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General Guidelines For Riding A Motorcycle Safely

Be Visible:

- Remember that motorists often have trouble seeing motorcycles and reacting in time
- Make sure your headlight works and is on day and night
- Use reflective strips or decals on your clothing and on your motorcycle.
- Be aware of the blind spots cars and trucks have.
- Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn.

Dress For Safety:

- Wear a quality helmet and eye protection.
- Wear bright clothing and a light-colored helmet.
- Wear leather or other thick, protective clothing.
- Choose long sleeves and pants, over-the-ankle boots, and gloves.
- Remember- the only thing between you and the road is your protective gear.

Apply effective mental strategies:

- Constantly search the road for changing conditions, use MSF's search, evaluate, execute strategy (SEE) to increase time and space safety margins.
- Give yourself space and time to respond to other motorists' actions.
- Give other motorists time and space to respond to you.
- Use lane positioning to be seen; ride in the part of a lane where you are most seen.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Pretend you're invisible and ride extra defensively.
- Don't ride when you are tired or under the influence of alcohol or drugs
- Know and follow the rules of the road, and stick to the speed limit.

Know your bike and how to use it:

- Get formal training and take refresher courses.
- Practice and develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.