

To All Bicycle Users in Fukuoka Prefecture

Wear a **helmet** to protect your precious life

Why do you need to
wear a **helmet**?

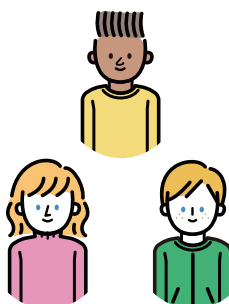
1. About half of all those who die in bicycle accidents do so from **fatal head injuries**
2. The impact to the head is **about three times** greater when not wearing a helmet
3. Helmets are crucial **safety equipment** that save lives



Choose a helmet that fits you



Regardless of nationality



Adults and children alike



You have a legal obligation under Japanese law to **make a sincere effort** to wear a helmet when using a bicycle!

See the back for more information ►

Did you know?

Main Traffic Rules for Bicycles

(Five Rules for Safe Bicycle Use)

1 In principle, ride on the roadway, keeping to the left; use sidewalks as an exception, giving priority to pedestrians

2 At intersections, while obeying traffic signals and stop signs, check it is safe to proceed

3 Turn on your lights at night

4 Riding a bicycle while drunk is prohibited

*Riding a bicycle under the influence of alcohol (exceeding the legal limit) or while intoxicated is punishable under the Road Traffic Act.

5 Wear a helmet

How to choose a helmet

- Choose a helmet that fits the size of your head
- Look for one that meets safety standards(SG mark or JCF mark)



How to wear a helmet properly

- ① Wear it level on your head
- ② Pull it down to just above your eyebrows
- ③ Adjust and fasten the chin strap



Bicycles are also considered to be vehicles. Please follow the traffic rules.

The Traffic Offence Notification System (Blue Tickets) has been introduced for certain traffic offences to prevent bicycle accidents. (Effective from April 1, 2026.)

- Those subject to the system : Anyone aged 16 or older who rides a bicycle
- Examples of violations : Entering roads where bicycles are prohibited, failing to stop at designated locations, using a mobile phone while riding, and riding while holding an umbrella, etc.



Do you have bicycle insurance (bicycle liability insurance)?



You are obligated to have bicycle insurance under prefectural ordinances!

Make sure you have bicycle insurance in case of an accident to protect yourself and anyone who is injured!

Learn more

Bicycle Traffic Safety



Bicycle Insurance



Wearing a Helmet



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(福岡県・福岡県警察・市町村・(一財)福岡県交通安全協会ほか)

