

SHARE THE ROAD



Bicycling is a healthy activity that provides practical transportation and recreational enjoyment. As a bicyclist sharing the roadway with cars, trucks and buses, you are in a vulnerable position especially in low-light conditions. Increasing your visibility to others and wearing a helmet are the most important things you can do to protect yourself while cycling. It might be surprising to some but, South Carolina law requires your bicycle to be equipped with a front light and a rear reflector when used at nighttime. These devices not only enhance your ability to see in low-light, but also increase your visibility to others.

In this brochure, we highlight the equipment that will help keep you safe while bicycling day and night.

FOR MORE INFORMATION CONTACT:

South Carolina Department of Health
and Environmental Control
Division of Injury and Violence Prevention
Telephone: (803)545-4330
www.scdhec.gov/injury



**Division of Injury &
Violence Prevention**

Palmetto Cycling Coalition
Telephone: (803)445-1099
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VITAL VISIBILITY



CYCLING SAFELY





HELMET

A helmet is essential to your safety in multiple ways. It not only protects you from head injuries in accidents, but can also act as another reflector when reflective tape is applied.



FRONT LIGHT

The South Carolina law states that a bicycle, when used at nighttime, must have a front light that emits a white light at least 500 feet to the front. *Also see rear reflector.*



ANKLE REFLECTORS

Ankle reflectors are an inexpensive and easy way to increase your visibility. The movement of your feet pedaling with ankle reflectors will increase the chances of motorists seeing you.



SAFETY VEST

The safety vest is usually very bright with a reflective strip across the front and the back. Bicyclists also wear bright clothing to increase their visibility.



REAR REFLECTOR AND TAIL LIGHT

The South Carolina law states that a bicycle, when used at nighttime, must have a red rear reflector visible from 50 feet to 300 feet in front of the head lamps of an automobile. A lamp emitting a red light, as shown here, is suggested in addition to a rear reflector.

Proper Positioning of a Tail Light

- Prop your bike in an upright position, turn on light
- Walk back about 100 feet and slightly to the left where a car would be
- Adjust the position of the light until it appears bright