



KNOW BEFORE YOU GO: Motorcycle Safety Essentials

You know your ride is fun. It can also be dangerous, and motorcycle riders are over-represented in traffic fatalities. To keep you safe on the road, here are some essential tips:*

- **Every ride, every time.** Check tire pressure, tread depth, hand and foot brakes, headlights, signal indicators and fluid levels. Make sure you don't have oil or gas leaks and keep any cargo secure and balanced.
- **Choose the right helmet.** Always wear a helmet. Make sure it works with your head shape. Measure for the correct size and a snug fit.
- **Wear protective gear.** Wear clothes that cover arms and legs, ideally leather or heavy denim, with boots or shoes covering ankles. Bright clothes with reflective material will help other drivers see you.
- **Protect your passenger.** Make sure your passenger gets on after you start the engine, sits as far forward as possible directly behind you and holds firmly to your waist. Teach your passenger to lean at the same time and in the same direction as you do.
- **Don't take risks.** Obey traffic 'rules of the road,' be aware of your surroundings and ride defensively. Help others see you by adding reflective materials to your bike and keeping the headlights on day and night.
- **Ride alcohol and drug-free.** Both of these substances — and even some prescribed medicines — affect judgement, coordination, balance and more.

Brought to you by the Froedtert & the Medical College of Wisconsin adult Level I Trauma Center at Froedtert Hospital campus.

*Source: National Highway and Traffic Safety Administration: nhtsa.gov/road-safety/motorcycles

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