

## Stay alert

Make sure you give the road your full attention. Don't listen to music, use headphones or a mobile phone whilst riding your bike as you may not see or hear vehicles around you.

## Adhere to the Highway Code

It may be tempting to beat the traffic but ignoring the rules of the road can be very dangerous.

Make sure you:

-  ride 1 metre away from the kerb or in the centre of the left lane
-  ride a car-door width away from parked cars
-  don't dodge in and out of traffic in an attempt to jump a queue
-  stop for red lights and pedestrians on crossings

It's also important to keep your bicycle in good condition as this will help prevent accidents. Make sure your tyres are pumped to the right pressure and are in good condition and that your brakes work!

**If you intend to ride on busy roads it is a good idea to undertake cycle training.**



# Cycle Safe

## Further information

For more information and tips on staying safe, visit the following websites:

[www.uhb.nhs.uk](http://www.uhb.nhs.uk)

[www.nhs.uk/Livewell/Roadsafety/Pages/Cyclists.aspx](http://www.nhs.uk/Livewell/Roadsafety/Pages/Cyclists.aspx)

[www.rospa.com/roadsafety/adviceandinformation/cycling](http://www.rospa.com/roadsafety/adviceandinformation/cycling)

[www.direct.gov.uk/en/TravelAndTransport/Cycling](http://www.direct.gov.uk/en/TravelAndTransport/Cycling)

Queen Elizabeth Hospital Birmingham   
Part of University Hospitals Birmingham  
NHS Foundation Trust

**There are lots of reasons why cycling is a great way to travel – it's fun, is an easy way to get from A to B and is relatively cheap, not to mention eco-friendly. Best of all cycling offers lots of health benefits by helping to keep you fit and active.**

If you are going to cycle anywhere it is important to keep yourself safe. Cycling on the roads can be dangerous if you do not take care and it's no surprise that with more cyclists on the roads, accidents are on the rise too.

Keep yourself safe and prevent accidents by following these simple steps.



## Wear the right kit

It is important to make yourself visible to other roads users both during the day and at night.

You should wear:

-  brightly-coloured or fluorescent clothing to help others see you
-  reflective clothing/items such as ankle bands, especially when it's dark
-  suitable clothing – avoid clothing that could get caught in your chain or restrict your movement
-  practical footwear

## Helmets

Helmets can help prevent a minor head injury if you fall from your bike.

You should wear a helmet:

-  fastened securely by straps under your chin – you should only be able to fit two fingers between the strap and your chin
-  that meets the British Standard
-  that is well-fitting. It should be positioned just above your eyebrows and should not tilt back or forwards

Replace your helmet every five years. Don't buy a second-hand helmet as it may be damaged and make sure your helmet has a British Standard kite mark.

## Lights and reflectors

Lights and reflectors are a really effective way of making yourself visible to others.

If you use your bike at night or when visibility is poor, then you are required by law to have:

-  a white front light
-  a red rear light
-  a red rear reflector
-  amber/yellow pedal reflectors – front and back on each pedal

## Cycle safely on the road

When you're cycling on busy roads you need to show others on the road what you plan to do.

Make sure you:

-  show your intentions
-  indicate left and right turns by using your arms to signal which way you are going to turn
-  look and signal before you start, stop or turn
-  make eye contact with drivers to let them know you have seen them