

## Staying Visible While on a Bicycle

With all the benefits of running without joint damage, cycling is one of the healthiest forms of exercise. It's also a great green alternative to commuting into work via car. If you cycle regularly, you know better than anyone how infrequently motorists see bicyclists. Here are some top tips for staying seen on a bicycle.

### 1. Dress Accordingly

Choosing high-visibility clothing will help ensure you stand out amongst the other cars and buildings. You'll want to adjust your outfit depending on what time you're cycling. In the daylight, [fluorescent clothing](#) is key. Neon yellow, orange, and green are the easiest to see in the daytime.

At night it'll be more important to wear something reflective so you'll stand out against a car's headlights. A single reflective and neon yellow vest will knock out two birds with one stone.

### 2. Use Signals

Motorists (should) always use turn signals, so we should as well. Be sure to signal when you're turning to prevent any intersection incidents. It's also a good idea to skip the traditional [cyclist hand signals](#), like raising your left hand when making a right-hand turn, or making a fist if you're about to stop. While these are great when traveling in groups, most motorists won't know what they are. Pointing in the direction you intend to turn is likely more effective.

### 3. Don't Pass on the Right!

Passing on the right is dangerous for a few reasons. First off, you're setting yourself up for the [Right Hook](#), which is a crash scenario where

a motorist makes a right-hand turn directly into a cyclist. Passing on the right is also dangerous because oncoming traffic won't be able to see you if your bicycle is hidden behind another vehicle.

### 4. Add Reflectors

Most states require every bicycle to have a white headlight and a red rear reflector to be street legal, but why stop there? Adding additional reflectors to your clothing, bicycle, or [helmet](#) (which you should always wear!) goes a long way in helping others see you. LED spoke lights are very inexpensive and may set you back only \$5.

### 5. Ride in the Center of the Lane

Riding in the center of the lane is your best option when there isn't a designated bike lane, or the bike lane is unsafe to travel in. If you hug the right-hand side of your lane, you may give motorists the impression that it's safe to pass you. There's rarely enough space for a car to pass a cyclist in a single lane. By riding in the center of the lane you'll also be more visible to approaching cars. Always remember that you're never legally obligated to ride in the bicycle lane!

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