

Bicycle Tour Hazards Evaluation and Control

This is a tool for alerting you to general potential hazards and controls of bicycle touring. It is not exhaustive. It should be noted that not all the controls are practical, possible or available at all times, in all places and that there are numerous risks inherent in bicycling, traveling and living.

Task	Potential Hazard	Administrative Controls	Engineering Controls	PPE (personal protective equipment)
Bicycling	Falls, slides	Training on cycling technique, vigilance, and identifying hazards	Clean and repair road surface	Helmets, bicycle gloves, durable clothing
Bicycling	Collisions	Training on cycling technique, vigilance, and identifying hazards. Selecting "safer routes" where options exist.	High quality facilities and traffic control design, engineering and implimentation.	Helmets, bicycle gloves, durable clothing
Bicycling	Water over road	Training on identifying hazards. Walk bike.	High quality facilities engineering and implimentation.	
Bicycling: feet on pedals	Feet slipping off pedals, feet in the spokes, falls	Training on cycling technique	Install and use toe clips	Closed toed shoes
Bicycling	Tiredness, exhaustion	Take breaks, drink water, eat snacks regularly, shorten route	Use vehicle, helicopter	Helmet or hat.
Bicycling	Heat related stress/illness	Start earlier in the day, drink water, take breaks in the shade		Helmet or hat.
Bicycling	Dehydration	Start earlier in the day, drink water frequently		Wear a loose fitting long sleeve shirt
Bicycling	Sun related conditions	Start earlier in the day		Helmet or hat, long sleeve shirt, high SPF lotion
Bicycling: hands	Numbness, abrasion		Adjust seat angle and position, and handlebar position (cant)	Padded gloves
Bicycling: knees	Pain, irritation	Training on cycling technique	Adjust seat height	
Bicycling: butt	Pain, rash	Conditioning program, good hygiene	Adjust saddle height, angle and position. Change saddle.	Cycling shorts
Bicycling: back	Ache		Fit bike better. Adjust seat height and handlebar position	
Bicycling: eye	Strain, objects, head ache	Design route to ride away from the sun.		Safety glasses, sun glasses
Bicycling: clothing, shoe laces	Getting caught	Safety check of clothing and shoes	Tie, tape, clip, strap and/or band loose items. Chain & wheel guards, fenders	Tight clothing

Bicycling: straps	Getting caught	Safety check of straps on bags and loads	Tie, tape, clip, strap, band and/or cut loose items. Chain & wheel guards.	
Bicycling: loose accessories	Getting caught	Safety check racks, water bottle cages and other accessories	Tighten screws.	
Using sidewalks and walkways	Slips, trips and falls (holes, uneven surfaces)	Take a different route	Patch/repair potholes, cracks, uneven areas, remove pokey objects and tripping hazards, add lighting.	Wear closed-toed shoes, use a flashlight in low light conditions.
Using stairways, ramps and halls	Slips, trips and falls (holes, uneven surfaces)	Stay on ground floor	Adequate lighting; keep clear of obstacles; Stair treads kept in good condition; non-skid surface; handrails installed	Wear closed-toed shoes, use a flashlight in low light conditions.
Bathrooms, tile floors, carpet	Slips, trips and falls	Select rooms with non-slip floor surfaces	Non-skid surface; put down a mat or towel, keep floor dry, adequate lighting, carpets are secured.	Wear rubber saddles
Lifting luggage, bicycle, etc.	Sprains and strains	Break load into pieces, get help	Use cart and/or elevator	Back support
Eating	Food borne disease	Select safe sources	Wash, prepare and cook food properly.	
Drinking	Water borne disease	Select safe sources, schedule time for filtering/sterilizing water	Filter or treat water	
General activities	Mosquito bite (geographically and seasonally dependent)	In affected areas and seasons, select hotel with screens and nets, fans or A/C	Take prophylactic drugs, sleep with net, fan or A/C	Dress wrist to ankle, use insect repellent