

Think Safety!



**SOME COMMONSENSE
TIPS FOR CYCLISTS.**

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*Department of Transport
An Roinn Iompair*



- > Always cycle with **YOUR SAFETY** in mind.
- > Make yourself **VISIBLE** by your choice of clothing and by your road position.
- > Use **LIGHTS** during dusk and darkness - it's the **LAW**. Use them in heavy rain also.
- > Cycle **WELL AWAY** from the **KERB** and from **PARKED CARS**.
- > **NEVER** attempt to squeeze through **GAPS** in traffic that are **TOO NARROW** to negotiate easily.
- > Both long and high vehicles have significant blind zones. If you **CAN'T SEE** the **DRIVER** (either directly or in the mirrors), the **DRIVER CAN'T SEE YOU**.
- > Stay alert when approaching **LEFT HAND** turns, especially if you're going straight ahead. Even if you're on a cycle lane.
- > **MONITOR** traffic and pedestrians around you. Use your **EARS** as well as your **EYES**.
- > Respect the rules of the road by **OBEYING** traffic signals and **STAYING OFF** footpaths.
- > Using a **HELMET** is recommended.
- > Remember that **HEAVY GUSTS** of wind may blow you off course.
- > Regularly **CHECK** your **BIKE**, particularly your **BRAKES**.

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