

DEALING WITH DOGS

When dealing with aggressive dogs, use a non-aggressive approach. Always stay calm in the face of confrontation as anxiety might cause you to make a mistake that could cause injury to you or to the animal. Use a firm voice when speaking to the dog to show the animal that you are not afraid. Usually the animal is simply guarding its own territory and will stop its pursuit once you are no longer in the area it deems to be its own. Get off of your bike, keeping the frame between you and the dog. Do not try to outrun the dog unless you're sure you can get away.



CHECKLIST FOR A BIKE COMMUTING EMERGENCY KIT

- Small first aid kit
- Extra batteries for your bike light
- Change for phone call or a cell phone
- Bike pump
- A small bike repair kit
- Sunscreen
- Lip balm

Canada

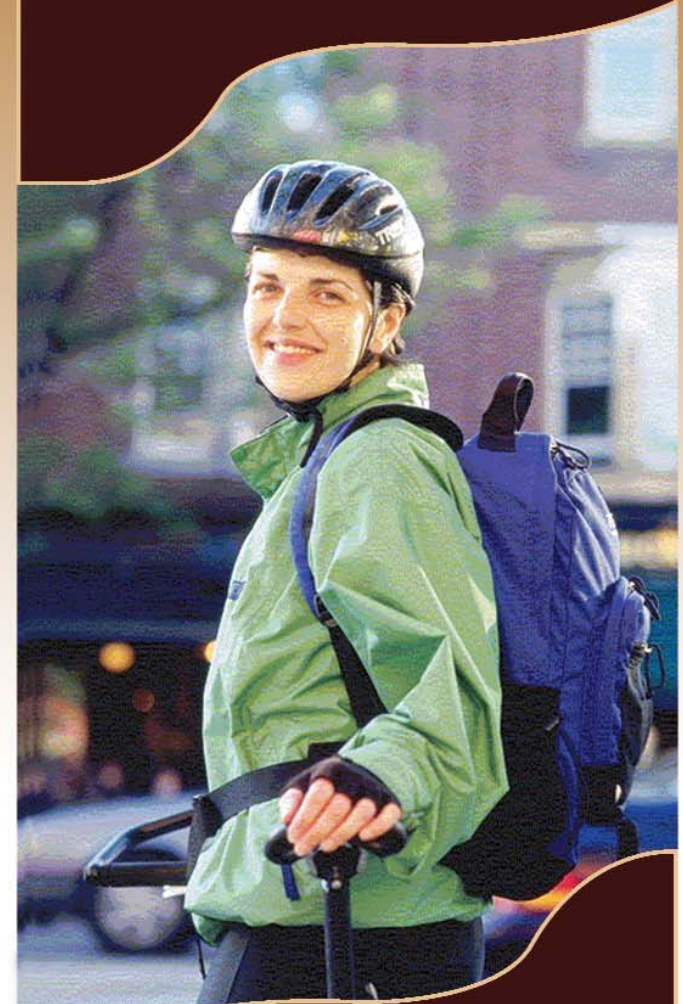


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Windsor-Essex County Health Unit
360 Fairview Avenue West, Suite 215, Essex, Ontario N8M 3G4
Phone: 519.258.2146 x 3100 www.wechealthunit.org

1005 Ouellette Avenue, Windsor, Ontario N9A 4J8
215 Talbot Street East, Leamington, Ontario N8H 3X5

BIKE COMMUTING KNOWLEDGE



WORKING TOWARD
wellness
LIVE BETTER • LIVE LONGER

WHEN CHOOSING A BIKE MAKE SURE THE FIT IS RIGHT FOR YOU

- Straddle the bike with your feet flat on the ground. The top bar should be 1 to 3 inches below your crotch.
- Sit on bike to ensure that you can reach the pedals by fully extending your legs.

BEFORE COMMUTING TO WORK

- Map a route.
- Drive the route at a similar time to when you would normally be commuting to determine traffic patterns.
- Check your bike to determine any potential problems.
- Allow yourself more time than you think you'll need.

RIDING SAFELY

- Wear light coloured, light weight, clothing.
- Drink plenty of water. Many cyclists carry a water bladder that is worn like a backpack.
- Wear garters on loose pant legs to keep them from getting caught on the chain.
- Wear riding gloves.
- Tie backpack straps so that they don't become tangled in the spokes of the bike wheels.
- Wear shoes that grip the pedals.

ALWAYS REMEMBER



Wear a helmet at all times when cycling.

Ride in the same direction as traffic.

Be predictable and ride in a straight line.

If the lane is wide enough to safely share with cars, ride to the right side. Do not try to share the lane if it is too narrow. Do not ride in broken pavement or debris at the side of the street.



Be aware of parked cars and doors opening.

When proceeding straight through an intersection with right-turn lanes, move to the through lane and allow vehicles to turn right on your right side.

When making a left turn, move to the left before completing the turn, just like a motor vehicle. If you do not feel safe doing this, ride across the street you want to turn onto and walk your bike across at the crosswalk.

HOW TO PROPERLY FIT A HELMET



Two fingers above your eyebrows to the bottom of your helmet.

Four fingers to make a V-shape around the bottom of your ears.

One finger under the strap beneath your chin.

BIKE MAINTENANCE

It's important to keep your bike in top working order and to know what to do if something happens on the road. You can find books about the care and maintenance of bikes at your local bookstore or library.

A recommended bike maintenance website is:
<http://www.parktool.com/repair>

Recommended books on bike maintenance:
Zinn & the Art of Road Bike Maintenance
By Varied Authors

Complete Bike Maintenance:
By Fred Milson