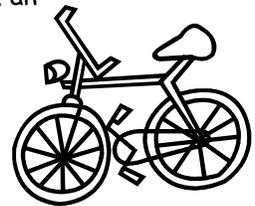


BIKE SAFETY!

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

- ထီဘိဖျိဉ်ခိဉ်သတိ်လကဒီးသဖယဉ်နခိဉ်အစိ်တက့ာ်. ဖျိဉ်ခိဉ်သတိ်လအဘဉ်နခိဉ်စုစုတက့ာ်. လှုပ်ယိ်အ ကျးတဖျဉ်စုတဖျဉ်စုမးစးနလကထိဉ်က့ာ်ဝဲဘဉ်နခိဉ်တဘဉ်နခိဉ်မးဝဲသ့လိာ်. တဘဉ်ဖျိဉ်ခိဉ်ခိဉ်ကဒါတစု. (တဘဉ် ဖျိဉ်ခိဉ်ဖျိဉ်လကခိဉ်သတိ်အဖိလကတစု.) ကဘဉ်ဘဉ်ဝဲနခိဉ်စုစုဒ်သိးသုတတက့ာ်အသးဒီးယဉ်ကဒ်ကဒါအသး လကနခိဉ်လိာ်တစုအစိ်လိာ်.
- နကဘဉ်ကူကတတ်ကူတတ်ကလအကြားန့ဉ်အစုဒ်ဝဲလိာ်. ကူတတ်ကတတ်လအကြားအဘဉ်လကနကအိဉ်ဒီး တတ်ပျူဖျးအစိ်. တတ်ကူတတ်ကလအဖျါဆဲးအလဲာ်ဆူဉ်ဒ်သိးပျူမကထိဉ်န. တဘဉ်ကတတ်လအသ့. အယး. အဘိ ယး. လိာ်ဆိဒ်တတ်တက့ာ်ဖဲလကတတ်ချာတတ်ခဲးလိာ်ဝဲအဆကတိ်န့ဉ်တဘဉ်ကတစု.
- ကူကတတ်လအဖုံတက့ာ်ဒ်သိးတတ်သုတကိ်တလတစုလိာ်ဆိဒ်တတ်တက့ာ်ဖဲလကတတ်ကိ်ခါအဆကတိ်တ က့ာ်. စိာ်ထံလကလိာ်လိာ်လကနကအိအစိ်တက့ာ်.
- ပလိာ်နသးလကဖျိဉ်ခိဉ်အခိဉ်သုတက့ာ်တလတစုကဘဉ်ကူးတံဘဉ်ဖုးအသးလကလှုပ်ယိ်အပျူထး
- နမ့ဝဲထာဉ်ဝဲချာန့ဉ်ကူးတံဘဉ်စုစုတက့ာ်ဒ်သိးသုတလိကတတ်တံလကလှုပ်ယိ်အခိဉ်ရဲးတစု . ကျဲလကအစုတဘိန့ဉ်နကစာ်တံအိလကလှုပ်ယိ်ယဉ်အပူမတမ့လကအတိဉ်တံအလိာ်န့ဉ်ဘံပးအိတက့ာ်.
- ဒီးခိဉ်ဖဲးလကအဖိဉ်လှုပ်ယိ်အခိဉ်ယိ်ကျာတက့ာ်တက့ာ်တဘဉ်ဒီးခိဉ်ဖဲးလကအိဉ်ဒီးအခိဉ်ရဲးတစုနခိဉ်တပျဉ် သ့လိာ်. တဘဉ်ဒီးလကနခိဉ်ညါလဲတကဲနိတဘျိတစု.
- ထီဘိန့ဉ်ဒီးအိကျဲလကနစုထွဲတကပတက့ာ်လဲကျဲဒ်သိလှုပ်(မိထိဉ်)လဲအသိးတက့ာ်တဘဉ်ဒီးထီဒါ ကျဲနိတဘျိတစု.
- တဘျိလိာ်လိာ်န့ဉ်လဲလကလှုပ်ယိ်အကျိမ့တမ့တတ်ပဉ်ပနီအကျဲတက့ာ်.
- ထီဘိအိဉ်ပတုာ်ဒီးကွာ်ကျဲခဲးလိာ်ဖဲလကနကခိသိလှုပ်ကျဲ. ကျဲဖိကျဲဆဉ်ကျဲကနအခါတက့ာ်
- ကွာ်သိလှုပ်လကတရဲးအခိဉ်မ့တမ့သိဉ်လှုပ်လပစးထိဉ်လိာ်တံလိာ်ဆဲးတက့ာ်
- တဘဉ်ဒီးဘူးဘူးသိဉ်လှုပ်ပတုာ်ယာ်အသးတဖဉ်တစုပျူအိးထိဉ်ဝဲတြိာ်ဘဉ်ဘဉ်ဖုးနလိာ်.
- ပတုာ်ဒ်သိလှုပ်ပတုာ်ဖဲတံပနီအိဉ်အသိးတက့ာ်ပလိာ်နသးလကနသုတလဲတလတစု.
- ကျဲလကသိလှုပ်လုာ်လိာ်အါအလိာ်န့ဉ်စံဉ်လိာ်ဒီးဆိဉ်လှုပ်ယိ်လကနစုတက့ာ်သ့မ့ဉ်အူတံပနီဒီးမးထွဲအိတက့ာ်.
- နဒီးလှုပ်ယိ်ဒီးနသကိးန့ဉ်ကမုာ်ဘဉ်နလိာ်ထီဘိမ့သ့ဒီးထဲတစုတက့ာ်. နဒီးဝုာ်ဝါကျဲယာ်ပယာ်ပန့ဉ်ကဲထိဉ်တံလိာ် ပျူလကပျူလကအိဉ်သိလှုပ်ပျူမ့ဉ်ပျူယိာ်လှုပ်ယိ်ဖိအစိ်မ့ဉ်စုစုလိာ်ပျူဝဲလိာ်.
- ဖဲလကနကလဲတလလှုပ်ယိ်မ့တမ့ပျူကညိမ့ဉ်စုထီဘိယုခွဲးဒီးလဲလကအစုစုတကပတက့ာ်ဒီးအဝဲသုဉ်ကသုဉ် ညါဝဲလကနကဟဲယိာ်လိာ်.
- တချူးလကနဆိတလဲကျဲန့ဉ်ကွာ်နလိာ်ခဲးဒီးသုတံပနီလကအဘဉ်ဘျိးဘဉ်ဒါဘဉ်ဘဉ်တက့ာ်.

