

BICYCLE SAFETY



Five Hills
Health Region

Healthy People – Healthy Communities

Bicycle Safety

Cycling and other wheeled activities are great forms of transportation and recreation. The majority of bicycle-related injuries are preventable. Safe practices involve using an approved bicycle helmet, properly fitted bike, yielding to traffic, and always riding on the right side of the road.

The best way to avoid getting hurt while cycling is to practice safe bicycling. [Click here](#) for some simple rules from the Saskatchewan Prevention Institute - that will help you avoid injury and have fun!