



- Always wear a cycle helmet that is the right size, properly fitted and securely fastened
- Help other road users to see you. Wear light coloured or fluorescent clothing in daylight and at dusk and something reflective at night
- Do not wear loose clothing, as it may get caught in the chain or wheels



You must obey traffic signals and road signs



- Brakes should be working and tyres pumped up correctly, make sure they're not worn
- If cycling in the dark your bike must have a clean, working white front light, red back light and a rear red reflector. Fit spoke reflectors too

Get Irained

 You should get cycle training before cycling on the roads. Find out about training in your area from your local Road Safety Officer For more information about cycle safety, search for *Tales of the Road* online or log on to *www.dft.gov.uk/think*

