

Hey, cyclists!

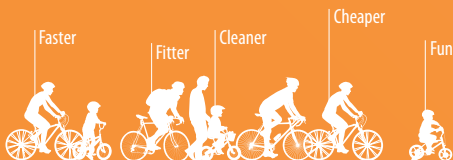
Here are some tips for staying safe while cycling.

- Make eye contact with other drivers.
- Regularly check behind you.
- Check your bike regularly – brakes, tyres, chain, reflectors and lights.
- Wear an approved helmet. Make sure it fits firmly and keep it done up. If your helmet gets dented or broken in a crash or dropped heavily, replace it.
- Work on your bike skills. Practise the skills away from other traffic.
- Make sure you can be seen – bright-coloured clothes, lights and reflectors all help.
- Ride at least one metre out from parked cars, and watch for drivers opening doors.
- Occupy the centre of the traffic lane when the road width requires it, or when you need to position yourself for a turn.
- Scan ahead for potential hazards like potholes, drain gratings, pedestrians or drivers who have not seen you.
- Know the road rules and follow them.
- Be predictable. Ride in as smooth a line as possible.
- Where possible, choose a safe route.



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