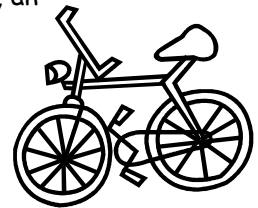


BIKE SAFETY!

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 လှုပ်ယိ်လအ ပျးဒီး တတ်ပျူဖျးတက့ာ်.

- ထီဘိဖျိဉ်ခိဉ်သတိာ်လကဒီးသဖယဉ်နခိဉ်အစီာ်တက့ာ်. ဖျိဉ်ခိဉ်သတိာ်လအဘဉ်နခိဉ်စုစုတက့ာ်. လှုပ်ယိ်အ ကျးတဖျဉ်စုတဖျဉ်စုမးစးနလအထိဉ်က့ာ်ဝဲဘဉ်နခိဉ်တဘဉ်နခိဉ်မးဝဲသ့လိာ်. တဘဉ်ဖျိဉ်ခိဉ်ခိဉ်ကဒါတစု. (တဘဉ် ဖျိဉ်ခိဉ်ဖျိဉ်လအခိဉ်သတိာ်အဖိလကဒီး) ကဘဉ်ဘဉ်ဝဲနခိဉ်စုစုဒ်သိးသုတတက့ာ်အသးဒီးယဉ်ကဒ်ကဒါအသး လကဒ်ခိဉ်လိာ်တစုအစီာ်လိာ်.
- နကဘဉ်က့ကတတ်က့တတ်ကလအကြားန့ဉ်အစုဒ်ဝဲလိာ်. က့တတ်ကတတ်လအကြားအဘဉ်လကနကအိဉ်ဒီး တတ်ပျူဖျးအစီာ်. တတ်ကတတ်ကလအဖျါဆဲးအလဲာ်ဆူဉ်ဒ်သိးပျူမကထံဉ်န့. တဘဉ်ကတတ်လအသ့. အယး. အဘိ ယး. လိာ်ဆိဒ်တတ်တက့ာ်ဖဲလကတတ်ချာတတ်ခဲးလိာ်ဝဲအဆကတိာ်န့ဉ်တဘဉ်ကတစု.
- က့ကတတ်လအဖုံတက့ာ်ဒ်သိးတတ်သုတကိာ်တလတစုလိာ်ဆိဒ်တတ်တက့ာ်ဖဲလကတတ်ကိာ်ခါအဆကတိာ်တ က့ာ်. စိာ်ထံလကလိာ်လိာ်လကနကအိအစီာ်တက့ာ်.
- ပလိာ်နသးလအဖျိဉ်ခိဉ်အခိဉ်သုတက့ာ်တလတစုကဘဉ်က့းတံဘဉ်ဖုးအသးလကလှုပ်ယိ်အပျူထး
- နမ့ဝဲထာဉ်ဝဲချာန့ဉ်က့းတံဘဉ်စုစုတက့ာ်ဒ်သိးသုတလိကတတ်တံလကလှုပ်ယိ်အခိဉ်ရဲးတစု . ကျဲလအစုတဘိန့နကစာ်တံအိလအလှုပ်ယိ်ယဉ်အပျူမတမ့လအတိဉ်တံလိာ်န့ဉ်ဘံပးအိတက့ာ်.
- ဒီးခိဉ်ဖဲးလအဖိဉ်လှုပ်ယိ်အခိဉ်ယိာ်ကျာတက့ာ်တက့ာ်တဘဉ်ဒီးခိဉ်ဖဲးလအအိဉ်ဒီးအခိဉ်ရဲးတစုနခိဉ်တပျဉ် သ့လိာ်. တဘဉ်ဒီးလကနခိဉ်ညါလဲတကဲနိတဘျိတစု.
- ထီဘိန့ဉ်ဒီးအိကျဲလကနစုထွဲတကပတက့ာ်လဲကျဲဒ်သိလှုပ်(မိထိဉ်)လဲအသိးတက့ာ်တဘဉ်ဒီးထီဒါ ကျဲနိတဘျိတစု.
- တဘျိလိာ်လိာ်န့ဉ်လဲလကလှုပ်ယိ်အကျိမ့တမ့ာ်တံပာ်ပနီာ်အကျဲတက့ာ်.
- ထီဘိအိဉ်ပတုာ်ဒီးက့ာ်ကျဲခဲးလိာ်ဖဲလကနကခိသိလှုပ်ကျဲ. ကျဲဖိကျဲဆဉ်ကျဲကန့အခါတက့ာ်
- က့ာ်သိလှုပ်လကတရဲးအခိဉ်မ့တမ့ာ်သိဉ်လှုပ်လပစးထိဉ်လိာ်တံလိာ်ဆဲးတက့ာ်
- တဘဉ်ဒီးဘူးဘူးသိဉ်လှုပ်ပတုာ်ယာ်အသးတဖဉ်တစုပျူအိးထိဉ်ဝဲတြိာ်ဘဉ်ဘဉ်ဖုးန့လိာ်.
- ပတုာ်ဒ်သိလှုပ်ပတုာ်ဖဲတံပနီာ်အိဉ်အသိးတက့ာ်ပလိာ်နသးလကနသုတလဲတလတစု.
- ကျဲလကသိလှုပ်လှိုလိာ်အါအလိာ်န့ဉ်စံဉ်လိာ်ဒီးဆိဉ်လှုပ်ယိ်လကနစုတက့ာ်သ့မ့ဉ်အူတံပနီာ်ဒီးမးထွဲအိတက့ာ်.
- နဒီးလှုပ်ယိ်ဒီးနသကိးန့ဉ်ကမုာ်ဘဉ်န့လိာ်ထီဘိမ့သ့ဒီးထဲတစုတက့ာ်. နဒီးဝဲဝဲကျဲယာ်ပယာ်ပန့ဉ်ကဲထိဉ်တံလိာ် ပျူလကပျူလအအိဉ်သိလှုပ်ပျူမ့ာ်စုပျူယိာ်လှုပ်ယိ်ဖိအစီာ်မ့ာ်စုလိာ်ပျူဝဲလိာ်.
- ဖဲလကနကလဲတလလှုပ်ယိ်မ့တမ့ာ်ပျူကညိမ့ာ်စုထီဘိယုခွဲးဒီးလဲလကနစုတကပတက့ာ်ဒီးအဝဲသုဉ်ကသုဉ် ညါဝဲလကနကဟဲယိာ်လိာ်.
- တချူးလကနဆိတလဲကျဲန့ဉ်က့ာ်နလိာ်ခဲးဒီးသုတံပနီာ်လအဘဉ်ဘျိးဘဉ်ဒါဘဉ်ဘဉ်တက့ာ်.

