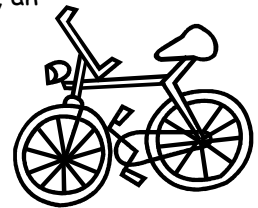


# BIKE SAFETY!

Spread the word and help keep friends & family safe while biking!

- **Protect your head by always wearing a helmet.** Make sure your helmet fits correctly. Any bike store can help you adjust your helmet just right. A helmet should sit level on your head - not tilted forwards or backwards. (Do not wear a hat under your helmet.) It should also be tight enough (with straps fastened) so that no sudden pulling or twisting can move the helmet around your head.
- **What you wear is also very important while riding your bike** - the right clothes can keep you safe. Fluorescent colored clothes make you more visible to others. Stay away from dark clothes like black, brown, or navy, especially when biking if it's getting dark outside.
- **Wear lightweight clothes** to avoid becoming overheated, especially in the summer months. Be sure to bring plenty of water to drink!
- **Make sure your pant legs aren't so loose** that they can get caught up in the chain
- **If you carry a backpack, make sure the straps are tied** so they do not become tangled up in the spokes of your bike wheels. Better yet, tie your bag in the basket or strap it to a rack.
- **Wear shoes that grip your bike pedals.** Never wear cleats, shoes with heels, or shoes that can easily slip off the pedals. Never ride barefoot!
- **Always ride on the RIGHT-HAND side of the street in the same direction as cars do.** Never ride against traffic.
- **Use bike lanes or designated bike routes whenever you can**
- **Always stop and check for traffic both directions** when leaving your driveway, an alley, or a curb.
- **Watch traffic closely** for turning cars, or cars leaving driveways
- **Don't ride too close to parked cars** - doors can open suddenly!
- **Stop at all stop signs and obey street (red) lights** just as cars do. Be careful at intersections.
- **Always walk your bike across busy intersections** using the crosswalk and following traffic signals
- **It's fun to bike with your friends, but always ride single file on the street.** Bike riding side by side in traffic or on the street is dangerous for both bikers and people in cars
- **When passing other bikers or people on the street,** always pass on their left side, and call out "On your left!" so they know that you are coming
- **Never change directions, or lanes,** without first looking behind you, and using correct hand signals.



# လှုပ်ယိ်အတတ်ပျူဖျး

ဘိးဘဉ်သုဉ်ညါလိာ်သးဒီးမးစးနတံသကိးဒီးနနုဉ်ဖိထာဖိလကဒီး တတ်ပျူဖျးတက့ာ်.

