Top Tips on Safety

**HERE ARE SOME TOP TIPS ON HOW TO KEEP SAFE WHEN WALKING OR CYCLING:**

**Walking**

* Always be bright and be seen
* Always stay on pavements or footpaths
* Always use pedestrian crossings or lollipop wardens
* Always be responsible near roads
* Always remember the Safe Cross Code
* Always take care when crossing cycle lanes

**Cycling**

* Always wear the correct high vis clothing
* Always wear a helmet that fits
* Always check the brakes and wheels
* Always use cycle lanes where possible
* Always use lights in poor light and visibility
* Always use a bike that suits your size
* Never use an ipod, walkman or mobile phone when cycling

**Travelling by car**

* Always wear a seatbelt
* Always use a booster seat if needed
* Never distract the drivers attention
* Never open doors while car is moving
* Always get out of the car with caution and never on the side where traffic is passing