The only truly effective way to prevent a bicycle-related head injury is to wear a helmet every time you ride.

Bicycle Laws and Safety Tips

In North Carolina, the bicycle is legally classified as a vehicle. This means that bicycle riders have the same rights and responsibilities on the roadway as the drivers of motor vehicles. Specifically, North Carolina traffic laws require the rider of a bicycle to:

- ride on the right, traveling in the same direction as other moving traffic;
- obey all traffic signs and signals, including stop and yield signs and one-way directional signs;
- use hand signals to communicate intended movements;
- yield to pedestrians and emergency vehicles;
- equip the bicycle with a front lamp visible from 300 feet and a rear reflector or lamp which is visible from a distance of 200 feet at night.

To increase your safety when riding in traffic, it is also important to:

- always wear a helmet;
- acquire the bike handling skill necessary to help you avoid an accident;
- use a backpack or bicycle bag to carry goods;
- wear bright clothing to increase visibility;
- keep your bike in good repair.

Remember, the bicyclist always loses in a conflict with a motor vehicle. Ride defensively and in a predictable manner. Be courteous to other drivers. Keep traffic flowing by helping motorists pass you in a safe manner.

Keep your head in a safe place

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75% of all bicycle-related fatalities are the result of head injuries.

Wear a helmet right