



# CYCLING SAFETY

Here are some tips to keep you safer when you're riding your bike.

**Be Safe:  
Wear a Helmet**

**Be Visible:  
Dress for Safety**

**Don't Wear  
Headphones**

**Plan a Route**

**Ride in Single File  
& Leave Space**

**Follow Traffic  
Direction**

**Identify Hazards  
on the Road**

**Be Watchful:  
Look Ahead**

**Follow Rules and  
Road Signs**

**Pay Attention  
to Vehicles**

**Be Visible  
At Night**

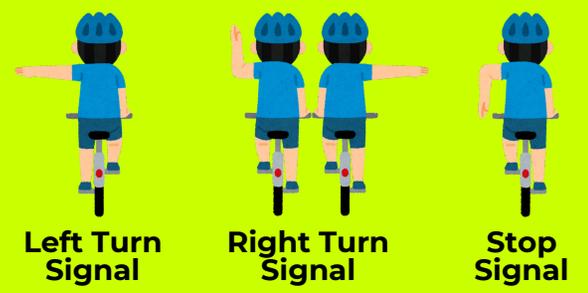
**Look Before  
Entering Lanes**

# HOW TO RIDE SAFE

## HAND SIGNALS

Use hand signals when riding your bike.

Hand signals tell others around you what your intentions are.



## Shoulder Check!

Before you make a turn or change lanes, briefly look over your left shoulder to check for traffic behind you and ensure its safe to turn.

## BE PREDICTABLE

- Ride in a straight line
- Ride in a single file
- Use hand signals
- Make eye-contact

## MANEUVERABLE

- Ride 1 metre from curb
- Give yourself space to move around or avoid hazards

The **law requires** that you equip your bike with basic equipment.

- A bell or horn in good working order
- Lights and reflectors if you ride between 1/2 hour before sunset and 1/2 hour after sunrise
  - white front light
  - red light or reflector on back at night
- Reflective tape
  - white reflective tape on the front forks
  - red reflective tape on rear forks

