

IDBIG's Motorcycle Safety Tips

What actions are you taking to stay safe?



by Stacey "Ax" Axmaker
Training Manager – Idaho **STAR** Motorcycle Safety Program

Crashes involving motorcycles happen. It's just a fact. Some are just the motorcycle, some are motorcycles and cars, and some (far too many) involve riders who has been drinking. Many of these crashes result in the rider being hurt or killed. Most of us know riders who have been hurt or killed. It happens and it's real. But there are things we can do to reduce the odds of us getting hurt. What it comes down to is two things: **avoiding the crash and minimizing injury if there is a crash.**

Take the quiz below and see how you score on keeping yourself safe.

Avoiding the Crash

1. Hazard Perception
 - a. I look well ahead and see hazards long before I get to them
 - b. I look as far ahead as the vehicle in front of me so I can respond when it does
 - c. I look at the road right in front of me
2. Riding Skills
 - a. I have taken professional training to improve my riding skills and I practice them
 - b. I read a book or magazine article about riding skills
 - c. I figure I'll just know what to do when the emergency happens
3. Being Seen
 - a. I have bright colors and retro-reflective material on my clothing, bike, and helmet to help me be seen
 - b. My jacket is black, but I wear a light colored helmet

- c. I dress all in black and I ride a black bike
4. Drinking and Riding
 - a. I have a zero tolerance for alcohol when I'm riding
 - b. I often have a drink or two and then ride home
 - c. Drinking and riding is just part of what we do

Minimizing Injury

1. Protective Gear
 - a. I wear all the gear all the time (boots, sturdy pants, jacket with armor, gloves, helmet, and eye protection)
 - b. I wear a jacket and helmet
 - c. I only wear gear for long rides; around town I just wear a t-shirt and sneakers

Scoring: a = 2 points, b = 1 point, c = 0 points

If you scored 0 – 3 points: You are probably leaving a lot of your safety to chance, and the odds have a way of catching up with you. Look through the questions above for suggestions on how to reduce your risk of being in a crash.

If you scored 4 – 7 points: You are off to a good start. You seem to be aware that much of your safety is up to you and that there are steps you can take. Keep on that track and look for more ways to reduce your crash risk.

If you scored 8 – 10 points: Great job! You understand that what happens to you when you ride is your responsibility and you are taking action. Keep up those good riding habits – you never know when you will really need them.

Idaho **STAR** Motorcycle Safety Program

www.idahostar.org

208-426-5552

1-888-280-**STAR** (7827)