

RECOGNIZING AND PREVENTING RISKS WHEN RIDING A MOTORCYCLE

7 SAFETY
TIPS

To enjoy riding a motorcycle safely, it is important to be aware of the associated risks and manage them appropriately. Everything is a question of attitude, behaviour, knowledge and skill. Here are seven tips to ensure your safety.



IRIDESAFE

1. BE VISIBLE

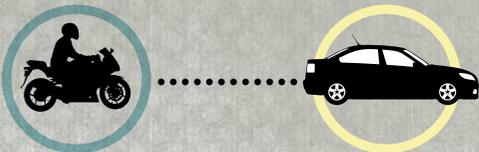
- Choose a motorcycle, helmet and clothing in light or bright colours.
- Equip your motorcycle with headlights and auxiliary lights and a variable intensity headlight modulator.
- Ride in the third of the lane that affords you the greatest visibility and adequate safety margins.
- Make eye contact with other drivers. Otherwise, assume they have not seen you.
- Avoid being in other vehicles' blind spots.

The small size of motorcycles, especially when seen from the front, makes them hard to see for other motorists. Make sure that you are as visible as possible.

2. BE VIGILANT

- Anticipate risks, especially at intersections.
- Keep a safe distance from the vehicles ahead of you and behind you.
- Make visual checks by scanning your driving environment.

Nearly 40% of fatal collisions involving a motorcycle and an automobile occur at intersections. In nearly 50% of these accidents, the driver of the car was turning left.



3. KNOW YOUR LIMITS

- Choose a type of motorcycle with a cylinder capacity adapted to your driving experience, skill and body shape and size.
- Don't be overly confident; adapt your driving to your skill level.
- Be cautious when driving a new motorcycle, even if you are an experienced rider.

25% of motorcyclists involved in a fatal accident had owned their motorcycle for less than three months, whereas 17% of victims did not own the motorcycle.

4. HAVE PREDICTABLE BEHAVIOURS

- Avoid changing lanes abruptly or accelerating suddenly, which could surprise other road users.
- Signal your intentions using your turn signal lights.
- Announce that you slowing down to other road users by pressing on the brakes to light up your brake lights.

5. PREVENT FATIGUE

Fatigue impairs drivers' faculties. To maintain alertness:

- Leave when you are well rested.
- Take breaks and stop regularly.
- Wear protective gear adapted to weather conditions.
- Keep yourself well hydrated.
- Eat light meals.
- Avoid drinking alcohol.



6. RIDE AT A SPEED THAT IS SAFE FOR YOU AND OTHERS

- Obey speed limits.
- Adapt your speed to traffic, roadway and weather conditions and to your driving experience and skill.

In nearly 40% of fatal motorcycle accidents, no other vehicle is involved. Many such accidents occur in curves. Recklessness and speed are often to blame.

7. BE WELL PROTECTED

- Wear protective clothing designed to be worn while riding a motorcycle.
- Opt for a full face helmet. It should be perfectly adjusted and securely fastened.
- Protect your eyes with a visor or goggles.

During a fall, leather that is:

0.9 mm thick provides an abrasion resistance of 2.5 seconds;
2.5 mm thick provides an abrasion resistance of 5 seconds.



I make safety a priority every time
I go out on the road.

IRIDESAFE

www.saaq.gouv.qc.ca/motorcycle

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