

THE SAFETY CORNER

Tom Kelly



August safety topic is Riding in Hot Weather.

We all know we live in Florida and it gets hot, so before you jump on that bike to go riding you need to do this...

10 Tips to Stay Cool on Hot Motorcycle Rides

- Stay Hydrated. ...
- Avoid Alcohol and Caffeine. ...
- Wear Full-Coverage Riding Apparel. ...
- Wear an Evaporative Cooling Vest. ...
- Wear an Evaporative Cooling Neck Wrap. ...
- Avoid Riding During the Hottest Part of the Day. ...
- Take Frequent Rest Breaks. ...
- Use Common Sense.

Make sure you keep hydrated. The sun is burning you up and the bike is burning you up, so you are getting it from both above and below.

Take frequent breaks, even more than you normally would.

Avoid Alcohol and Caffeine. Drink lots of water and Gatorade.

As always Please pass back All hand signals back!

Ride Safe and stay dry!

Your Safety Officer,

Tom Kelly