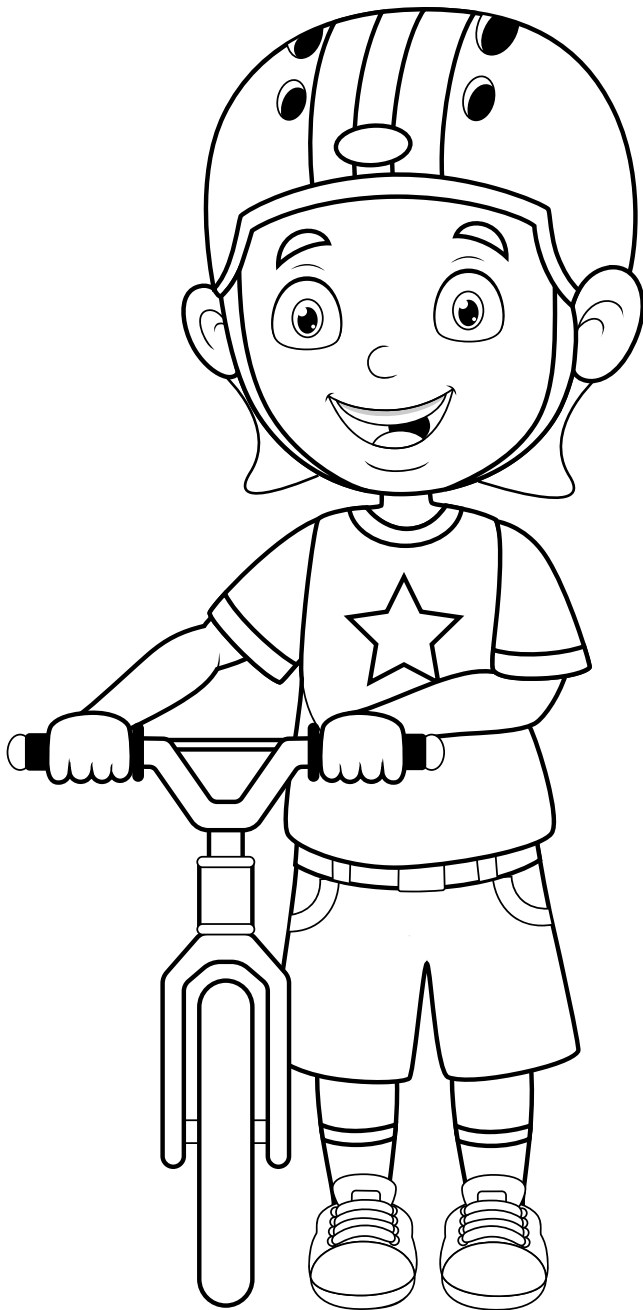




BE BRIGHT BE SEEN!



Stay safe

- Wear bright fluorescent clothes on darker days and at night.
- Always wear a cycle helmet when out cycling.
- Ask someone to check your brakes and gears and that your tyres are ok.
- When crossing, use a zebra or pelican crossing if one is available.