



## Working Cyclist Safety Review

<https://www1.nyc.gov/html/dot/html/bicyclists/commercial-cyclists.shtml#bicyclists>

**Safety /Law Awareness/Best performance on the job.**

### **Mandatory NYC Working Cyclist Equipment**

Helmet ☐ Bell ☐ Working Brakes ☐ Work ID ☐  
Reflectors ☐ Front Light (white) ☐ Rear Light (red) ☐

### **Basic Rules of the Road**

1. Always yield to pedestrians.
2. Ride with the flow of traffic.
3. Never ride on the sidewalk.
4. Stop at Red Lights.

### **• How to avoid crashes**

- Being doored: Anticipate the situation, look in the rear window.
- Cars turning into you/changing lanes without signaling. Be vocal, wave and smile!
- Unsafe road conditions. Be aware of the road, pay attention always.

### **• What to do when crashes happen**

- Do not leave the scene of a crash (notify your manager).
- Request a police report.
- Go to the hospital if you are injured.

### **• Tickets, summons and violation: What can I do when I get a ticket?**

- Right to challenge a ticket in court.
- The more evidence you have, the better.
- Take pictures; scrutinize the ticket summary for inconsistency.
- Tickets do get dismissed!

**Know your Delivery Zone: What are the best routes I can take?** Printout of Delivery Zone.

Questions? Comments?