



CITY IN THE
COMMUNITY

SafeatCity

BIKE SAFETY

Check your bike

Before you go out -
check your bike! Are
the tyres pumped up?
Is the seat right?
Is everything working?



Plan to be seen

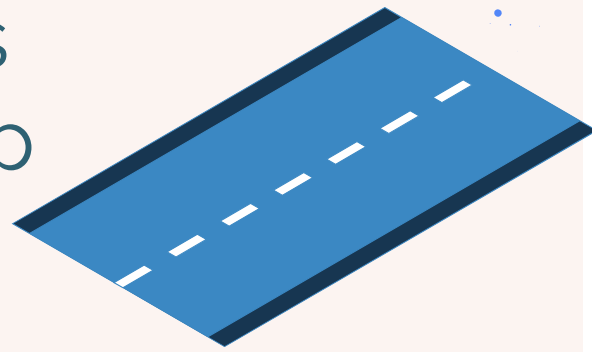
Be
aware of vehicles
and other people.

Wear bright clothing
to help you be
seen. Avoid riding at
night!!

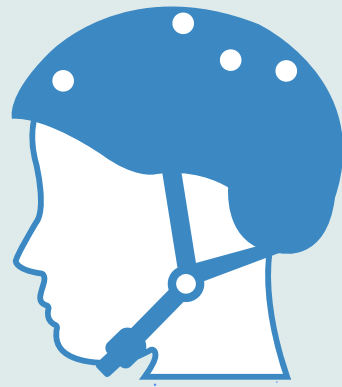


Follow the rules of the

road. Following the rules
of the road, helps to keep
you and others safe.



Wear a helmet A helmet
helps to keep you and feel
safe. It would also help to
protect your face, head and
brain if you fall. Helmets
should be worn with the
buckle under the chin



Use hand signals when

turning. This helps to let
other road users know when
you are turning and reduces
the risk of an accident.



Stay Alert!

Be aware of what is going
on around you. Think of
other people, bikes and
cars. Be careful of the road
ahead and give eye
contact!



Emergency Contact. Plan
your route ahead and make
sure somebody knows
where you are going. Make
sure you can contact
somebody if something
happens or you are late.



Stay Safe!

#SpeakupSpeakout