

# Bike safety tips

## ❖ Get the right equipment

- Wear a helmet.
- Wear bright clothing in the day and reflective clothing or accessories at night. Make sure they are weather proof!
- Use lights after dark - white at the front and red at the rear. You may be fined if you don't have them. You also need to have a bell.

## ❖ Check your bike

- Quickly check your bike before setting off (gears, brakes, tyres and lights)
  - Learn how to fix a puncture; carry a spare tyre, pump and tools.
  - Maintain your bike regularly.
- <http://www.admin.ox.ac.uk/estates/travel/cyclingandwalking/mobilemechanic/>

## ❖ Secure your bike with a robust lock

- 'D' locks are the most secure.
- Secure it somewhere busy and visible (avoid isolated places and dark alleys).

## ❖ Cycle safely

- Be alert and plan your route.
- Be seen and heard.
- Pay attention to what's going on around you and what other road users might do.
- Make eye contact with drivers so you are sure they have seen you.
- Don't use a mobile phone or earphones.
- Use appropriate hand signals when making a left or right turn.
- Always follow the Highway Code.
- Get training
  - <http://podcasts.ox.ac.uk/efficient-cycling-video> (highly recommended)
  - <http://www.admin.ox.ac.uk/estates/travel/cyclingandwalking/>
  - National Cycle Training Helpline 0844 736 8460.

