

# What To Do If Someone Crashes

These seven suggestions provided by Road ID are solid advice to remember .

## **Protect the Rider**

If a rider is down, check for oncoming traffic and either stop or redirect vehicles or other cyclists if needed.

## **Assess the Damage**

Ask the cyclist's name; if they can answer, ask them to check for bodily injury. The fallen rider shouldn't move until they, or a qualified person, can ensure there are no serious injuries. If they can't answer simple questions, dial 911. Help the rider stay calm.

## **Get Off the Road**

If the rider is not seriously injured and is in harm's way, consider moving them and their bike to a safer place. Take a picture of the scene if possible before you move the rider.

## **Look for ID**

This is a good reminder to wear or carry emergency information, such as a Road ID bracelet that can help first responders to know who to contact and provide key medical information.

## **Clean Wounds**

If injuries are mostly road rash, help the fallen rider rinse away the worst of the grime with a squirt from a water bottle. Even if the injuries seem minor, it's always smart to get checked out by a doctor.

## **Check the Bike**

Ensure all components are in working order: brake and shift levers undamaged, handlebars and fork intact, wheels straight, frame not cracked, chain on, derailleur straight. Take the bike to a shop for a complete checkup following a crash.

## **Document the Accident**

If there has been severe injury to the rider or harm to the bike, and a motorist has been involved, get names and contact information for the driver and witnesses. Take photos of the scene. The injured rider should file a police report and contact their insurance carrier.