

look out for EACH other

**SAFETY GUIDE FOR
CYCLISTS AND DRIVERS**

**SMARTER
TRAVEL**



020 8489 5351

www.haringey.gov.uk/smartertravel



Haringey Council

Cycling is the fastest growing transport mode in London. Help make Haringey a safer place to ride and drive by following these tips:

Cycle safety advice for drivers

- Always take extra care at junctions as this is where most collisions between drivers and cyclists occur
- Allow at least a metre when overtaking cyclists – they may have to move out to avoid hazards like drains or potholes on the road that you may not be able to see
- Always check your mirrors for cyclists before turning
- Watch out for cyclists coming up on your near side when turning left or moving over to the left – check mirrors and blind spots carefully





- Check wing mirror and look behind you before you open the door to make sure you don't hit a cyclist
- When turning left allow any cyclist ahead of you to pass the junction rather than overtake them and turn sharply across their front wheel
- Don't overtake a cyclist if you can see the road narrows ahead
- Don't drive aggressively around cyclists or sound your horn
- Cyclists may be travelling faster than you think—judge their approaching speed with care before pulling out at a junction
- Take special care on roundabouts – you must give way to any vehicle approaching from the right and that includes cyclists
- Be prepared to wait behind a cyclist turning right in the same way you would for a car – rather than squeezing past or getting impatient
- Don't drive into the 'advanced stop area' for cyclists at lights – it is against the Highway Code
- At night, use dipped headlights when approaching cyclists as you would when approaching any other road user
- Allow cyclists extra room in wet weather as surfaces will be wet and slippery
- Consider riding a bike for some of your journeys and to get a better understanding of the risks cyclists face



For information about cycle training in Haringey visit

www.cycletraining.co.uk

Safety advice courtesy of The AA

CAR SAFETY ADVICE FOR CYCLISTS

- Always take extra care at junctions as this is where most collisions between drivers and cyclists occur
- Don't cycle on the left of buses and lorries at junctions. Buses and lorries have blind spots. It's often safer to hang back
- Pay attention to what is going on around you and be aware of what other road users might do
- Try to make eye contact with drivers so that you know they have seen you
- Ride assertively, away from the gutter. If the road is too narrow for vehicles to pass you safely, it may be better to ride in the middle of the lane to prevent dangerous overtaking
- When riding past parked cars allow at least a full door's width between you in case the doors are suddenly opened
- Wait in front of other vehicles at traffic lights. Use the advanced stop line for cyclists if there is one
- Don't ride through red traffic lights- you may be fined £30
- Use appropriate hand signals when making a left or right turn
- Wear bright clothing in the day and reflective clothing or accessories at night



- Use lights after dark; white at the front and red at the rear. You may be fined £30 if you don't have them
- Consider wearing a helmet
- Cycle training makes you confident and safer on the road. To book a lesson visit www.cycletraining.co.uk

Safety advice courtesy of TfL

To find out more about cycling in Haringey visit www.haringey.gov.uk/smartertravel



Shqip

Ky udhëzues sigurie jep këshilla për biçikletistë dhe ngasës makinash në mënyrë që të ndihmojë në bërjen e Haringejit një vend më të sigurt për të ngarë biçikletë dhe për të vozitur makina. Nëse e doni këtë të përkthyer në gjuhën tuaj, ju lutem shënjoni ✓ kutinë dhe dërgojeni tek adresa e mëposhtme me postim falas.

Polski

Niniejszy podręcznik zawiera wskazówki bezpieczeństwa dla rowerzystów i kierowców. Chcemy, aby Haringey było bezpieczniejszym miejscem do jazdy rowerem i samochodem. W celu otrzymania kopii w swoim języku, należy zaznaczyć odpowiednie pole i odesłać formularz na bezpłatny adres podany poniżej.

Français

Ce guide donne des conseils aux cyclistes et conducteurs afin de rendre Haringey plus sûr pour le cyclisme et la conduite. Si vous souhaitez le faire traduire dans votre langue, veuillez cocher la case et le renvoyer à l'adresse en port payé ci-dessous.

Soomaali

Hagahan ammaanku wuxuu tilmaamo siinayaa dadka baaskiiladaha fuula iyo darewallada si ay gacan uga gaysato in Haringey laga dhigo meel aamin ku ah baaskiilad lagu fuulo gaadhina lagu kaxaysto. Haddaad rabto in luqaddaada lagu tarjum fadlan calaamdi sanduuqa kuna soo celi cinwaanka boostiisu lacag la'aanta yahay ee hoose.

Kurdî Kurmancî

Ev rêbera ewlehîyê agahîyên kêrhatî dide bisîkletvan û ajovanan, da ku alîkarîyê bike ku Haringey ji bo ajotina bisîklet û erebeyan bibe cîhekî ewletir. Heke hun dixwazîn ku ev ji bo zimanê we were wergerandin, ji kerema xwe qutîkê nîşan bikin û ji navnîşana posta bêpere ya jêrîn re bişînin.

Türkçe

Bu güvenlik kılavuzu, Haringey'in araba sürmek ve bisiklet kullanmak için güvenli bir yer olmasına yardımcı olmak amacıyla bisiklet kullanıcılarına bazı ipuçları vermektedir. Eğer bu kılavuzun Türkçe kopyasını edinmek isterseniz lütfen uygun kutucuğu işaretleyin ve bu formu aşağıda belirtilen posta adresine geri gönderin.

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