

TOP TIPS

GET NOTICED

- Be visible – wear high-visibility clothing or accessories, or something white or bright.
- Make sure you have reflectors and working lights.

LOOK & LISTEN

- Have a good look around before starting, stopping, turning left and right and also before overtaking parked vehicles.
- Use your ears as well as your eyes – do not use a mobile phone or MP3 / ipod as they may distract you and impair your hearing. You need all your senses so you are aware of everything around you.

DEVELOP GOOD HABITS

- Obey traffic signs and traffic lights; the Highway Code applies to cyclists too.
- Cycle at least half a meter from the kerb to avoid drains and gutters.
- Avoid cycling up the nearside of large vehicles – the driver may not have noticed you in their wing mirror.
- Only ride on the pavement when it is a designated cycle path. When sharing the pavement, moderate your speed, take care when passing pedestrians and at junctions.
- Remember you can always get off and push your bicycle / walk on the pavement if a road junction is busy.
- Let drivers know what you plan to do in plenty of time. Always look and signal before you start, stop or turn.

GET TRAINED

Cycle training is on offer to children aged 9+ in schools. This is on road training to help them deal with most traffic situations. It is free of charge to schools and children.

For more information, contact your school or contact the Road Safety Education Team at roadsafety.education@oxfordshire.gov.uk

Adult cycle training is available for a nominal charge. Contact the Road Safety Education Team for further information at roadsafety.education@oxfordshire.gov.uk

YOU CAN GET MORE INFORMATION FROM

Road Safety Education Team
365alive.co.uk
roadsafety.education@oxfordshire.gov.uk

Bicycle Helmet Initiative Trust
Tel: 01189 583 585
bhit.org

For further information please visit Britishcycling.org.uk, for ease we have included QR codes and shortened links to key pages.



FOR FIRE AND ROAD SAFETY ADVICE



Oxfordshirefireandrescueservice (official)



OxonFireRescue



08000 325999



365alive.co.uk



USE IT
DON'T
LOSE IT



WEAR A HELMET
EVERY TIME YOU RIDE
YOUR BICYCLE



CT3



OXFORDSHIRE
FIRE & RESCUE SERVICE



OXFORDSHIRE
COUNTY COUNCIL

WHY WEAR A HELMET?

Wearing a helmet is the best way to protect your brain.

Cycle helmets have great potential for reducing bicycle-related head injuries and death. Properly worn, they have been shown to reduce the risk of brain injury to riders of all ages.

Cyclists are hurt both **on** and **off** road, every year.

BUYING A HELMET

Only buy or wear a helmet that has a CE mark and meets one of these standards:

- BS EN 1078 (European Standard)
- SNELL certified (B.95)



Do not use a helmet marked **BS EN 1080:1997**. These are not suitable as cycle helmets.

Try on a number of helmets to find the right one for you. It needs to be comfortable and fit securely.

Remember all of us have different shaped heads so you need to find the one that fits you best.

Measure the head using a tape measure around the widest part of the head, just above the eyebrows and the ears, as shown in the diagram. Select your helmet based on the number of centimetres.



TAKE CARE OF YOUR HELMET

Treat your helmet with care and it will care for you.

If you damage your helmet or have an impact, you will need to replace it.

Look for visible damage and feel for cracks, dents or scuffs. If unsure, seek advice from the manufacturer.



WRONG

WRONG

RIGHT

HOW A CYCLE HELMET SHOULD BE WORN

- The cycle helmet should sit squarely on the head.
- It should fit on the forehead, just above the eyebrows and should not be tilted backwards or forwards.
- Front and back straps should meet just below the ears.
- The cycle helmet must not restrict the rider's vision.
- The cycle helmet should fit comfortably and remain securely on the head when shaken.

Remember that wearing a helmet will **help** to reduce the risk of head injury if you come off your bicycle. It will not prevent incidents from happening.

CHECK IT OUT

- Brakes
Make sure the front and rear brakes are in fully working order. The brake should grip the rim when applied and should not touch the rim when released.
- Tyres
Examine the tyres for wear and make sure they have sufficient tread and that they are correctly inflated.
- Saddle
Must be at the correct height – you should be able to place both balls of the feet on the ground.
- Steering
Check the handlebars are in line with the front wheel and are not loose.
- Chain
Make sure that it is oiled, that it is moving freely and the tension is correct so that it will not come off in use.
- Lights and Reflectors
Use front and rear lights after sunset, before sunrise and in poor visibility, it's the law. Check they are working correctly and keep them clean.

