

SIMPLE STEPS TO BIKE SAFELY

SIMPLE STEPS TO WALK SAFELY



1 PROTECT YOUR HEAD



SEE AND BE SEEN. MAKE EYE CONTACT WITH MOTORISTS



OBEY TRAFFIC LIGHTS
AND BE CAREFUL AT
INTERSECTIONS



2 USE SIDEWALKS



3 SEE AND BE SEEN. MAKE EYE CONTACT WITH MOTORISTS



3 USE THE CROSSWALKS



4 STAY ALERT AND RIDE IN THE DIRECTION OF



BE PREDICTABLE & NEVER STEP INTO THE ROAD SUIDDENLY



5 AVOID RIDING AT NIGHT AND USE BIKE LIGHTS



WALK AGAINST THE DIRECTION OF TRAFFIC



6 USE HAND SIGNALS

