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
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.