

Tips for Motorists

Slow Down. Look. Anticipate.

- Be patient.
- Drive slow.
- Yield to pedestrians.
- Stay alert. Keep eyes on the road and hands on the wheel.
- Follow the law and put away cell phones.
- Make eye contact with cyclists and pedestrians.
- Expect and respect cyclists and pedestrians.

Motorists, can you see who's ahead?



For more Information:

Smartrisk
smartrisk.ca

Safe Kids Canada
safekidscanada.ca

EcoSuperior
ecosuperior.org

Thunder Bay District Health Unit
tbdhu.com

Safe Cycling Thunder Bay
safecyclingthunderbay.com

Be Safe. Be Seen.



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Be Active, Stay Safe

Walking, running, and biking are great ways to stay in shape and get around.

Sharing roads with vehicles takes extra care and attention.

Did You Know?

- 7071 Ontario pedestrians and cyclists were injured from vehicle collisions in 2007.
- Most of these collisions occur because motorists cannot see the cyclists and pedestrians.
 - Most crashes occur at night, in bad weather, or at dawn or dusk.



Tips for Pedestrians and Cyclists

Be Safe

Pedestrians:

- Cross at marked crosswalks or intersections and follow traffic signals.
- Walk facing traffic when there are no sidewalks.

Cyclists:

- Follow the rules of the road.
- Use bicycle lights, reflectors and bells, as required by law.
- Wear a properly fitted cycling helmet.
- Use Thunder Bay's new bike lanes or ride with the flow of traffic.

Be Seen

- Dress in bright or fluorescent clothes, especially in poor weather.
- Wear reflective material.
- Walk under street lights or bring a flashlight.

Be Smart

- Put away cell phones and headphones. Distractions are dangerous.
- Make eye contact with drivers. Don't assume that they see you.
- Wear personal identification when out on the roads.

Lights and Reflectors

Use the following to make sure you are seen on the road:

- LED lights
- Bicycle lights and reflectors
- Reflective stickers
- Reflective arm and leg bands
- Reflective zipper tags
- Reflective vests

Place reflectors on pedals, helmets, wrists, ankles, clothing, or backpacks.

Fact: Reflectors can be seen with headlights up to **400 metres** away!

Bicycles and the Law

In Ontario, a bicycle is a vehicle that must have:

- A bell or horn
- A white front light
- A red rear light or reflector
- White reflective tape on front forks
- Red reflective tape on rear forks



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