



Road Safety

London Fire Brigade (LFB) attend at least 10 road traffic collisions a day in London.

Whether you're a pedestrian, cyclist, motorcyclist or driver, we hope the information in this booklet will help you to complete your journey safely.

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Pedestrians



Start road safety education early.



Teach children the Green Cross Code.

Pedestrians account for the highest number of deaths on our roads. You are more at risk of being killed or injured in a road traffic incident than a car driver; take care near the road and follow our top tips.

TOP TIPS

- Do not cross the road near parked cars or large vehicles; they will limit your view and prevent you from being seen by other road users.
- Look out for traffic; many vehicles are now quieter and you may not hear them approaching.
- Don't let mobile phones, crowded places and noise distract you.
- At traffic lights wait for the green walking figure before crossing.

CHILDREN

- Children cannot always judge how fast vehicles are going or how far away they are.
- Remind them about the dangers of being distracted when using a mobile phone.
- Set a good example, teach children the Green Cross Code and always use it when you are out and about.

GREEN CROSS CODE

THINK!

Find the safest place to cross, then stop.

STOP!

Stand on the pavement near the kerb.

USE YOUR EYES AND EARS!

Look all around for traffic, and listen.

WAIT UNTIL IT'S SAFE TO CROSS!

If traffic is coming, let it pass.

LOOK AND LISTEN!

When it's safe, walk straight across the road.

ARRIVE ALIVE!

Keep looking and listening.

DID YOU KNOW?

Many adults are killed or seriously injured during the evening and at weekends, after drinking alcohol. Plan ahead and make arrangements to ensure you get home safely.

BE SAFE, BE SEEN

In the autumn and winter months it gets dark earlier; wearing something reflective helps other road users to see you or your children sooner.

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.

Motorcyclists



Always wear protective clothing when riding.



Use dipped headlights, even in daylight.

Motorcyclists account for just 1% of all road traffic, but make up for 19% of all road user deaths.

WEAR THE RIGHT PROTECTIVE CLOTHING – PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Motorbike riders are required by law to wear a helmet when riding on the road. The most important thing to consider when choosing a helmet is getting the right fit. Try on as many as possible and select one with a high SHARP safety (Star) rating.
- Use a helmet visor or goggles for effective eye protection. For more information, visit sharp.dft.gov.uk
- Always wear protective clothing when riding. Wear gloves, full trousers and over-the-ankle footwear as well as a leather or reinforced jacket, even in warm weather.

REMEMBER

Be seen – choose your motorbike gear in bright colours.

FOLLOW THESE TOP TIPS TO RIDE SAFELY

- Ride according to the road conditions and at a speed that will enable you to slow down or stop in good time.
- Take extra care during wet, foggy or icy road conditions.
- Position yourself in the best place, usually the middle of the lane.
- Always indicate and take up your road position in good time before turning.
- Take a 'lifesaver' glance over your shoulder before carrying out any manoeuvres. Always be aware of where and what other drivers are doing.
- Be seen; use dipped headlights, even in daylight.

COLLISIONS AT JUNCTIONS



Collisions can happen at T-junctions, crossroads and roundabouts; in fact any type of junction.

Research shows that drivers can have difficulty judging the speed of a bike. Take extra care when approaching or pulling out of any junction.

ROAD SURFACE CONDITIONS



Take notice of road warning signs for hazards ahead and be aware of:

- manhole covers or potholes
- poor or deteriorating weather conditions
- possible diesel spills
- mud, wet leaves and stones
- painted road markings.

OVERTAKING

- Overtaking requires skill to judge speed and distance, alongside a good knowledge of your bike's acceleration.
- When filtering through a traffic jam or slow moving traffic, do so with care. Drivers may not know that you are there and change lanes suddenly or open a door.
- Don't overtake where there are double white lines, signs prohibiting overtaking or when approaching:
 - bends
 - junctions
 - lay-bys
 - pedestrian crossings
 - hills or dips in the road.

BIKER DOWN!



Biker Down! is a nationwide scheme developed to teach the practical skills needed to help bikers at the scene of a road traffic collision (RTC).



This short free course aims to provide participants with scene management skills such as immediate, basic life saving (CPR and airway management) and when to safely remove a casualty's helmet. It also includes the importance of road positioning and increased visibility.

For more information visit our website:
london-fire.gov.uk

Other courses are also available to improve your motorcycling skills for example; BikeSafe, 1-2-1 Motorcycle Skills and Beyond CBT (Compulsory Basic Training). Look online for more information.

Drivers



There are four main causes of serious injuries and deaths on the roads. They are commonly known as the '**fatal four**'.



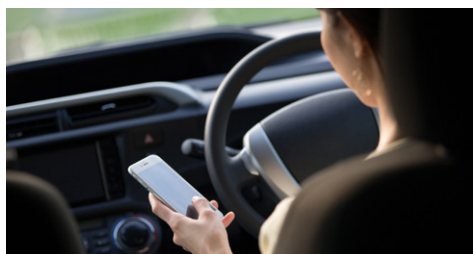
SPEEDING

Keep to the limit. Driving too fast for the road conditions or exceeding the permitted speed limit is dangerous and could end up with tragic consequences. You could also face heavy fines, penalty points on your license or even be banned from driving.



SEAT BELTS

Seat belts save lives – buckle up every time. It is against the law not to wear a seat belt, wear them even on short journeys and make sure children are correctly secured.



DISTRACTIONS

Distractions can kill – never use your mobile phone whilst driving. A split second of distraction, or loss of concentration, can cause a crash and injury to you and others. Using mobile devices such as phones, whilst driving is illegal, turn them off and put them away. Loud music can prevent you from knowing what's going on inside and outside your car – turn it down!



ALCOHOL AND DRUGS

Driving under the influence is an offence. The police can test for both alcohol and drug use at the roadside. Drugs can have an unpredictable effect on your driving and it is impossible to know how much alcohol will affect you. If you are over the limit or test positive for drugs, you risk a fine, a criminal record or even prison.

YOUNG DRIVERS



Young drivers (aged 17–24) are the most at risk of being killed or seriously injured on our roads.

PEER PRESSURE

Peer pressure can cause some young drivers to take risks they wouldn't normally, this includes all of the **fatal four**, with devastating consequences.

Research has shown that young people are more likely to show off and pay less attention to the road when they drive with their friends.

Tips to avoid peer pressure for young drivers:

- know and respect your own personal limits
- surround yourself with people with whom you share similar values
- think twice about the dangers to you, your passengers and others
- remind yourself about the possibility of negative consequences.

REMEMBER

It's OK to say NO! – stand your ground if anyone is putting pressure on you to take risks.

VEHICLE MAINTENANCE



- Get your car serviced at least once a year by a qualified mechanic. If your car is over three years old you'll need an annual MOT safety inspection.
- Make sure the radiator water, oil and windscreen washer fluids are all topped up.
- Check your lights are working, tyres have enough tread and are inflated to the right pressure and that your windscreen wipers work.
- Make sure you have enough fuel to get you to your destination.

WHEN YOU TRAVEL

- If you are going on a long journey, check weather forecasts. If severe weather is predicted, travel only if your journey is essential.
- Clear snow or ice from windows and lights and from the roof of the car to prevent causing a hazard to other road users.
- Be prepared – keep a winter emergency kit in the boot. Include items such as: a blanket, warm clothes, ice scraper, de-icer, torch, water, energy food, and a shovel.

DURING YOUR JOURNEY



- Slow down near schools and shopping centres or places where people may have been drinking such as clubs, bars and restaurants.
- Use your indicators and leave plenty of space when overtaking any cyclist or motorbike.
- Be careful when opening car doors.
- Don't enter the advanced stop line box when traffic lights are red. This is reserved for cyclists.
- Use your lights when visibility is poor (not just at night) – this helps to see and be seen.
- Take a comfort break on long journeys – plan to have a break every two hours.

REMEMBER

Keep your distance! Stopping distances can be doubled on wet roads and be up to 10 times further in icy conditions.

ROAD TRAFFIC COLLISIONS



Always think about personal safety first. If you are involved in a crash or stop to give assistance:

- use your hazard warning lights to warn other traffic
- ask drivers to switch off their engines and stop smoking
- if necessary phone 999 immediately and give full details of the incident, location and any casualties
- move uninjured people away from the vehicles to safety; on a motorway this should be well away from the traffic, the hard shoulder and the central reservation
- do not move injured people from their vehicles unless they are in immediate danger from fire or explosion
- do not remove a motorcyclist's helmet unless it is essential to do so, i.e. if the motorcyclist is not breathing
- stay at the scene until emergency services arrive.

BREAKING DOWN



- Put on your hazard warning lights and phone for breakdown assistance.
- Only if it is safe to do so, try to get your vehicle off the road.
- Put a warning triangle on the road at least 45 metres behind it (but not on a motorway).
- Always stand a safe distance away from the vehicle.

Heavy goods vehicles, vans and buses



Heavy goods vehicles (HGVs), vans and buses are involved in a high number of tragic collisions involving cyclists and pedestrians, every year.

We all share our roads but it's important to remember to give larger vehicles the extra space they need. Any lorry, van or bus will take longer to stop and all road users should take extra care.

For more information visit:
tfl.gov.uk/safer-lorry-scheme

If your company is part of the Construction Logistics and Community Safety (CLOCS) or the Fleet Operator Recognition Scheme (FORS) be aware of their requirements and ensure that you drive to their standards.



[london-fire.gov.uk](https://www.london-fire.gov.uk)



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