



10 Simple Steps Cycling Safety

Wear a Helmet



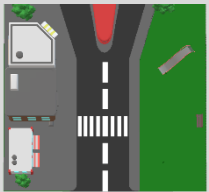
Step 1
Ensure that your helmet is secure with the straps closed. The helmet shouldn't move around.

Step 6
Look around in case there are cars pulling out of driveways or junctions.

Be Aware



Follow the Rules



Step 2
Remember to stop at stop signs and traffic lights. Make sure you understand the Highway Code.

Step 7
Don't get distracted by devices such as a mobile phone. Stay alert and be aware of your surroundings.

Don't get Distracted



Use Hand Signals



Step 3
Make sure you know what hand signals to use on the road. This will let drivers know what are your intended moves.

Step 8
Be sure to let pedestrians know that you are approaching with your voice, bell or horn.

Use Your Bell



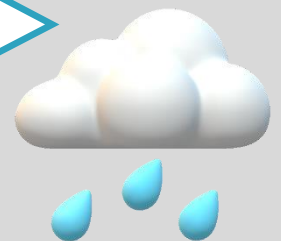
Maintenance



Step 4
Ensure that your bike is in good working order. Check your brakes, ensure your tyres are fully inflated and make sure that there is nothing loose on your bike.

Step 9
Be prepared for any kind of weather. Carry an extra light waterproof jacket in your bag.

Weather



Clothing



Step 5
It is important to wear bright or reflective clothing and use bike lights so road users can see you.

Step 10
Protect your bike by leaving somewhere secure and locked when not in use.

Lock your bike

