

Management System: [Worker Safety and Health](#)

Subject Area: [Traffic Safety](#)

3. Following BNL Bicycling Regulations

Effective Date: **Mar 1, 2010**

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Applicability

This information applies to BNL staff and non-BNL staff riding their own bicycle or a Laboratory-owned bicycle on-site.

Required Procedure

All BNL and non-BNL staff must follow the New York State driving regulations when riding a bicycle on-site. Failure to follow them may result in a citation being issued for a traffic violation and disciplinary action. See the section [Issuing Traffic Citations](#) for more information.

Step 1

Bicyclists must follow the New York State traffic laws while riding a bicycle:

- Wear a bicycle helmet: it is Laboratory policy for all cyclists on-site. The bicycle helmet must conform to the [Consumer Product Safety Commission \(CPSC\) Bicycle Helmet Standard](#).
Note: All helmets issued off-the-shelf from Property & Procurement Management conform to this standard. Only staff who ride Laboratory-owned bicycles are issued these helmets. Staff riding their own bicycles must purchase their own helmets.
- Ride in the same direction as the flow of traffic; keep right where practicable to allow vehicles to pass.
- Ride in a straight line and single file.
- Stop at stop signs and red lights.
- Use a light, reflectors, and reflective clothing during darkness.
- Wear bright clothing during the daytime.
- Ride to the right if you are moving slower than other traffic, unless you are turning left, passing another bicycle or vehicle, or avoiding hazards.
- Keep a safe distance from parked cars.
- Use proper hand signals when turning, stopping, or changing lanes.
- Use extra caution when it is raining, and allow extra time to stop.
- Cross railroad tracks at a right angle to the tracks.
- Walk your bike when using a crosswalk.
- Do not wear headphones on both ears while riding.
- Keep your bike properly maintained so it is safe.
- Do not drink alcoholic beverages or take substances, including prescription medications, that would impair faculties/abilities, and ride.
- Ride defensively.
- Be alert for road hazards.
- Watch for cars at cross streets and driveways.
- Obey all traffic signals.
- Be aware of parked cars and watch for car doors that may open.
- Give pedestrians the right-of-way.
- Refrain from riding on sidewalks.