

To all bicycle users



 Revised!

Observe the five rules for safe bicycle riding!

The five rules for safe bicycle riding

(Decided upon by the Traffic Safety Measures Headquarters of the National Council for Traffic Safety Measures on November 1, 2022)

- 1** In principle use roadways and ride on the left; only in exceptional cases may sidewalks be used, and give pedestrians right-of-way there
- 2** At intersections, obey traffic signals, be sure to come to a stop, and check safety
- 3** Use your front light at night
- 4** Do not ride under the influence of alcohol
- 5** Wear a bicycle helmet



Cabinet Office

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Observe the five rules for safe bicycle riding!

1 In principle use roadways and ride on the left; only in exceptional cases may sidewalks be used, and give pedestrians right-of-way there

Bicycles, which are a type of vehicle, must in principle use roadways where there is a distinction between sidewalks and roadways. Riders must keep to the left when riding along roadways.



When there is a road sign or marking indicating that standard bicycles can use a sidewalk, it is possible for standard bicycles to ride along it.



If riding a standard bicycle on a sidewalk that can be ridden through, you must keep to the roadway side, and proceed at a speed enabling you to stop immediately. In the event that the passage of pedestrians might be obstructed, you must come to a stop.



2 At intersections, obey traffic signals, be sure to come to a stop, and check safety

At intersections where there are traffic lights, obey the signals and check safety as you proceed.



In places where road signs or markings indicate that you must come to a stop, be sure to do so, and check safety.



3 Use your front light at night

Put on your front light at night without fail.



4 Do not ride under the influence of alcohol

Riding bicycles under the influence of alcohol is also prohibited.



5 Wear a bicycle helmet

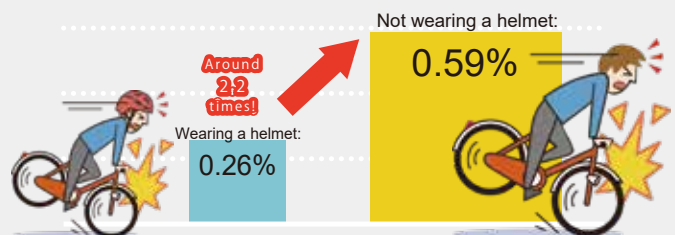
All bicycle users should wear a bicycle helmet in order to reduce the damage caused by bicycle accidents. People responsible for the protection of infants and small children should make them wear bicycle helmets when carrying them on their bicycles.



Bicycle helmets can save your life!

Approximately 60% of the people killed in bicycle accidents while not wearing a helmet died as a result of head injuries (according to the total number from 2017 to 2021). In addition, the fatality rate when not wearing a helmet is 2.2 times that of when a helmet is worn. It is extremely important to protect your head in order to reduce injuries due to bicycle accidents.

Fatality rate according to whether or not helmets are worn when riding bicycles (Total number from 2017 to 2021) (Source: National Police Agency documents)



Fatality rate means the percentage of deaths among casualties.