

## INTRODUCTION

People in recent times are opting out for cycles as a mode of transportation as it is cost-effective, environment friendly and benefit one's health. However, cyclists are also subjected to similar vulnerabilities on roads due to

- Their visibility on roads
- Non-existence of separate bicycle lane and
- Excessive vehicle speeding
- 72 percent of roads in India do not have paved shoulder

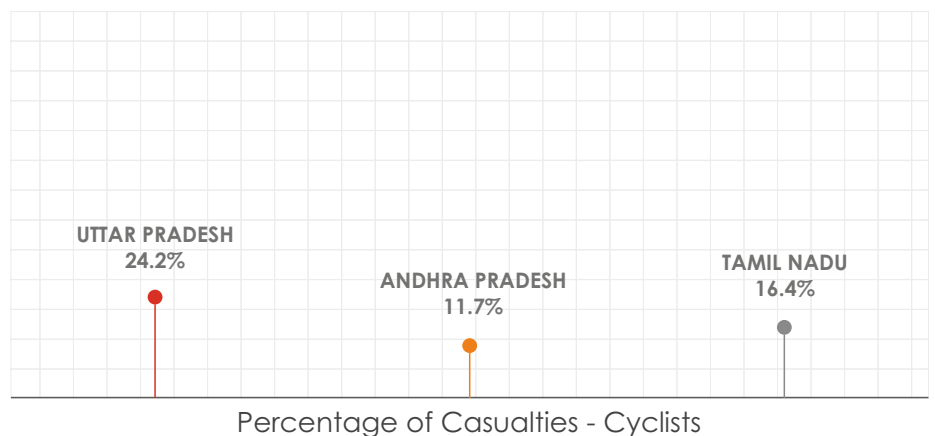
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### Current Scenario

- Globally, 5 percent of all road fatalities comprise of cyclists
- In India, 4.6 percent of road users who have been subjected to such road fatalities are these cyclists, however state specific data shows a much higher percentage in states of Uttar Pradesh (24.2%), Andhra Pradesh (11.7%) and Tamil Nadu (16.4%).
- Injuries to the head and neck are most common for cyclists during road mishaps

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Below is a diagram showing the percentages of casualties of cyclists in some of the Indian States





Give hand signals in order to turn right or left and stop.



Avoid riding within two metres of the rear of a motor vehicle to avoid collision.



Wear bright clothing and reflective gear (especially during dusk and dawn) to increase your visibility.



Your bicycle must be equipped with lights and with front, rear, and wheel reflectors to remain visible.



Frequently use the bell while riding in fog or in the dark to warn other motorists of your presence.



Cross red-lights and railway level crossings on foot to stay better prepared for any oncoming traffic.



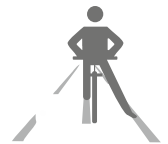
Wear proper shoes with laces tied properly while riding to avoid injury.



Avoid holding onto another moving vehicle as sudden braking can injure you.



While stopping, place left foot on the ground and alight from the left side of the road.



Do not carry things or occupy your hands while cycling.



Always use side view mirrors to keep stock of vehicles approaching you from the rear.