လှုပ်ယိ်လအ ပျးဒီး

- ထီဘိဖျိဉ်ခိဉ်သတိ်လကဒီးသဖယဉ်နခိဉ်အစီတက့ာ်. ဖျိဉ်ခိဉ်သတိ်လအဘဉ်နခိဉ်စုစုတက့ာ်. လှုပ်ယိ်အ ကျးတဖျဉ်စုစုတဖျဉ်စုစုမးစးနလကထိဉ်ကွဲဘဉ်နခိဉ်တဘဉ်နခိဉ်မးစုသလိ. တဘဉ်ဖျိဉ်ခိဉ်ခိဉ်ကဒါတစု. (တဘဉ် ဖျိဉ်ခိဉ်ဖျိဉ်လကခိဉ်သတိ်အဖိလကတစု.) ကဘဉ်ဘဉ်နခိဉ်စုစုဖိသိးသုတတက့ာ်အသးဒီးယဉ်ကဒါကဒါအသး လကနခိဉ်လိတစုအစီလိ.
- နကဘဉ်ကူကတတ်ကူတတ်ကလအကြးနနုဉ်အစုဒိဉ်ဝဲလိ. ကူတတ်ကူတတ်လအကြးအဘဉ်လကနကအိဉ်ဒီး တတ်ပျူဖျးအစီ. တတ်ကူတတ်ကလအဖျါဆဲးအလွဲဆူဉ်ဒ်သိးပျူမကထိဉ်န. တဘဉ်ကတတ်လအသု. အယး. အဘိ ယး. လိဆိဒ်တတ်တက့ာ်ဖဲလကတတ်ချတတ်ခဲးလိဝဲအဆကတိ်နနုဉ်တဘဉ်ကတစု.
- ကူကတတ်လအဖုံတက့ာ်ဒ်သိးတတ်သုတကိ်တလတစုလိဆိဒ်တတ်တက့ာ်ဖဲလကတတ်ကိ်ခါအဆကတိ်တ က့ာ်. စိာ်ထံလကလိလိလိလကနကအိအစီတက့ာ်.
- ပလိာ်နသးလအဖျိဉ်ခိဉ်အခိဉ်သုတက့ာ်တလတစုကဘဉ်ကွးတံဘဉ်ဖုးအသးလလှုပ်ယိ်အပျူထး
- နမ့ဝဲထာဉ်ဝဲချနနုဉ်ကွးတံဘဉ်စုစုတက့ာ်ဒ်သိးသုတလိကတတ်တံလကနလှုပ်ယိ်အခိဉ်ရဲးတစု . ကျဲလအစုတဘိနနကစာ်တံအိလအလှုပ်ယိ်ယဉ်အပူမတမုလအတိဉ်တံအလိာ်နနုဉ်ဘံပးအိတက့ာ်.
- ဒီးခိဉ်ဖဲးလအဖိဉ်လှုပ်ယိ်အခိဉ်ယိ်ကျာတက့ာ်တက့ာ်တဘဉ်ဒီးခိဉ်ဖဲးလအအိဉ်ဒီးအခိဉ်ရဲးတစုနခိဉ်တပျဉ် သုလိ. တဘဉ်ဒီးလကနခိဉ်ညါလဲတကဲနိတဘျိတစု.
- ထီဘိနနုဉ်ဒီးအိကျဲလကနစုထွဲတကပတက့ာ်လဲကျဲဒ်သိလှုပ်(မိထိဉ်)လဲအသိးတက့ာ်တဘဉ်ဒီးထီဒါ ကျဲနိတဘျိတစု.
- တဘျိလိာ်လိနနုဉ်လဲလကလှုပ်ယိ်အကျိမတမုတတ်ပတ်ပနီအကျဲတက့ာ်.
- ထီဘိအိဉ်ပတုာ်ဒီးကွဲကျဲခဲးလိာ်ဖဲလကနကခိဉ်သိလှုပ်ကျဲ. ကျဲဖိကျဲဆဉ်ကျဲကနအခါတက့ာ်
- ကွဲသိလှုပ်လကတရဲးအခိဉ်မတမုသိဉ်လှုပ်လပစးထိဉ်လိာ်တံလိဆဲးတက့ာ်
- တဘဉ်ဒီးဘူးဘူးသိဉ်လှုပ်ပတုာ်ယာ်အသးတဖဉ်တစုပျူအိးထိဉ်ဝဲတြိာ်ဘဉ်ဘဉ်ဖုးနလိ.
- ပတုာ်ဒ်သိလှုပ်ပတုာ်ဖဲတံပနီအိဉ်အသိးတက့ာ်ပလိာ်နသးလကနသုတလဲတလတစု.
- ကျဲလကသိလှုပ်လုာ်လိအါအလိာ်နနုဉ်စံဉ်လိာ်ဒီးဆိဉ်လှုပ်ယိ်လကနစုတက့ာ်သုမ့ဉ်အူတံပနီဒီးမးထွဲအိတက့ာ်.
- နဒီးလှုပ်ယိ်ဒီးနသကိးနနုဉ်ကမုာ်ဘဉ်နလိထီဘိမုသုဒီးထဲတစုတက့ာ်. နဒီးဝဲဝဲကျဲယာ်ပယာ်ပနုဉ်ကဲထိဉ်တံလိ ပျူလကပျူလအအိဉ်သိလှုပ်ပျူမုာ်စုပျူယိာ်လှုပ်ယိ်ဖိအစီမုာ်စုလိပျူဝဲလိ.
- ဖဲလကနကလဲတလလှုပ်ယိ်မတမုာ်ပျူကညိမုာ်စုထီဘိယုခွဲးဒီးလဲလကနစုစုတကပတက့ာ်ဒီးအဝဲသုဉ်ကသုဉ် ညါဝဲလကနကဟဲယိလိ.
- တချူးလကနဆိတလဲကျဲနနုဉ်ကွဲနလိာ်ခဲးဒီးသုတံပနီလကအဘဉ်ဘျိးဘဉ်ဒါဘဉ်ဘဉ်တက့ာ်.

