

LET'S LOOK OUT FOR EACH OTHER



Now is the time to purchase lights and reflectors and other equipment to ensure that you're seen by other road users.

Visit the cycling section at www.saferessexroads.org/road-users/cycling



DRIVERS AND CYCLISTS
ARE MORE ALIKE
THAN YOU THINK

LET'S LOOK OUT FOR EACH OTHER



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Cycling

- Enjoy your journey.

1. Ride positively, decisively and well clear of the kerb – look and signal to show drivers what you plan to do and make eye contact where possible so you know drivers have seen you
2. Avoid riding up the inside of large vehicles, like lorries or buses, where you might not be seen
3. Always use lights after dark or when visibility is poor
4. Wearing light coloured or reflective clothing during the day and reflective clothing and/or accessories in the dark increases your visibility
5. Follow the Highway Code including observing 'stop' and 'give way' signs and traffic lights
6. THINK! recommends wearing a correctly fitted cycle helmet, which is securely fastened and conforms to current regulations



Driving

- Enjoy your journey.

1. Look out for cyclists, especially when turning - make eye contact if possible so they know you've seen them
2. Use your indicators - signal your intentions so that cyclists can react
3. Give cyclists space – If there isn't sufficient space to pass, hold back. Remember that cyclists may need to manoeuvre suddenly if the road is poor, it's windy or if a car door is opened
4. Always check for cyclists when you open your car door
5. Avoid driving over advanced stop lines – these can allow cyclists to get to the front and increase their visibility
6. Follow the Highway Code including 'stop' and 'give way' signs and traffic lights



DRIVERS AND CYCLISTS ARE MORE ALIKE THAN YOU THINK

WITH 80% OF CYCLISTS HOLDING A DRIVING LICENCE, AND 1 IN 5 DRIVERS CYCLING AT LEAST ONCE A MONTH¹, THEY'RE OFTEN THE SAME PEOPLE.

¹ NATIONAL TRAVEL SURVEY STATISTICS, 2010



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