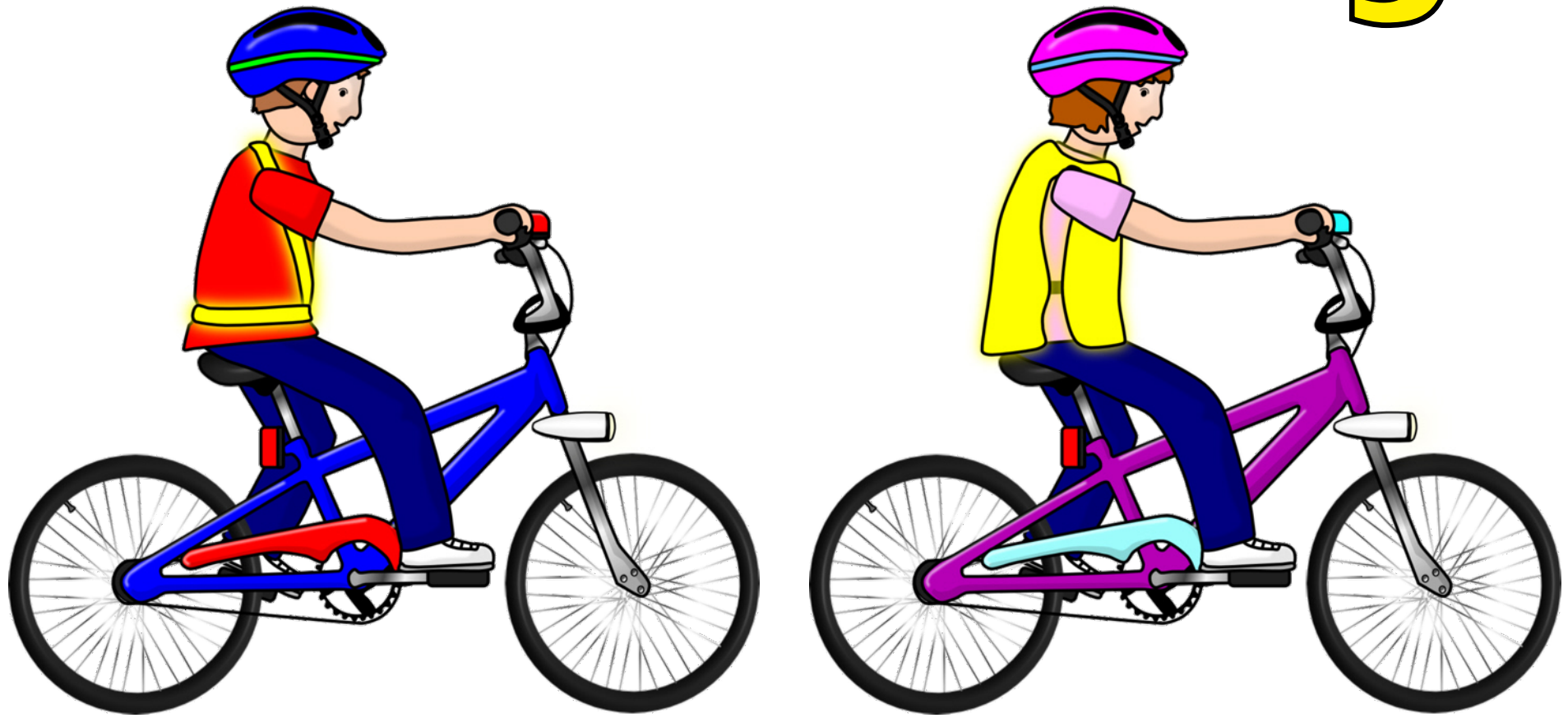


Bike Safety

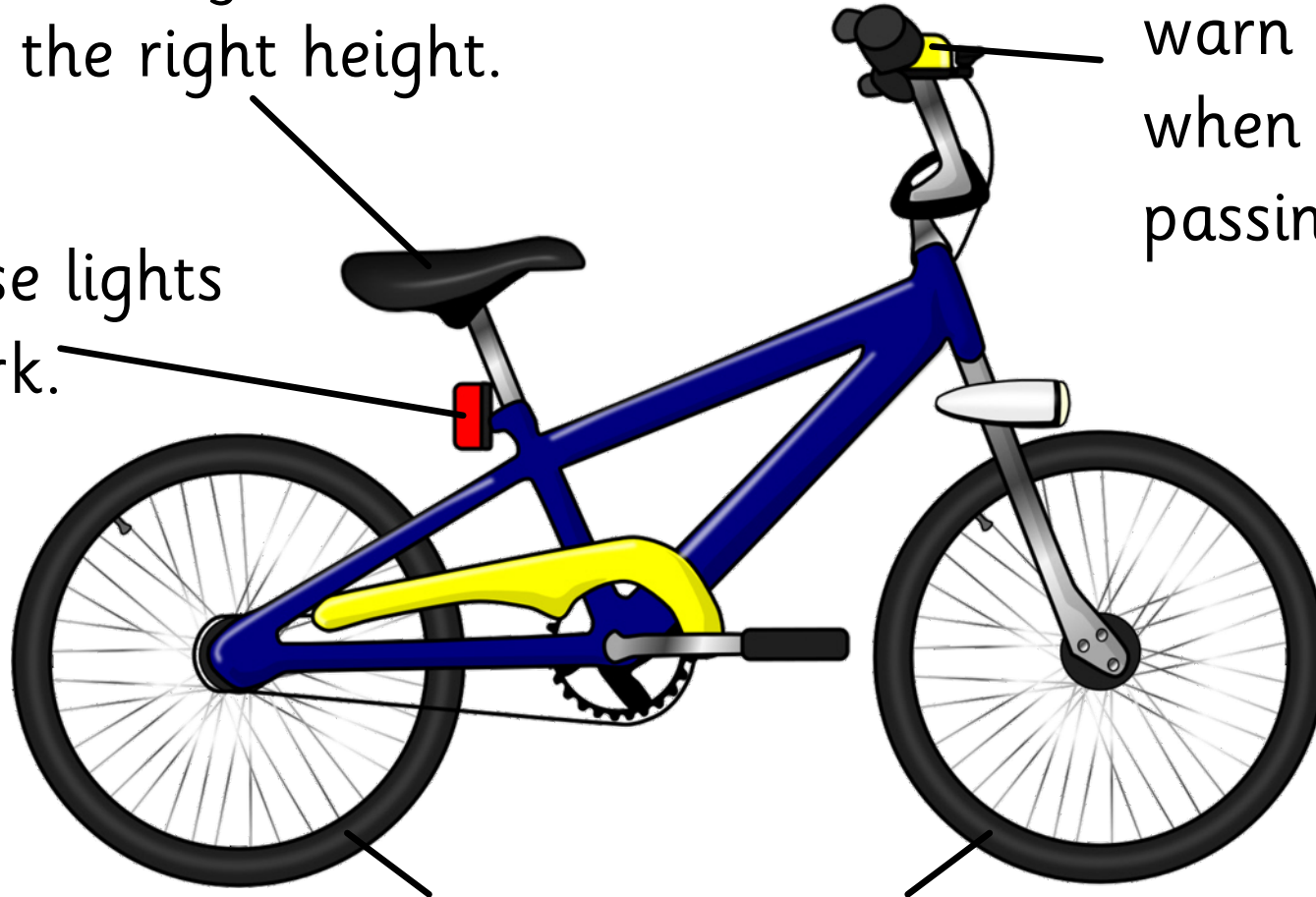


Bike Safety

Make sure your saddle is at the right height.

Use a bell to warn people when you are passing by.

Always use lights if it is dark.



