



Have a safe ride!

A manual for cyclists





The European Transport Safety Council (ETSC) is an international non-governmental organisation which was formed in 1993 in response to the persistent and unacceptably high European road casualty toll and public concern about individual transport tragedies. It brings together experts of international reputation and representatives of 48 national and international organisations concerned with transport safety from across Europe to exchange experience and knowledge and to identify and promote research-based contributions to transport safety. ETSC provides an impartial source of advice on transport safety matters to the European Commission, the European Parliament and to national governments and organisations concerned with safety throughout Europe.



BIKE PAL is a three-year pan European project that aims to offer cyclists a package of information, resources and awareness raising experiences to help them significantly improve their safety on the roads, thus effectively becoming cyclists' best friend.

This manual is targeted at people who ride their bicycles on the public roads and have to interact with traffic.

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Respect the traffic rules



- 🚲 Don't ride your bike when you are tired or drowsy
- 🚲 Use dedicated cycling infrastructure when this is available.
 - 🚲 Do not run traffic lights when on red.
 - 🚲 Respect one-way streets, except for when contra-flow cycling is permitted.
 - 🚲 Respect traffic signals referring to priority in intersections.

- 🚲 When an intersection does not have signalled priority rules, give priority to traffic coming from the right.
 - 🚲 Do not drink or take drugs – illegal or psychoactive prescription – before riding your bike.
 - 🚲 Stop your bike in a safe location if you need to phone or write text messages:
 - 🚲 You need both hands and undivided focus to cycle safely!

- 🚲 Be attentive on the road. Portable media devices distract your attention from the road and you should avoid using them!
 - 🚲 Alert other road users of any change of direction in good time using the relevant hand signals.
 - 🚲 Avoid any unpredicted manoeuvres, try to ride in a way that is predictable to other road users.

Be visible on the road



- 🚲 Ride in a position which makes you visible without disturbing traffic flow:
- 🚲 **You are a vehicle in traffic but do not own the road!**

- 🚲 Maintain a safe distance away from the doors of parked cars.
- 🚲 Wear light-colour clothing that will make you stand out in traffic. At night use a reflective jacket and reflective armbands or leg straps.

- 🚲 Equip your bike with a front and rear light and check they are in good working condition before you cycle at night.
- 🚲 Try to establish eye contact with drivers, particularly at intersections.

Bicycle safety and protective equipment



- 🚲 Ensure your tyres are inflated properly.
- 🚲 Ensure the bicycle brakes and drivetrain is in proper working function.

- 🚲 Make sure your bike respects at least the minimum applicable requirements for lighting and reflective devices.

- 🚲 Wear a helmet. Make sure the helmet is properly adjusted.
- 🚲 **If the helmet has been in a crash change it!**

Pay particular attention to heavy vehicles



🚲 Make sure the driver of a goods vehicle sees you and is aware of your presence on the road.



🚲 Do not undertake – go in front of other vehicles on the nearside of the road – particularly near intersections.



🚲 Always pay attention to manoeuvres by goods vehicles! Try to anticipate their movement and never be too close to the vehicle.

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