

Biking Guide: Staying Safe, Comfortable, and Injury-Free

Main Injuries Cyclists May Suffer

Cycling injuries can result from falls, collisions, or poor ergonomics. Here are the most common ones:

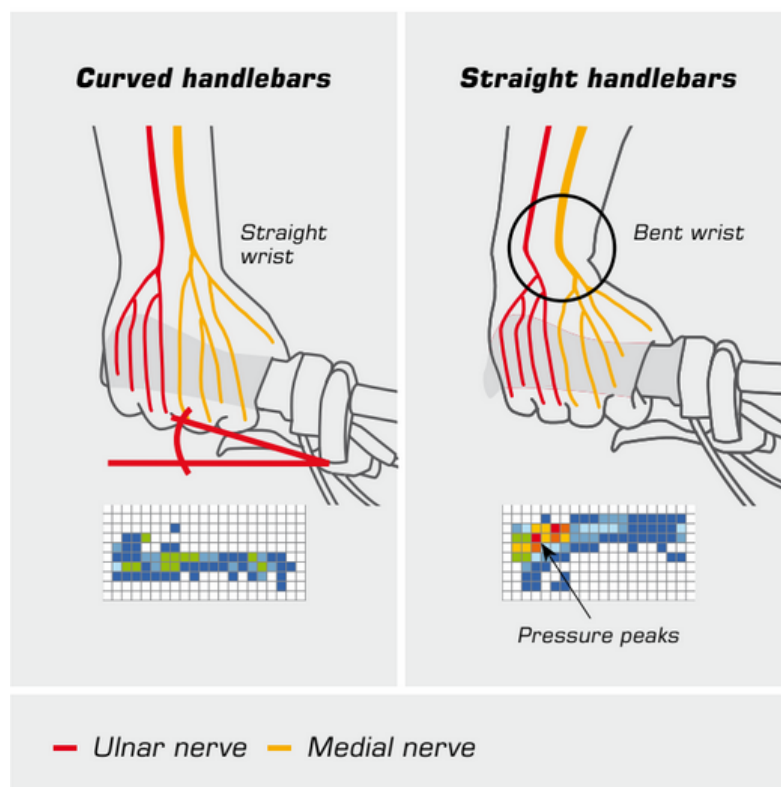
- **Head Injuries:** These range from mild concussions to severe traumatic brain injuries, often due to falls or collisions. Wearing a helmet is essential to reduce risk.
- **Fractures:** Wrists, collarbones, and arms are particularly vulnerable in falls.
- **Road Rash:** Abrasions and bruises occur when skin scrapes against rough surfaces during a crash.
- **Overuse Injuries.**

What to Consider Before Riding

Proper preparation is key to avoiding injuries and ensuring a smooth ride. Here's what every cyclist should take into account:

1. Bike Setup

- **Seat Height:** Adjust so your legs are slightly bent at the bottom of a pedal stroke.
- **Handlebar Position:** Should be at a height and distance where your back is comfortably straight, not overly hunched or stretched.



- **Saddle Tilt:** Keep it level to prevent sliding or pressure points.

2. Pre-Ride Inspection

- **Tires:** Check for proper inflation and any visible damage.
- **Brakes:** Ensure they are responsive and secure.
- **Chain:** Lubricate regularly and check for rust or slack.

3. Protective Gear

- **Helmet:** Certified helmets reduce head injury risk significantly.
- **Visibility Gear:** Lights and reflective elements are crucial, especially in low-light conditions.

4. Riding Technique

- Use your gears to reduce strain on knees during climbs.
- Avoid locking elbows or gripping handlebars too tightly.
- Maintain a relaxed posture with slightly bent elbows to absorb shock.



Accessories to Enhance Comfort and Safety

Adding a few well-chosen accessories can make biking more enjoyable:

1. Comfort Accessories

- **Padded Saddle or Seat Cover:** Reduces discomfort on long rides.
- **Cycling Gloves:** Cushions hands and minimizes vibration.
- **Handlebar Grips or Tape:** Offers better grip and reduces hand strain.
- **Cycling Shorts:** Padded to prevent chafing.

2. Safety Enhancements

- **Rearview Mirrors:** Helps monitor traffic behind you.
- **Mudguards:** Keeps dirt and water off during wet rides.
- **Bike Lights:** Front and rear lights improve visibility.

3. Convenience Additions

- **Water Bottle Holder:** Encourages hydration on the go.
- **Bike Bags or Racks:** For carrying essentials like tools, snacks, or spare tubes.
- **Suspension Seat Post or Fork:** Absorbs shock for smoother rides on rough terrain.

Where could the Airscout system be installed the best not to interfere with ergonomic aspects?

You should place it on the handle, as this is the most effective position. It ensures optimal functionality without interfering with ergonomics or comfort.

Link to the Quiz:

<https://create.kahoot.it/share/bike-riding-guide-quiz/0ba821fc-d41f-4e11-9745-cf356f76d7d7>