

Press Release

DEKRA experts provide important tips

Safe Cycling in Fall and Winter

- Clothing and lighting: Seeing and being seen are essential
- Defensive riding style: Avoid sharp lean angles and hard braking
- Expect increased wear on rim brakes

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For many, cycling is a seasonal pleasure: Spring and summer are considered classic bicycle time. But you can also be safe on your bike or pedelec in fall and winter – if you follow a few important tips, according to DEKRA experts.

“If you want to be safe on the road on a bicycle, you must above all be easy for other road users to see,” says DEKRA bicycle expert Florian von Glasner. That means, for one thing: When it comes to clothing, not only warmth and moisture exchange are important issues. “It should also be in bright, eye-catching colors and equipped with retroreflective elements.”

Also important for visibility is a functioning and efficient lighting system on the bike, including passive devices such as reflectors on the front, rear and pedals, as well as reflectors on spokes or tires. “Especially in fall and winter, many journeys, for example for commuters, take place at dusk or in the dark,” says the DEKRA expert. “That's where seeing and being seen are essential for safety.”

Tips for the riding safely

A defensive riding style is recommended on two wheels all year round, but even more so in fall and winter: “Always approach curves with caution – as soon as you suspect it might be slippery – and avoid sharp banking and, if possible, hard braking,” advises von Glasner. “Otherwise, very critical situations can arise abruptly in wet conditions, because of leaves, grit or spots of ice.”

The recommendation to wear a helmet also applies all year round, but even more so in fall and winter when the risk of falling tends to be higher.

If there is snow or extreme weather conditions are announced, you should think about switching to public transportation. Hardy cyclists who still want to get on their bikes are better off with a mountain bike and wide tires with large tread bars or even tires with studs than with a road bike and narrow “slicks”.

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Regularly check rim brakes in particular

The wear of rim brakes in particular can increase significantly due to many rainy rides, says the DEKRA expert: "Water absorbs the road dirt, which is then distributed in the spray on the brake flanks – and there during braking, like a kind of sandpaper, causes increased wear. That's why it's important to keep a close eye on the condition of rim brakes." Disc brakes are not as susceptible to this type of increased wear.

Lower range of e-bike batteries in winter

Those who travel by pedelec should also consider the influence of cold on the performance of the battery, especially for longer distances. Cold temperatures reduce the available capacity and thus the range. "Cold does not permanently damage the battery. But to minimize the problem with the reduced range, store and charge your battery preferably at room temperature indoors, and only take it outside when you start riding," the expert recommends.

Anyone who is currently thinking about purchasing a new pedelec and would like to ride in the fall and winter should also consider a model with e-bike ABS: "When braking in wet conditions, pedelecs with ABS have a clear advantage. This is what our comparative tests have shown."

Caption

Fall and winter can also be cycling season if you follow a few tips. The pedelec ABS is an advantage.

About DEKRA

DEKRA has been active in the field of safety for almost 100 years. Founded in 1925 in Berlin as Deutscher Kraftfahrzeug-Überwachungs-Verein e.V., it is today one of the world's leading expert organizations. DEKRA SE is a subsidiary of DEKRA e.V. and manages the Group's operating business. In 2021, DEKRA generated sales totaling more than EUR 3.5 billion. The company currently employs almost 48,000 people in approximately 60 countries on all continents. With qualified and independent expert services, they work for safety on the road, at work and at home. These services range from vehicle inspection and expert appraisals to claims services, industrial and building inspections, safety consultancy, testing and certification of products and systems, as well as training courses and temporary work. The vision for the company's 100th birthday in 2025 is that DEKRA will be the global partner for a safe, secure and sustainable world. With a platinum rating from EcoVadis, DEKRA is now in the top one percent of sustainable businesses ranked.