

FIT YOUR HELMET PROPERLY



The correct way to wear a helmet



The incorrect way to wear a helmet

Always wear a helmet. It is the law and it could save your life, but only if you fasten it.



Left turn



Stop

ALWAYS SIGNAL

Always signal your moves to others. When turning left or right, always look behind you to see if it's safe. Ride so that motorists can see you and know what your intentions are. Make sure the motorist has noticed your intentions, as most accidents happen at intersections.

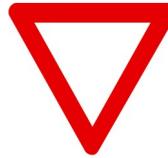


Right turn

KNOW YOUR ROAD SIGNS



Stop



Yield—be careful, slow down and ride only when it is safe



No entry



Freeway—you are not allowed to ride on this road



Tips:

- Avoid riding at night
- Never surprise people by suddenly stopping or changing direction
- Wear a reflective ankle strap

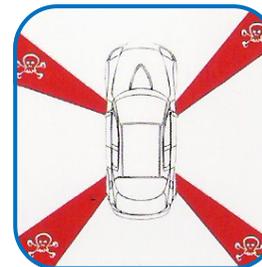
Steps to safe cycling:

Think, Look, Is It safe? Signal, Move

BE VISIBLE



Ride so that drivers can see you. Stay out of the drivers' blind spots (the red areas)



A safe rider will always carry books and other items on a carrier or in a backpack



BE PREDICTABLE STAY ALERT STAY SAFE

- A safe rider will ride in single file.
- A safe rider will wear bright clothes.
- A safe rider will be alert at all times.
- A safe rider will be aware of other traffic



Don't forget to tie your shoelaces!

If you wear an ankle strap, it does not only keep your pants from catching in the chain, but you're more visible too!



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DANGEROUS CYCLING



DON'T BE A DANGEROUS CYCLIST! STAY ALERT!

- A safe rider will always have one hand on the handlebar.
- A safe rider will always have their helmet fastened.
- A safe rider will not eat when riding.
- A safe rider will not chat/SMS or listen to music while riding
- A safe rider will not lift a friend on their bicycle.

✓ **Tip:** Wear a shiny reflective strap round your ankle or wrist.

✓ **Tip:** Cycle with friends, it's safer and more fun.



Don't ride too close to the edge of the road. Ride about 1m away from the pavement, otherwise motorists will try and squeeze past you.

Watch out for glass, potholes, storm grates, the angle of the road or anything else that could make you lose control of your bicycle.



✓ **REMEMBER!** Always be alert, ride in a predictable way and in single file.



Parked cars are dangerous—if someone suddenly opens the door it could hit you as you cycle past.

Make sure that you ride about a meter away from parked cars.

BE SAFE ON YOUR BICYCLE



BE SEEN, BE SAFE:

Always wear bright clothing when riding your bicycle. Always ride in single file in the same direction as other vehicles—not against it.

A bicycle is one of the best ways to get around. It's fun, it's cheap, it's healthy—and really cool too. You don't have to ask someone for a lift, and on a bicycle you're in charge of how and when you get to where you are going.

You have the right to ride on any public road other than a freeway, but remember not every car, bus and taxi is going to be pleased to share the road with you.

Some won't even notice you. Here are some tips to help you to stay safe on your bicycle .