

# Cyclists



Use hand signals when turning left or right.



Wear a helmet for head protection.

Whether you are cycling to work or enjoying a ride out with family or friends, it's really important to be road safe.

### **FOLLOW THESE TOP TIPS TO CYCLE SAFELY:**

- Where possible stick to designated cycle lanes.
- Stay central on narrow roads to prevent dangerous overtaking.
- Don't cycle on the pavement or against a one way street (unless it is clearly marked for cyclists).
- Keep clear of parked cars in case a door opens in front of you.
- When stationary, try to make eye contact with drivers to ensure they have seen you.
- Use hand signals to indicate that you're turning left or right.
- Consider wearing a helmet to protect your head.
- Don't use a mobile phone or earphones.
- Wear bright or fluorescent clothes during the day and reflective clothing or accessories at night.

### **DID YOU KNOW?**

#### **You could be fined if:**

- You ride through red traffic lights.
- You don't use lights after dark (white at the front and red at the rear of your bike).

### **CYCLE TRAINING**

Look online for free or subsidised cycle training and commuter skills for adults and children.

### **REMEMBER**

All large vehicles have 'blind spots'. It's safer not to undertake on the inside, always ride in a position where you are certain you can be seen.