

# Cyclist Safety

Hints and tips to help keep cyclists safe.



## Tips for Drivers



Use your lights to help cyclists see you



Give cyclists lots of space when passing them

1.5 metres



Check your wing mirror for cyclists before opening the car door



Take a longer look for cyclists at junctions



Stop at the first white line at traffic lights



Never park on cycle lanes



Look out for one another and share the road.



## Tips for Cyclists



Avoid distractions like mobile phones and headphones



Remember large vehicles have large blind spots



Try to make eye contact with drivers,

if possible, to ensure they've seen you



## Stay safe with an ABC check

**A** (air): check the tyres are in good condition.

**B** (brakes/bolts): check brakes work and bolts are tight



Always signal before manoeuvring

**C** (chain/controls): check chain and gears



Committed to reducing collisions and casualties on the roads of Somerset

[www.somersetroadsafety.org](http://www.somersetroadsafety.org)

SOMERSET



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