



# NEWS BULLETIN

## SUFFOLK COUNTY DEPARTMENT of CIVIL SERVICE OFFICE OF PUBLIC INFORMATION

PO Box 6100  
Building 158 - North County Complex  
Hauppauge, New York 11788-0099  
(631) 853-4402

STEVEN BELLONE  
Suffolk County Executive

ALAN SCHNEIDER  
Personnel Director

April 2012

## MAY IS NATIONAL BIKE MONTH™

### DO YOU KNOW?

~that any child under the age of 14 is **required by law** to wear protective headgear if they ride or are a passenger on a bike? Also, children under one year old are prohibited from being transported on a bicycle.

~that bicycle helmets are **85% effective** in preventing serious brain injury, yet **fewer than ½** of the bicycle riders wear a helmet and teens almost never do.

### BASIC RULES OF BICYCLE SAFETY

- **PROTECT YOUR HEAD** – Wear a Helmet!
- **SEE AND BE SEEN** – Clothing should be light in color and close fitting to your body.
- **GO WITH THE FLOW OF TRAFFIC** – Ride on the right side of the road and obey all rules of the road. At intersections, ride in the right-most lane that goes in your direction.
- **LOOK BOTH WAYS!**
- **STAY ALERT!**
- **BEWARE OF THE DARK!** Laws require bicycles to have lights at night.
- **GO OFF ROAD** – Follow designated bike routes if available.
- **FIX IT UP** – Bicycle should be correctly adjusted to fit you.
- **STOP IT** – Before heading out, take a slow ride and check your brakes.

Americans have been commemorating **National Bike Month™** for **56 years** thanks to the League of American Bicyclists. The League is promoting **BIKE-TO-WORK WEEK** from **May 14-18** and **BIKE-TO-WORK DAY** on **FRIDAY, MAY 18**.

The League of American Bicyclists reminds you that:



- ◆ Motorists should only pass a bicycle when it's safe to do so. Slow down and give cyclists three feet of passing room.
- ◆ Bicycle riders have the same rights as motorists, so motorists should yield to bicycles like any other vehicle. Never cut off bicyclists.
- ◆ **WHETHER YOU RIDE OR DRIVE PLEASE SHARE THE ROAD!**

For more information, or a list of the League of American Bicyclists' Rules of the Road, visit their website: [www.bikeleague.org/programs/bikemonth/](http://www.bikeleague.org/programs/bikemonth/)