



Have a Safe Ride

- Obey speed limits.
- Ride sober.
- Take a break if you're tired.
- Pay attention to your environment.
- Be ready to slow down, change directions, or stop.
- Expect the unexpected. Assume others may not see you and plan for an escape route.
- Watch out for animals that dart out quickly.

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Before You Ride

- Take a Motorcycle Safety Foundation rider course in your area, regardless of your skill level.
- Protect your head with a DOT-approved helmet and wear reflective gear.
- Have a qualified mechanic regularly check the tires, lights, brakes, and horn.
- Wear high quality reflective or brightly colored riding gear.

www.health.ny.gov/motorcycles