



## BICYCLE HELMETS

are a form of protective gear for the head. In an accident, helmets absorb some of the force of the impact to the skull. If unprotected, force against the skull can lead to concussions, fractures, brain bleeds, brain damage, or death. Helmets should be worn by all bike users. Although Oregon is one of the most bicyclist friendly states, you should not rely on drivers to yield or pedestrians to move out of the way. Be aware of your surroundings and learn to spot and avoid potential hazards.

## EXAMPLE BICYCLIST HAZARDS:

- Other bicyclists
- Pathway obstructions
- Pedestrians
- Potholes
- Uneven terrain
- Vehicles

## WHAT TO DO!

- Wear a helmet every time you ride.
- Replace damaged or broken helmets.
- Pay attention for potential hazards in the area!
- Follow the rules of the road. Stop at intersections and look both ways before crossing!
- To lower the chance of theft, secure the bike and helmet once reaching your destination. Bikes can be registered online at [project529.com/oregon](http://project529.com/oregon).
- Report any on the job injuries to your supervisor immediately!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Wear a helmet when you ride!



Stop at intersections and look both ways!



Secure your bike and helmet when you reach your destination!

