

CYCLE SAFETY



At all times ride in single file on the roads - 'grouping together' obstructs the highways and makes overtaking difficult.



If there is a cycle lane, use it! Footpaths are for pedestrians - if you need to use them, walk your cycle.

Wear a correctly fitted cycle helmet at all times

- this should be securely fastened and conform to current regulations (BS EN 1078: 1997).



Know and use hand signals for turning, overtaking and stopping.



Wear brightly coloured clothing so other road users can see you.

Always use lights after dark or when visibility is poor.



Ensure your bike is well maintained.

STOP! at all stop signs and **red lights**.

DON'T! listen to music or use a mobile phone whilst cycling.

- Become a better cyclist -

Contact your Local Authority for information about any cycle training in your area

www.roadsafetygb.org.uk/regions/r3.html



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Road Safety **GB**
North East 

Did you know



- ▶ Over the last five years 2,971 pedal cyclists have been injured in road traffic collisions on North East roads – 29 were killed.
- ▶ Pedal cyclists account for only 1% of total miles driven and ridden in the region, yet account for 7% of total casualties, 11% of serious injuries and 9% of fatalities.
- ▶ Pedal cyclist casualties in the region are at their highest during July, August and September.
- ▶ Males account for 87% of all pedal cyclist casualties and 86% of serious and fatal injuries in the region.
- ▶ Just under a quarter of all pedal cyclist casualties in the region are under the age of 16.
- ▶ North East police data shows that when looking at whether pedal cyclists were wearing a helmet or not when they were injured, just over half of adult casualties were wearing a helmet (53%), but the vast majority of children were not (90%).
- ▶ Where pedal cyclists in the region are partially to blame for collisions, contributory factors are usually failing to look properly, cyclists entering the road from the pavement, being careless, reckless or in a hurry, and failing to judge the other vehicle's path or speed.

Cycle helmet tips

- ▶ Ensure your cycle helmet has the EU standard number BS EN 1078: 1997 and includes the name or trademark of the manufacturer.
- ▶ Ensure the helmet you choose is for cyclists.
- ▶ Try different size helmets in the shop to ensure your chosen helmet fits well. Adjust straps so they do not cover ears and ensure the buckle is away from your jawbone.
- ▶ Your cycle helmet should be positioned to protect your forehead and should not be pushed too far back.
- ▶ Your helmet should be discarded and destroyed after severe impact.



Look out for each other