

### VISORS AND GOGGLES

48. A Visor and Goggles are vital to protect your eyes from wind, rain, road dirt etc. It is important that your visor or goggles is always clean in order to have a clear view of the road ahead. Unclean or badly scratched visor or goggles can distort your view and cause glare from sunlight or dazzle from lights of oncoming vehicles at night. Hence when your visor becomes badly scratched, you should replace a new one.

### LONG SLEEVES/JACKET AND TROUSERS

49. Clothing used for riding should be bright in colour so that you can be easily seen. Avoid wearing baggy trousers or flared at the bottom, as it may interfere with the operation of the controls.

### GLOVES

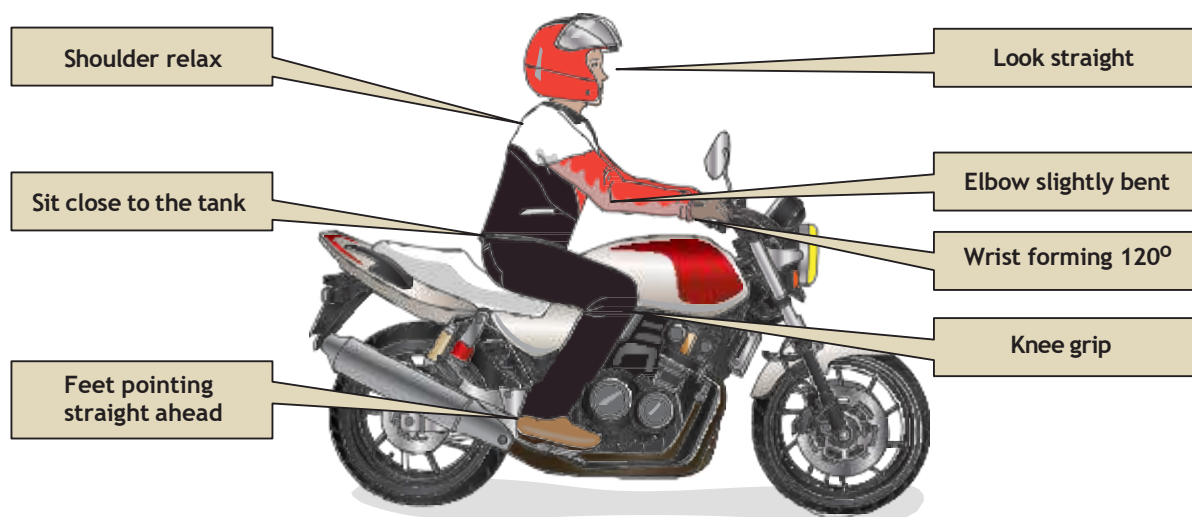
50. A motorcyclist is encouraged to wear gloves. It should be worn to maintain a firm grip on the handlebar. Gloves protect your hands in the event of a fall and provide additional comfort to your grip.

### FOOTWEAR

51. It is important to wear good boots or footwear when you ride a motorcycle. Ensure that they are comfortable and you are able to operate the foot controls easily. Good boots or footwear protect your feet from cold and wet weather. It also gives protection to your feet in the event of a fall from your motorcycle or involved in an accident. Do not wear sandals or slippers as it may result in your feet being caught between the gear lever. These do not protect your feet as well. If possible, try avoid shoes with lace as a loose shoelace may cause danger which may interfere with the foot control of the motorcycle.

## **ADOPT A GOOD RIDING POSTURE**

52. A correct riding posture will ensure.
- ✓ Quick operation of controls
  - ✓ A good sense of balance.
  - ✓ Collection of accurate visual information and
  - ✓ Less fatigue.



- (i) Eyes - Look far and wide ahead for traffic conditions. Looking at the front wheel when riding will upset your balance.
- (ii) Shoulders - Relax your shoulders
- (iii) Elbows - Bend them slightly about 120° and relax your arms
- (iv) Hands/Wrists - Grip handlebar gently with hands forming an angle of approximately 120° at the arms.
- (v) Hips/Buttock - Sit close to the fuel tank for your arms to have a comfortable reach to the handlebar.
- (vi) Knees - Grip fuel tank lightly for stability
- (vii) Feet - Rest the arches of both feet on the footrests with toes pointing straight ahead, covering both the gear lever and brake pedal. This reduces reaction time when applying the brakes.