

Cycling Resources

We have provided a list of resources for safe cycling practices and cycling events and organizations throughout Florida and around the country. Education is always the best prevention, and we encourage you to educate yourself and your family before riding a bicycle on public roadways.



For more information, visit us online at www.murrayguari.com

America Bikes —
www.americabikes.org

Bikes Belong —
www.bikesbelong.org

Brain Injury Association of Florida —
www.biaf.org

Florida Bicycle Association —
www.floridabicycle.org

Florida Department of Transportation —
www.fdot.gov

League of American Bicyclists —
www.bikeleague.org

National Highway and Transportation Safety Administration —
www.nhtsa.gov

Share The Road —
www.sharetheroad.org

Safe Kids —
www.safekids.org

Cycling Safety

The personal injury and accident law firm of **Murray & Guari** is committed to the safety and awareness of South Florida cyclists, residents and their families. In addition to being advocates for cyclists' rights and safety, we seek to educate consumers through informative videos and helpful resources. We design these videos to provide useful information on important topics, such as cycling safety, uninsured motorist coverage and safe driving. You can find these videos on the homepage of our website, www.murrayguari.com.

If you would like additional copies of this brochure, you may request them from our office by calling (561) 366-9099.

Murray & Guari Trial Attorneys PL
1525 N. Flagler Drive, Suite 100
West Palm Beach, FL, 33401
(561) 366-9099
www.murrayguari.com

We're here to help.



1525 N. FLAGLER DRIVE, SUITE 100
WEST PALM BEACH, FLORIDA 33401
www.murrayguari.com

TELEPHONE (561) 366-9099
FACSIMILE (561) 366-9098

CYCLING SAFETY

A guide to cycling safety



Brought to you by Murray & Guari Trial Attorneys PL



Cycling in Florida

Florida is a great place to ride a bicycle, but it can also be a dangerous one. In 2007, there were almost 5,000 reported cycling accidents in Florida, and those accidents resulted in 119 fatalities. Knowing the laws that apply to bicyclists and following safe cycling practices will go a long way in helping keep you and your family safe.

As your most important piece of safety equipment, it is imperative that your bicycle helmet fits correctly. Follow the below guidelines to make sure your helmet fits properly:

- It must fit your head snugly. Use the foam fitting pads inside to customize the fit.
- The helmet should be level and low on your forehead — about two finger widths above the eyebrows.
- Adjust the front and back straps on each side to form a "V" just below your ears.
- The chin straps should be snug but not tight. You should be able to slide two fingers between the strap and your jaw.

Tips & Safe Cycling Practices

1. Wear a helmet — it is the single most important element when it comes to your safety. If you fall off your bicycle with your helmet on, check to make sure the helmet did not suffer any damage. A fall can weaken the helmet, putting you at risk for a head or brain injury in another fall or accident.
2. Always carry with you a copy of your driver's license / photo identification, a copy of your health insurance card, and the contact information of an emergency contact person.
3. Follow the same traffic rules as you would if you were driving a car. A bicycle is legally defined as a vehicle, and cyclists must obey the same laws as drivers if riding on the road.
4. Riding a bicycle on a sidewalk makes you a pedestrian — meaning you have to follow pedestrian laws. This includes laws that apply to crossing the street and using a cross walk, among others.
5. Wear bright clothing with reflective tape. If riding at night, you are required to have lights and reflectors on your bicycle that can be seen from at least 500 feet.

If you are in an accident and are able to do so, follow these steps:

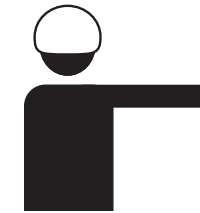
1. Move yourself and your bicycle to a safe location away from the street.
2. Get medical attention immediately.
3. Write down as many details of the accident scene as possible, including names and contact information for witnesses and anyone involved in the crash.
4. Call a law firm that has experience with cycling accident cases. These cases often require complex investigation to determine fault.

Cycling Hand Signals

Knowing and using the appropriate hand signals will communicate to drivers and other cyclists if you are turning or stopping so they can respond appropriately. Even if you're an experienced cyclist, you should use these signals when riding.



Left turn



Right turn



Slowing or stopping

Hold the palm of your hand facing backward toward traffic and out to the side.



Railroad crossing

Swing your forearm back and forth like a swing arm, with your palm facing back toward traffic.