



FIRE SAFETY ADVICE

CYCLE SAFETY

In 2016 over 18,000 cyclists were injured in reported road accidents. (figures from RoSPA)

Advice for when you're cycling

- Protect yourself with a helmet, as it will reduce the risk of a head injury if you have an accident.
- Be visible to other road users, wear bright or fluorescent clothing in daylight and reflective clothing at night.
- Make your intentions clear to other road users. Show drivers what you plan to do in plenty of time, always look and signal before you start, stop or turn.
- Don't weave in and out of traffic or change direction suddenly without signalling.
- Give yourself space by not cycling too close to the kerb.
- Pay attention to what is happening around you, and don't use a mobile phone or wear earphones.

Wear a helmet



Wear bright clothing

Key advice...

- Obey traffic lights and road signs.
- Look behind you before you turn, overtake or stop.
- Use lights after dark; white at the front and red at the rear.

UCI
Road World
Championships

21st-29th
September 2019