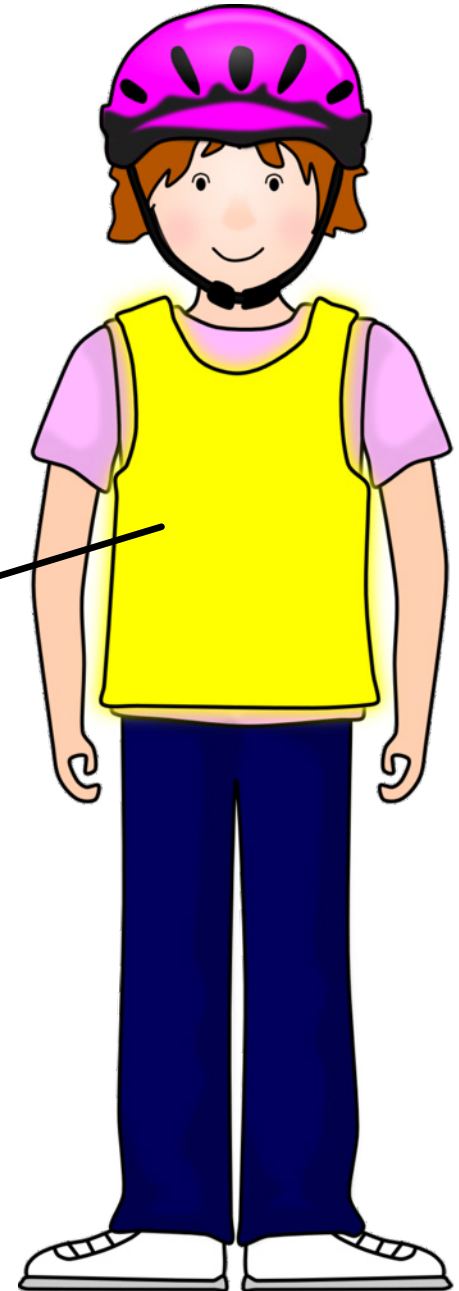
Keep your tyres pumped up.

