



## Motorcycle Safety Tips

### **Critical Behaviors to practice to help you stay crash-free:**

1. **Eyes Up**– keep looking all around you and 20 seconds ahead to identify any potential hazards early. This also includes turning your head and looking all the way through curves and corners.
2. **Maximum Braking**– the ability to stop quickly and safely is critical to hazard avoidance. Practice quick stops regularly and get very comfortable using the front brake (use both brakes every time you stop to build good habits – those habits will be what ‘kicks in’ in an emergency).
3. **Cornering**– Most single vehicle motorcycle crashes involve running wide in turns. Practice the four steps of cornering:
  - a. SLOW – slow down before the turn
  - b. LOOK – turn you head and look as far as you can to the exit of the turn (keeping your eyes level with the horizon) and keep looking to the exit all the way through the turn
  - c. ROLL – begin to roll on the throttle BEFORE you enter the turn. This stabilizes the bikes suspension and makes for a smoother turn
  - d. PRESS – press forward (not down) on the handgrip to initiate the lean. To turn left, press forward on the left handgrip. Need more lean? Press forward more.
4. **Swerving**– the ability to quickly go around a hazard is one that is noticeably absent among crash-involved riders. Remember, to cause the bike to swerve, you have to move the handlebar forward. Press forward firmly and smoothly to cause the lean, then once you have cleared the obstacle, press forward on the other handgrip to straighten the bike.
5. **Ride Unimpaired** – alcohol, fatigue, cell phones, GPS, heat, cold, etc. These all impair your ability to ride safely. A large percentage of rider crashes and fatalities involve riders who had been drinking. This is a risk factor that is entirely within our control.