



# Bicycle Safety

Many people are injured each year following a bicycle accident. Injuries range from minor to serious injuries to fatalities. The following advice will assist you and your family in safe cycling.



**For all medical emergencies dial 000 immediately and ask for Ambulance**

## **BICYCLE HELMETS**

- > It is compulsory for people riding a bike to wear an approved helmet.
- > Children and adults who do not wear helmets, or don't have them fitted correctly run the risk of permanent injury if involved in an accident.
- > Helmets are designed to protect the head from damage and perform extremely well when applied correctly.
- > Set a good example when cycling with children and wear a helmet.

## **GENERAL CYCLING TIPS**

- > Make sure children are taught the road rules for safe cycling.
- > Ensure your bicycle is in good working order.
- > Carry a water bottle if going on a long ride to avoid dehydration.
- > Motorists and other road users need to be aware of bike riders and give way to them where necessary.
- > If riding at night ensure you have appropriate lights and reflectors.
- > Wear light coloured and reflective clothing.

## **FIRST AID COURSES**

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

**For further information please contact:**