

Staying safe on a motorbike

Riders of high powered motorcycles feature highly in accident lists in the UK. Among these are more mature, experienced riders who are getting involved in an unusually high number of accidents. In order to try and reduce the amount of motorbike accidents on our roads, the highways agency have introduced their 'handle it or lose it campaign'. The campaign will advise motorcyclists about roads where they need to take extra care but there are some things you can do yourself in order to reduce the number of motorcycling accidents on our roads:

- 1. Wear a helmet and appropriate motorcycle clothing** Clothing protects the driver in 2 main ways: reducing the impact, resisting abrasion. Brightly coloured clothes will make the driver stand out more and therefore risk of a collision is reduced. Wearing a helmet protects the most delicate part of the body, the head and reduces the amount of damage done to the body. Wearing a helmet could be the difference between life and death.
- 2. The drivers physical and mental state** Alcohol and drugs slow down the responses in your brain. This means that a driver is more likely to have a crash under the influence as they have a longer response time. Your mood may also affect how you drive as well; an angry and restless person will be more likely to cause an accident than someone who is calm and relaxed. If the driver has been ill they may not be in a good physical state to drive the bike. This may result in an accident if they are not in a healthy state.
- 3. Check the bikes physical state** Perform a quick overall inspection before each ride to make sure the bike is in good condition for riding. Check tyres to make sure they are not flat, make sure all levers are not broken or bent, check headlight, check oil and fluid levels, check the chain and finally check the kickstand to make sure it is not bent and the tension is sufficient to hold them
- 4. Unless you are a skilled/experienced rider, do not carry passengers** Passengers change the whole dynamics of the bike. Never take a passenger unless the bike is designed for one. Make sure the weight of you and your passenger does not exceed the maximum weight. Your passenger must also wear the appropriate attire including a helmet to reduce the impact of a fall should the bike crash. It's also worth noting that many [motorbike insurance](#) companies won't pay out on claims which involve you carrying a passenger.
- 5. Restrictions on loading the bike** Check your owner's manual to find out your loading capacity and do not exceed this level. The bulk of the weight should be placed low and as close to the centre as possible. Distribute the weight evenly on both sides of the vehicle. Make sure that any loads do not block any levers or lights. Carole Nash provides [motorcycle insurance](#) to over 240,000 riders each year. It's important to feel safe when travelling on the roads. Reduce the risk of a crash by following these safety instructions and reduce the risk of crashing un-insured by joining getting [bike insurance](#) today.

About the Author

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