

Motorcycle Safety:

Tips for Protecting Yourself on Two Wheels

- 1. Training and Licensing:** Obtain proper training and the required motorcycle license. Refreshing skills periodically can also enhance safety. The State of California offers a 1-day motorcycle skills and safety class for experienced riders! Sharpen your skills and be prepared for wherever the road takes you. Find a class near you: <https://motorcyclesafetyca.com>
- 2. Defensive Riding:** Anticipate potential hazards and always be vigilant. Assume that other drivers may not see you and ride defensively.
- 3. Obey Traffic Laws:** Respect speed limits, traffic signals, and road signs. Avoid risky maneuvers like weaving in traffic & learn lane splitting guidelines.
- 4. Regular Maintenance:** Keep your motorcycle well-maintained. Check brakes, tires, lights, and fluid levels before each ride.
- 5. Avoid Riding Under the Influence:** Never ride a motorcycle under the influence of alcohol or drugs. Even one drink can alter your reaction time and judgment.
- 6. Stay Visible:** Wear a U.S. DOT-compliant helmet and high-visibility gear that protects your body. Cover your arms and legs in heavy duty clothing designed for motorcycle riding, wear sturdy boots that cover your ankles, and don't forget gloves to protect your hands and provide a better grip. Choose the right helmet: <https://www.nhtsa.gov/motorcycle-safety/choose-right-motorcycle-helmet>
- 7. Ride Within Your Limits:** Know your skill level and ride at a speed and in conditions that you can handle safely.