Bike Messenger Safety Meeting Kit



Bike messenger workers provide fast delivery service for documents and packages, usually in big city environments. Cars, trucks, trolleys, trains, buses, and pedestrians are just some of the hazards that face bike messengers. The need for fast, efficient service in dense urban areas requires bike messengers to keep their eyes on safety while they are cycling the streets.

BICYCLE DELIVERY SAFETY TIPS

Ride A Bike That Fits Correctly

You should be able to stand over your bike comfortably, have full leg extension when pedaling, and be able to touch the ground with your feet.

Do A 30-Second A-B-C Safety Check Before You Ride

Pinch the tires to check the Air pressure. Squeeze the front and rear Brakes. Spin the pedals to confirm the Chain is moving smoothly. If you find a problem, get it fixed before you ride.

Be Visible

Make sure your bike has white headlights and red taillights and use them dusk to dawn. Both wheels should have reflectors. Wear brightly colored and/or reflective clothing. Never assume that another vehicle or pedestrian sees you. Equip your bike with a bell or horn.

Wear A Certified Helmet That Fits Your Head

Always wear your bike helmet; it can protect you from head injuries in the case of an accident. The helmet should fit snugly and sit flat on top of your head, not tilted backward. Buckle the chin strap securely and ensure that the helmet does not interfere with your vision.

Keep Your Delivery Secured

Place your delivery in a basket, pannier (saddle bag), or backpack that’s properly secured to your bike or on your person and doesn’t impact your balance. Never carry items in your hands or on your handlebars.

Limit Distractions

Keep your hands on your bike and your eyes on the road by using a cell phone mount and reviewing the directions before beginning your ride. Set the volume to loud so you can hear navigation directions. If you need to handle your phone, do so only when stopped and safely off the road.

Ride Predictably and Obey Traffic Laws

Bicyclists are subject to the same traffic laws as vehicles. Stop at stop signs and lights and ride in the correct lane and direction of traffic. Don’t ride on expressways, highways, or interstates unless authorized by signs. Do not ride on sidewalks; when you get to your destination, dismount and walk the bike on the sidewalk. Maintain a safe speed.

Ride Defensively

Leave room between yourself and vehicles and pedestrians. Don’t hang on to another vehicle to “skitch” a ride. Look ahead for hazards such as slick or uneven road conditions, construction, and blocked traffic. Keep both hands on the handlebars for maximum control. Don’t assume what another driver or pedestrian will do; wait until they have completed their maneuver before you proceed. Your hand signals to communicate your intentions to drivers and pedestrians.

Exposure To the Elements

Bike messengers are exposed to traffic and the elements year-round. Take precautions for heat and cold stress; stay hydrated and wear light layers of clothing. Use sunscreen and ultraviolet (UV)-rated sunglasses to protect your eyes and skin from the sun. Breathing in vehicle exhaust fumes can irritate your eyes or respiratory tract, so keep your distance from vehicles with excessive exhaust.

FINAL WORD

More bike safety protocol is required for bike messenger workers than meets the eye. Concentration, physical conditioning and sound judgement are the key components of a successful bike messenger safety program.