

TO CYCLE AND ARRIVE SAFELY... YOU NEED TO KNOW THIS.



THE RIGHT BICYCLE ENSURES YOUR SAFETY

GUIDE TO BUYING A BICYCLE

Bring your child with you when buying a bicycle and give your child the opportunity to try the bicycle for size

Never buy a big bicycle for a child thinking he/she will grow into it

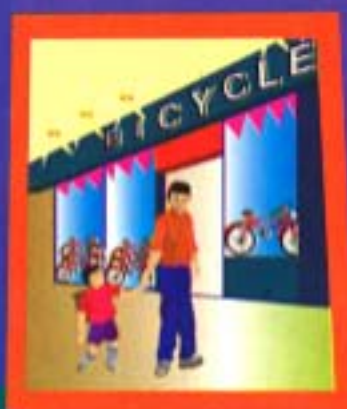
Use these simple tests for the size of the frame and size of the tyre as a start

a) Children should be able to touch the ground with their feet while sitting on

the seat with hands placed on the handle bars

b) The child's groin should be at least one inch from the middle frame of the bicycle when he/she is standing with both feet placed flat out on the ground

c) If the bicycle has hand brakes, the child should be able to use these hand brakes easily with enough force to stop the moving bicycle



PROTECT YOUR HEAD. USE A HELMET

HOW TO CHOOSE A HELMET FOR YOUR CHILD

Bring your child along and observe these three points

- The helmet should be approved by the appropriate authorities for some helmets may not be safe
- Helmet should fit snugly. After your child has worn the helmet, fasten the chin strap to see if it fits properly. Test to see if the helmet slips or slide over the eyes when pushed or pulled
- Your child's favourite helmet could be brightly coloured using reflective stick-ons. If damaged, REPLACE it

HOW TO WEAR A HELMET PROPERLY



A RESPONSIBLE CYCLIST ENSURES SAFETY FOR ALL

Basic rules of the road should be obeyed

- Ride on the left following the traffic flow
- Obey traffic lights and road signs
- When you reach a T-junction, stop at the road side kerb and not in the centre of the road
- Cyclists should ride in a single file
- Do not carry a pillion rider on the bicycle
- Be visible to be safe. Wear bright clothes at night



MAINTAIN YOUR BICYCLE

Reflector light



Tyre and brake



Bicycle light



WELL MAINTAINED BIKE

POORLY MAINTAINED BIKE

IN THE EVENT OF AN ACCIDENT WHILE CYCLING

CRITICAL

If there is a serious injury (head injury), render appropriate first responder life support (First Aid) and send the patient to hospital



SEMI-CRITICAL

- a) If a fracture is suspected, immobilize the limb and send to hospital
- b) If there is bleeding, apply compression bandage, elevate the limb and send patient to hospital as soon as possible



NON CRITICAL

If there is a minor abrasion bleeding or soft tissue injury, apply first aid and consult the nearest clinic

**A responsible cyclist is prepared
for all eventualities**