more information on workplace safety, call 311 or visit the web at nyc.gov/health.