During Road Safety Week October 3rd to 9th, 2016.

Remember to Cycle Safely

Reduce your risk of death or injury by following some simple advice:

- Never cycle in the dark without adequate lighting—white for front, red for rear.
- Always wear luminous clothing such as hi-vis vests, fluorescent armbands and reflective belts so that other road users can see you.
  - Wear a helmet.
- Make sure you keep to the left. Always look behind and give the proper signal before moving off, changing lanes or making a turn.
- Follow the rules of the road, never run traffic lights or weave unpredictably in and out of traffic.
- Maintain your bike properly — your brakes should work properly and your tyres should be inflated to the right pressure and be in good condition.
- Respect other road users — don’t get into shouting matches with motorists, stop at pedestrian crossings and don’t cycle on footpaths.
  - Watch your speed, especially when cycling on busy streets and going downhill.

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LEITRIM COUNTY COUNCIL — ROAD SAFETY OFFICE