



Roads can be dangerous

cyclists and drivers show mutual respect
cycle and drive safely

Safety advice for cyclists:

- Be visible to other road users, especially in the dark - wear light coloured / reflective clothing and accessories
Ensure lights are working and clean
- Be safe - where possible use cycle paths, instead of the road
- Be aware of vehicle blind spots - don't undertake trucks, or other vehicles turning left
- Do not undertake a vehicle turning left and enter the ASL (Advanced Stop Line) area when the lights have been red for some time
If traffic lights have just turned red and you are confident take up a dominant position at the front of the ASL
Be ready to move promptly
- Make eye contact - especially when using the (ASL)
- Be aware - trucks need space to turn - a truck turning left may start by moving to the right to create space
Trucks are not as manoeuvrable as cars and cannot stop as quick
- Stay alert - don't wear headphones - they will distract you from vital safety awareness
- Protect yourself - wear a good quality cycle helmet
- Cycle assertively - don't hug the kerb
- Never use a mobile phone whilst cycling

**Mutual respect and understanding
between road users makes our roads
safer for everyone**





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Safety advice for truck drivers:

- Walk round check - carry out a thorough documented walk round check before taking any vehicle on the road for the first time - ensure your vehicle is roadworthy and safe
- Remember - the tachograph mode switch should reflect the activity when carrying out a vehicle check ✕
- Blind Spots - remember a cyclist could be in your blind spot
- Check and recheck mirrors - there should be nothing in the sweep of the windscreen wipers obscuring vision
- Be courteous - acknowledge cyclists making eye contact in the ASL (Advanced Stop Line). Give cyclists room and time
- When overtaking - allow sufficient space for cyclists - remember potholes/adverse weather impact on a cyclist's stability
- Turning left - be extra vigilant - keep looking down left hand side of vehicle for cyclists in the blind spot
- Mirror, signal, manoeuvre - ensure others are aware of your intentions



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