SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5 for Bicycle Safety

- Conduct a safety check on your bicycle before starting.
- Wear a Consumer Product Safety Commission (CPSC) approved bicycle helmet.
- Don't use headphones, earphones or other listening devices while cycling.
- During periods of limited visibility, use a headlight and taillight and wear a reflective upper-outer garment.

Take 5 ... then take action.

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