Bike Safety

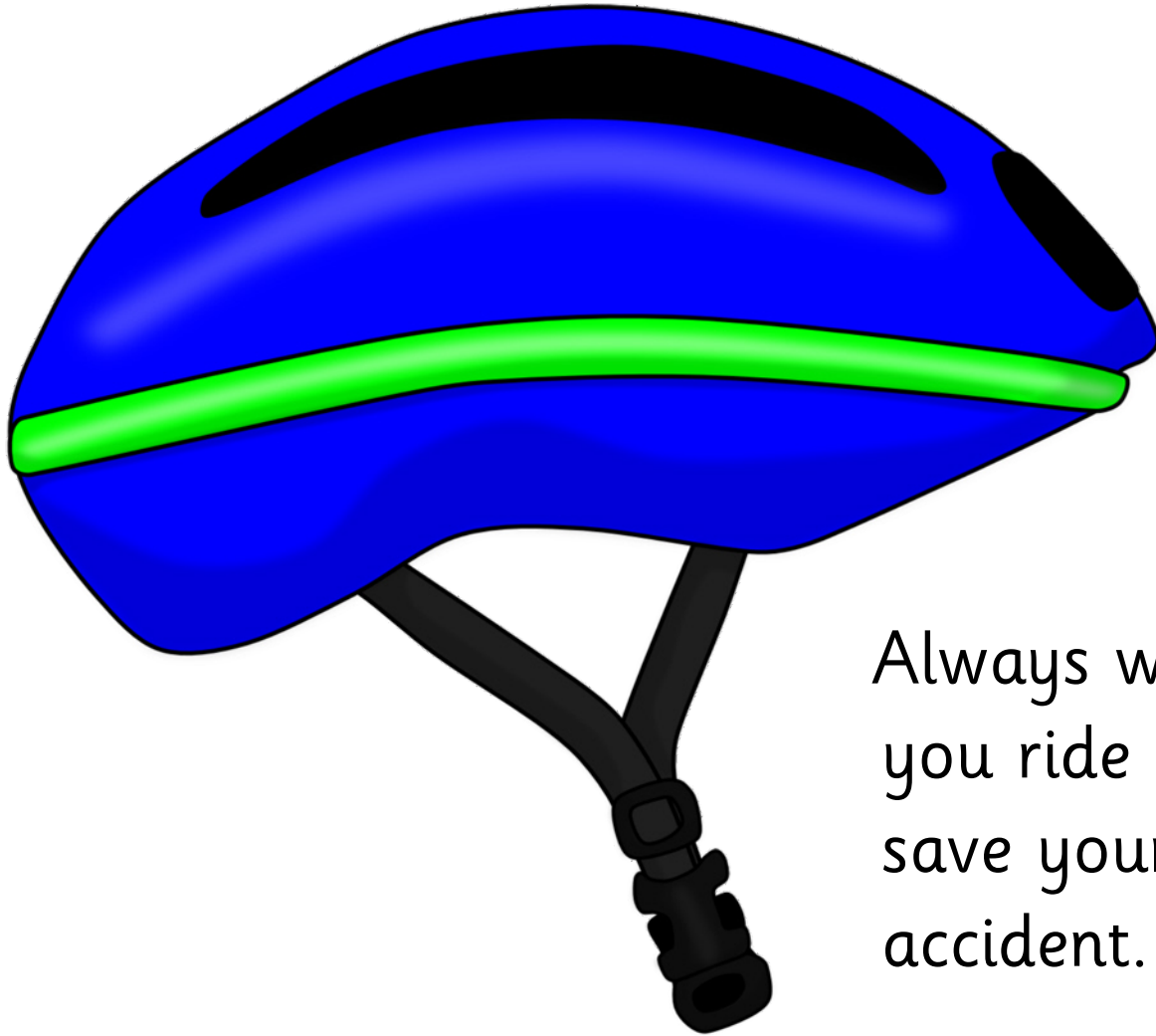


Helmet

Reflective
clothing



Helmet



Always wear a helmet whenever you ride your bicycle. This could save your life if you have an accident.

Reflective Clothing



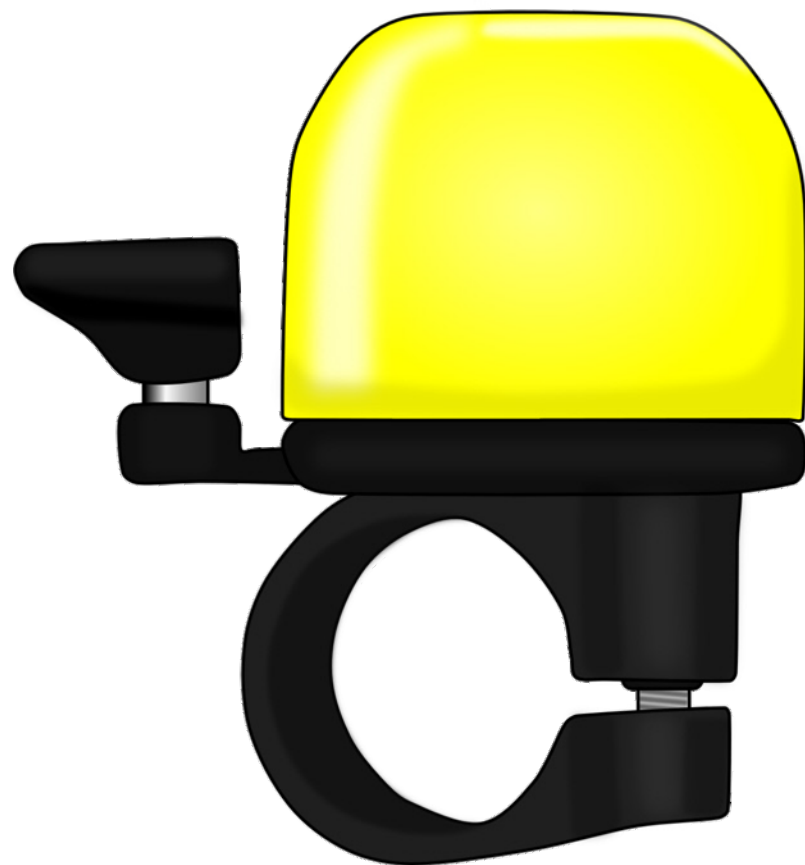
Wear reflective clothing to help you been seen if out on the road.

Saddle



Make sure your saddle is at the right height. Your legs should be almost straight when the pedals are at their lowest point.

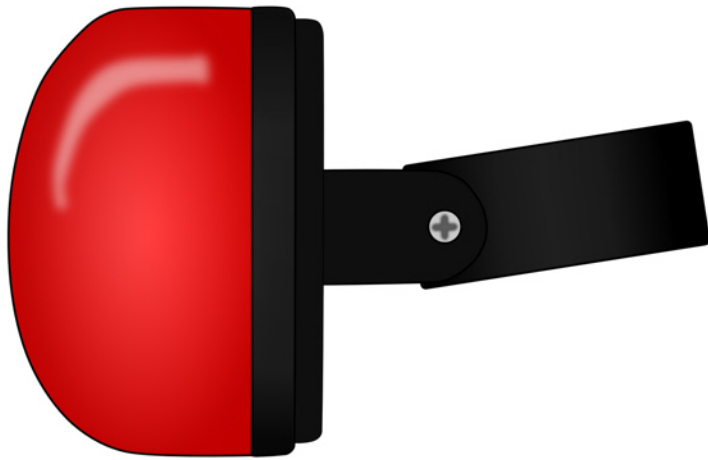
Bell



ding!

