

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.