



LS PICK

## Safe riding

Imagine you are stuck in traffic, noises surrounding you - cars honking, people screaming, traffic police whistling, sellers knocking on your car window. It's been hours now. You have got a headache. "When will this nightmare end?"; you wonder. Oh how you wish you could swoosh right by between the traffic! Right then you see a young boy in a helmet and kneepads, his feet peddling as fast as wheels, whooshing away on the sidewalk. What is this magical machine you ask? Behold, it's the bicycle.

This lightweight, affordable vehicle has taken over the busy streets of Dhaka once again. Although this trend of riding bicycles is nothing new, it has become more of a hype recently. Previously only a certain group of people could be seen riding bicycles on big streets, which would be middle-aged men going to work, but now people of all ages and genders are seen riding bicycles for purposes other than transport.

Some use it as a form of exercise, some pass time with friends. It has also to some extent become a fashion or trend for youngsters.

Like always, when there's good, there's bad. Although many people take on riding bicycles in order to avoid traffic, and save time and cost, not many are fully aware of the rules or consequences that might occur when not being careful enough.

In a busy traffic-loaded city like Dhaka, safety should not be taken lightly, especially with the amount of road accidents that happen every day. There are a few essential safety rules or measures one should bear in mind if one wishes to not get trampled by a truck:



### EARPHONES

We are all guilty of plugging our ears with music while on roads - it's soothing and calming, but it can also prevent us from hearing honks or calls or vehicles approaching from behind and can result in a disaster.

### NOT WEARING PROPER GEAR

One can never be too careful, especially on busy roads, so it's wise to be prepared for any hazards that might occur. Putting on well-fitted helmets, gloves, kneepads and elbow pads. Proper attire is also important, so wear something that will not get tangled with the bicycle parts.



### PROPER GEAR FOR YOUR RIDE

Along with you, your bicycle must also be in good condition to run. The cycle must have front and rear lights for riding after sunset. The cyclist must also be aware of the brakes and should be focused as one wrong move can send the rider catapulting forwards.

### MAINTAINING LANES IS CRUCIAL

Cyclists should ride on the left side of roads as the larger automobiles ride on the right side. It's easier that way to avoid accidents. Similarly, maintaining sides on roads is also important. In a city like Dhaka it is very

often that we see vehicles approaching from the wrong side of the road, and numerous accidents occur because of that.

### TRAFFIC LIGHTS

The common notion in this country is that cycles are immune to road lights, but that is not the case. Running through red lights mean you will end up going head-on with another vehicle, which would result in one party ending up in the emergency room, and in most cases it is the cyclist.

Other than the aforementioned points, the cyclist himself/herself should be aware of keeping both hands on the handles while peddling, not turning too fast, and watching out for any pedestrians or senior citizens passing by. Avoid riding in front of larger vehicles or riding haphazardly, riding with too much weight on etc.

Following these simple rules can send a lot less people to the hospital. Safe riding!

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