

THE PORCELAIN PRESS

May 2011 - Weeks 3 & 4

Special Points of Interest:

• Did you know you can Subscribe to the FESHM & FRCM chapter mailing list? You will receive draft chapters for review & be notified of any changes to existing FESHM chapters. To subscribe, go to the ES&H Homepage, click the left hand side link "FESHM", then click "FESHM/FRCM mailing list" under "Helpful links".

Employee Health and Fitness Day:

• Wednesday May 18th - Main Ring: 11 a.m. – 1:30 p.m. T-shirts, pedometers and yogurt cones. 10,000 Steps-a-Day kickoff.

ES&H Concern or Suggestion?

• Talk to your Supervisor, SSO or go to the ES&H homepage & click on 'Concerns & Suggestions'.

Bicycle Safety - Safe Riding Tips

Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly. Remember to:

Wear a Properly Fitted Bicycle Helmet
Protect your brain, save your life.

Adjust Your Bicycle to Fit

Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

See and Be Seen

Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Rather, always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights.

Control Your Bicycle

Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle pannier or backpack.

Watch for and Avoid Road Hazards

Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.

Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet **AND follow the rules of the road.**



Bicycle Safety - Rules of the Road

- Go with the traffic flow. Ride on the right in the same direction as other vehicles.
- Obey all traffic signs, signals, and lane markings.
- Be predictable. Ride in a straight line, not in and out of cars. Signal your moves to others.
- Stay alert at all times.
- Look and signal before turning.
- Watch for the unexpected from parked cars (like doors opening, or cars pulling out).
- If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.

