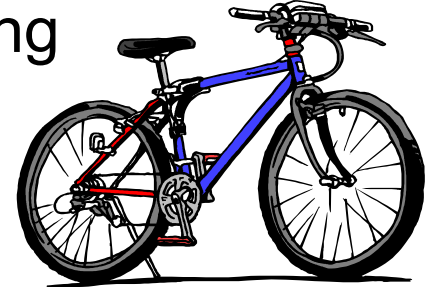


## Personal Safety when Cycling



Cycling can be one of the safest and most enjoyable ways to get around. However, there are some important tips to remember.

- Keep your bike in good working order. Repairs are best done at home rather than on the road.
- Always look like you know where you are going.
- Look competent and dress to be seen and to be safe. Remember to wear a safety helmet.
- Make sure your lights are in good working order. Mirrors can be helpful and a loud bell or horn is great in emergencies.
- Obey the rules of the road and make sure you are aware of your surroundings.
- Avoid short-cuts even if you are in a hurry. Never cycle anywhere that you would not be comfortable walking.



- Don't be afraid to pedal hard out of or around potential trouble.
- Don't let your bike get stolen. Make sure you buy a secure chain and padlock for it.