



SAFETY FLASH

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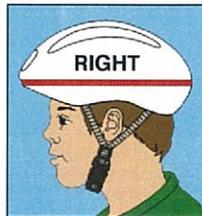


A traffic incident occurred inside the installation at middle road and involved dumpster truck and a bicycle rider. The dumpster truck exiting from the P200 project to middle road accidentally hit the cyclist while she's in the stopped position in front of building 10-4. The cyclist suffered minor injuries and the bike rear wheel was dented. Causes of the accident: the dumpster truck took a short turn and did not see the bicycle and the bicycle was on the wrong side of the road.

Cycling should be fun, but it should also be safe. Accidents do not just happen - they are caused. Always pay attention while riding your bike and watch out for traffic, be ALERT and be CAUTIOUS. No amount of bicycle safety equipment can provide a cyclist with adequate protection against the dangerous impact of a car or truck when involved in a vehicle collision. The best way to avoid injury is by being prepared for dangers that streets pose to bicycle riders and by obeying the rules of the road. In addition, PSA Sembawang is an industrial commercial port area and there are 24/7 operational activities involving heavy equipment, Forklifts, Cranes, Trailer Trucks etc. By following the Seven Smart Routes to Bicycle Safety, you can make sure you keep out of trouble on the roads:

1. Protect Your Head "Wear Helmet".

- ◆ Never ride a bicycle without wearing a properly fitted helmet. Helmets are proven to be 85-88 percent effective in preventing traumatic brain injury, the primary cause of death and disabling injuries resulting from cycling crashes.
- ◆ Always strap on an approved safety helmet before you ride, it protects your head and brain from injury in case of an accident. Wear a helmet that meets the U.S. Consumer Product Safety Commission (CPSC) standard (see inside of helmet for presence of a label).



2. Assure Bicycle Readiness. Ensure Proper Size and Function of Bicycle. Use bicycle that fits you:

- ◆ Select Size: Stand over the top of your bicycle-there should be 1-2 inches of clearance between you and the tube (bar) and 5 inches of clearance if riding a mountain bike.
- ◆ Adjust seat height-with a foot on the pedal, the fully extended leg should have a slight bend.



Check all parts of the bicycle to make sure they are secure and working well:

- ◆ Handle bars should be firmly in place and turn easily.
- ◆ Wheels must be straight and secure; quick release wheels must be secured (see your owner's manual)

Brakes should be adjusted by an experienced technician if: you cannot stop quickly; you apply the handbrake levers and they touch the handlebars; the brake pads are worn unevenly or they are separated more than one-eighth of an inch from the rim.

3. Ride Wisely. Learn and Follow Rules of the Road.

Bicyclist are considered vehicles on the road and must follow traffic laws that apply to motor vehicles.



- ◆ Always ride with traffic and obey traffic lights, signs, speed limits, and lane markings.
- ◆ Signal in advance of a turn; use correct hand signals so that can anticipate your actions.
- ◆ Yield to pedestrians and other vehicles, as appropriate.
- ◆ If you choose to ride on a sidewalk, take extra caution at driveways and other intersections.
- ◆ Check for traffic by looking right-left-right before entering a street.
- ◆ Control your speed by using your brakes. If your bicycle has hand brakes, apply the rear brakes slightly before the front brakes.

4. Be Predictable. Act like a driver of a Vehicle.

- ◆ Older children and adults are safest riding on the road where the behaviors and responsibilities should be the same as all vehicles operators.
- ◆ Always ride with the flow of traffic, on the left side of the road, and as far to the left of the road as is practicable and safe. Motorists do not expect to see traffic coming in the opposite direction or on the sidewalk. When motorists don't expect to see you, they may pull across your path or turn into you, causing a crash.
- ◆ Ride straight and do not swerve in a lane or in and out of traffic.



5. Be Visible. See and Be Seen at all Times.

Always assume you are not seen by others. Cyclists must take responsibility for being visible to motorists, pedestrians, and other cyclists. To enhance your visibility at night and in low-visibility conditions (dawn, dust, and inclement weather):



- ◆ Wear neon and fluorescent colors. Wear special clothing made from reflective materials, for example, retro-reflective vest, jackets, wristbands, and patches for your back, legs and arms, and helmet;
- ◆ Install bicycle reflectors on both the front and back of your bicycle. If a carrier is added, make sure the rear reflector is visible. A flashing red light on the rear of the bicycle, backpack, or helmet will increase your visibility to others;
- ◆ USE LIGHTS AT NIGHT - The U.S law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind). Use of lights in low-visibility conditions is also recommend.

Young children should be discourage from riding at night.

6. "Drive" with Care. Share the Road. When you ride, consider yourself the driver of a car vehicle and always keep safety in mind.

Choose to ride in the bike lane, if available. If the roadways or bike lane is wide, ride to the left; if the lane is narrow, you may choose to ride in the middle of the lane just like a motorized vehicle.



Take extra precautions when riding on an roadway. Bicycles are smaller than motor vehicles and don't protect the operator like a motor vehicle. You should:

- ◆ Make eye contact, smile, or wave to communicate with motorists. Courtesy and predictability are a key to safe cycling;
- ◆ Be considerate and aware of motorists and pedestrians. Learn to anticipate their actions. Remember, pedestrians have the right of way;
- ◆ Ride far enough away from the curb to avoid the unexpected from parked cars (i.e., opening doors or drivers pulling out without checking);

- ◆ Keep control of your bicycle: look behind you while maintaining your bicycle in a straight path; be able to ride with one hand on the handlebars and signal a turn (Practice these skills in parking lot);
- ◆ Always look over your shoulder, and if possible, signal before changing lanes;
- ◆ Make sure that books, clothes, and other items are securely attached to the bicycle or carried in a backpack; and
- ◆ Use bells, horns, or your voice to alert pedestrians and bicyclist that you are approaching or passing.

7. Stay Focused. Stay Alert.

- ◆ Never wear headphones; they hinder your ability to hear traffic.
- ◆ Always look for obstacles in your path (potholes, cracks, expansion joints, tracks, wet leaves, drainage grates, or anything that could make you fall). Before going around any object, scan ahead and behind you for a gap in traffic, signal your intentions to move, then follow through with your intentions.
- ◆ Be ware of the traffic around you. Ride defensively.
- ◆ Use extra care when riding in wet weather. Slow your speed and allow extra time and space to stop.



NOTE: Vehicle and bicycle traffic flow are different in Singapore and the United States. Ensure you remember which side of the road you need to be riding on. Always cycle with the flow of traffic and use the road safely!

OPNAVINST 5100. 12H—Bicycle operators riding on a Navy installation roadway shall ride with the traffic, in single file, obeying traffic rules while properly wearing brightly colored reflective clothing between sunset and sunrise and a bicycle helmet approved by the Consumer Product Safety Commission or Snell.

Required safety equipment for bicycles will include working brakes and reflectors. Additionally, for bicycle ridden between sunset and sunrise, a white light the front with the light being visible from a distance of at least 500 feet, and a re reflector on the rear that is visible at distance of 600 feet is required. This light ma be steady or blinking. Additionally, bright clothing including vest, caps, and ankle and risk straps, retro-reflective materials incorporated in them is required to make the bicycle more noticeable.

Wearing portable headphones, earphones, cellular hands free devices, iPods, or other listening devices while bicycling in roadways and streets impairs recognition of emergency signals, alarms, announcements, and the approach of emergency vehicles. Use of these devices while performing the noted activities on Navy installations is prohibited.

Remember - Safety Begins With YOU!