

# BICYCLE SAFETY TIPS

Make bike safety your priority

**1**



## PROTECT YOUR HEAD

Always wear a helmet. If you can, wear a high vis vest or bright clothing.

**2**



## OBEY TRAFFIC LIGHTS

As a bike rider you must follow the same road rules as a driver. Stop at Amber lights and Red lights.

**3**



## SEE AND BE SEEN

Make sure you know what is happening around you

**4**



## WATCH FOR ROAD HAZARDS

Where possible use a cycle path. If using the road, be careful of pot holes and bumps.

**5**



## AVOID RIDING AT NIGHT

If riding at night, use a headlight and reflectors and bright clothing.

**6**



## USE HAND SIGNALS

Use hand signals when turning left and right