LifeLaw®

LifeLaw Newsletter, January 2022

Bicycle Safety

Bikes have become increasingly more popular year after year. Riding a bicycle is a great way to stay active and healthy, and it is an excellent way to travel around town. However when riding a bike it is important to keep yourself and everyone around you safe. Bicycles are the second most dangerous mode of transportation with the first being motorcycles. Across the nation you are almost twice as likely to die when riding a bike than when driving in a car, per trip. Bike riding is almost 500 times more fatal than riding in a bus. With how dangerous cycling can be it should be essential that all cyclists know how to stay safe while on the road.

The first thing you should do anytime you are about to ride a bike is put on a helmet. Utah has no laws that enforce wearing a helmet, however wearing a helmet has immense safety benefits. When wearing a helmet it reduces your likelihood of head injury by 88%, and wearing a helmet in the event of a crash decreases the likelihood of death by up to 39%. When riding a bike your safety should be your number one priority, and the number one way to help yourself is to wear a helmet.

Contact Information

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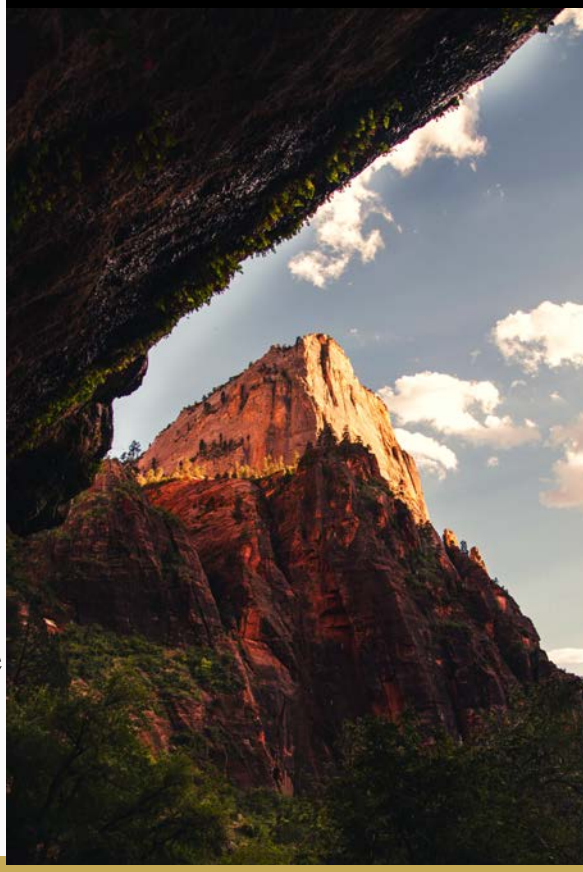
Business Hours

MONDAY-FRIDAY
9AM-5PM

Another way to keep safe while riding a bicycle can be to ride defensively. Riding defensively is the act of riding a bike as if no one can see you. It requires taking steps to keep yourself safe; like leaving extra room around you, and assuming that drivers are unable to see you. You should always ride with the flow of traffic, obey street signs and lights just like a car, and do not text or look at your phone while cycling. When you are around pedestrians be sure to make yourself known if they are unaware, and always try to announce your overtaking of another cyclist. Never operate a bicycle while you are under the influence of any substance, and never try to attach to or hold onto a vehicle. While these may seem like insignificant precautions, taking these extra steps and precautions to be safe while on the road can help keep yourself out of harm's way, and could save your life.

Riding a bicycle should not be a scary thing, it is a fantastic way to experience your neighborhood in a new way. When you are out cycling be sure to follow all of the laws set that can help keep you safe, ride in bike lanes and make sure you are not crowding the road. If you are in an accident you are entitled to the same rights as anyone else, this includes the same rights to a settlement. If you have been injured in a bicycle accident we are here to help you every step of the way. Call the lawyers at LifeLaw personal Injury for a free consultation. We will help you every step of the way. We are your Salt Lake law firm, here to help you.

Wearing a helmet can reduce your chance of serious head injury by 88%