



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 Triple Zero (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.
- > The helmet strap should always be fastened.
- > 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: