

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.