



Two wheel safety

Cycling is a great and economical way to get around and so understandably the number of people biking to and from work is increasing.

However, with this increase there has also been an increase in those killed or injured on our roads.

Stay safe by following our advice:

- Wear a correctly fitted cycle helmet
- Ride positively, decisively and well clear of the kerb
- Avoid riding up the inside of large vehicles where you might not be seen
- Always use lights after dark or when visibility is poor
- Wear light coloured or reflective clothing to increase your visibility
- Follow the Highway Code including observing 'stop' and 'give way' signs and traffic lights.

For more information please visit www.cheshirefire.gov.uk