A bell is important for warning pedestrians that you are passing by.

Lights



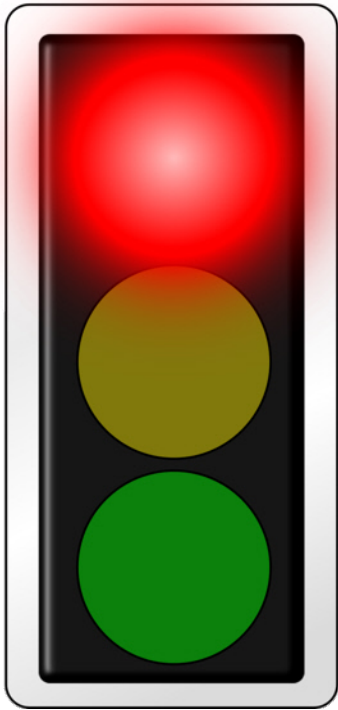
Always use lights if riding when it is dark. You should have a white light at the front and a non-flashing red light at the back.

Rules of the Road

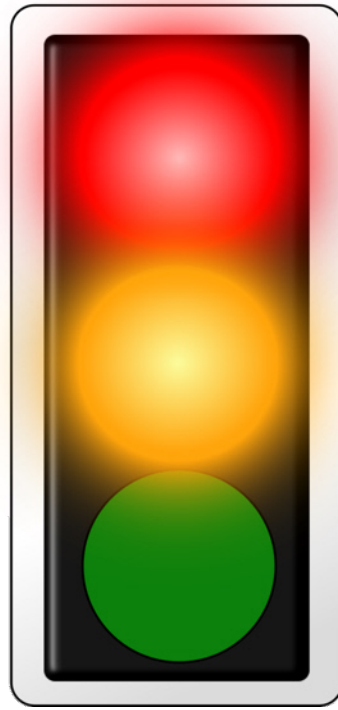


Look carefully for signs and instructions.
Make sure you follow the rules of the road!

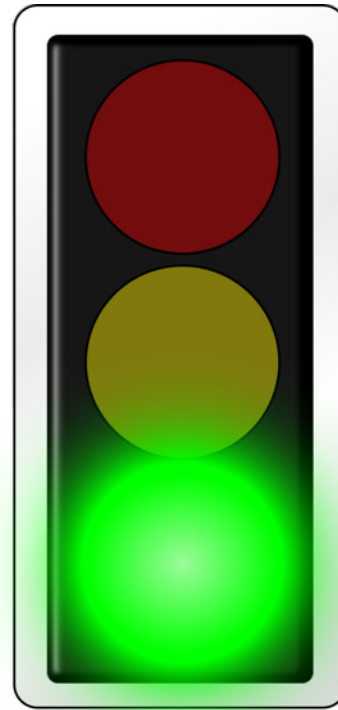
Traffic Lights



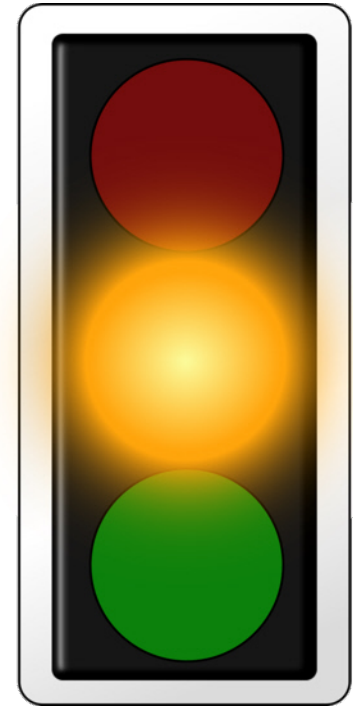
Stop
and wait.



Prepare
to go.



Go.



Prepare
to stop.