

TOPIC: Sharing the Road With Cyclists

ACKNOWLEDGE: Thank you for being here and participating in this safety talk. I know your time is valuable, so I will ensure every moment of this talk is worth your while (*make eye contact with the entire group*).

Training Tips:

Ask a lot of questions: While delivering your Safety Talk, ask questions that ‘hook the mind’ and engage your participants. The simple act of asking questions is a High Impact Training technique!

Raise a hand when asking questions: Directed to your audience, you’ll often find that people are more willing to answer your questions and become active participants... try it out! Also, pause for a moment after asking a question; waiting for and encouraging responses from the group.

Provide an example of a personal experience: (or a recent news event) For instance: “A close friend of mine once _____”, or “Just last week _____”. This is a very effective method to help participants relate to your topic. It often helps them to realize: ‘Yeah, this could affect me. I should listen to this.’

What’s in it for me? (WIIFM): With the snow finally melting and the weather warming up, you’ve probably noticed more cyclists on the road. While you may consider them a pain on the road at times, a vehicle vs a cyclist is never pretty and there’s a good chance such an incident would be fatal. To avoid this happening with one of our workplace vehicles, we’re going to raise our own awareness so we all stay safe when encountering cyclists.

STATE: Let’s start off with a short ‘quiz’ to get your brain thinking!

On average in Manitoba:

1. How many cyclists are injured in collisions with vehicles every year?

34 **78** 104 130

2. How many cyclists are *killed* in collisions with vehicles every year?

0 1 2 **4**

3. Under the Manitoba Highway Traffic Act, a person operating a bicycle or power-assisted bicycle on a highway or bicycle facility has the same rights and duties as a person driving a motor vehicle on a highway.

TRUE/FALSE

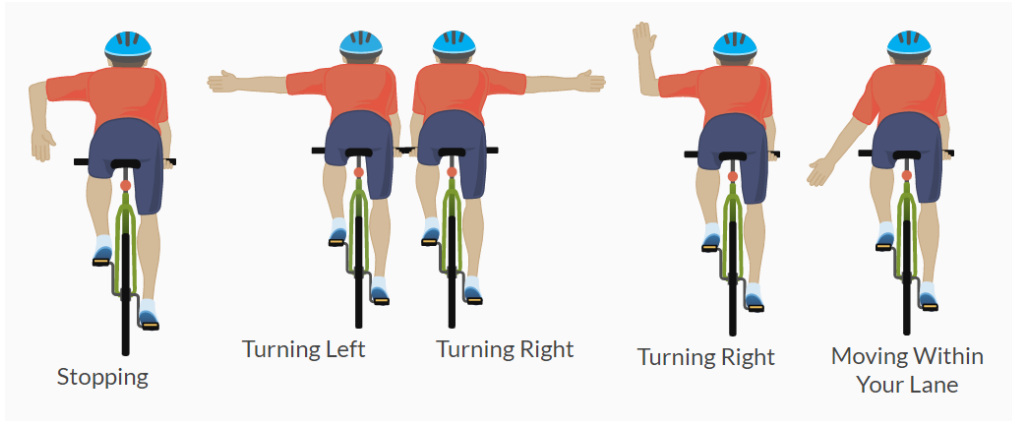


STATE: In Manitoba, a recent census found that:

- Approximately 45% of collisions involving bicycles and motor vehicles occur at intersections.
- In nearly 90% of cases where cyclists were killed in a vehicle collision, the cyclist was not wearing a helmet.
- 30% of collisions involving cyclists and vehicles occur during afternoon rush hour between 3pm and 6pm.
- The cost of cycling collisions is on average \$6.8 million annually

ASK: Does anyone know the hand signals that cyclists use to indicate what they intend to do while on the road?
(Wait for and encourage responses)

STATE: While you may think you as a driver wouldn't need to know what the signs mean, it's important you DO so you can understand how you need to adjust your driving to prevent an incident. The following picture displays the intent of each hand signal cyclists use:



Courtesy of Manitoba Public Insurance

ASK: What are some of the things we as drivers can do to avoid collisions with cyclists? (Wait for and encourage responses)

STATE: Understanding cyclists' positioning on the road can help reduce the number of cyclist and vehicle collisions, injuries, and fatalities. The following are tips you can follow:

- Reduce your speed when encountering cyclists and be cautious and respectful when passing.
- Leave a safe following distance.
- When turning left, yield to oncoming cyclists as cyclists have the same rights on the road as a vehicle.
- When turning right, yield to cyclists traveling on your right; do not try to pass a cyclist only to brake in front of them and turn right at the next intersection.
- Look for cyclists before opening your car doors.
- Although The Highway Traffic Act does not specify the minimum distance when passing a cyclist, advocacy groups suggest leaving at least 1 metre.
- Be especially cautious when children are riding bicycles, as their movements can be unpredictable.

It is NOT safe to pass a cyclist when you are:

- In construction zones where traffic is reduced to one narrow lane.
- In lanes with narrow widths that do not permit passing at a "safe distance".
- In a yield lane.

Facilitator, remember to:

1. Ask for the commitment of your employees,
2. Answer all questions,
3. Thank them for their time and;
4. Document that this safety talk occurred.

RECORD OF SAFETY TALK
Sharing the Road With Cyclists

Company Name:	Work Location Dept.:
Talk Given by:	Date / Time:

Results of inspection, demonstration or other activity or suggestions during talk:

List of All Employees Who Attended the Safety Talk:	
Name (PRINT)	Signature
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

Signed: _____

Position Held: _____