

WALKING SAFETY

ALWAYS USE CROSSINGS PROPERLY.

At a **pelican** crossing, press the button and wait for the **green man** before you cross the road.



The **red man** means stop and wait.



The **green man** means go but check that all vehicles have



At a **zebra** crossing, wait until the traffic has stopped from both directions before you cross the road.

The lollipop man or lady will help you cross safely.



Wait until they stop the traffic and tell you when to cross the road.

MAKE SURE YOU CAN BE SEEN.



In darker months wear special reflective clothes or put reflective stickers on your backpack so you can be seen.

STAY CLOSE TO THE ADULT YOU'RE WALKING



Always try to walk with other people. Hold an adult's hand when you're near the road and stay away from the edge of the kerb.

ROAD SAFETY

Always remember the **Green Cross Code** when crossing the road

STOP



Find a Safe Place to cross

LOOK



to see if there are any cars

LISTEN



for traffic



Walking is a great way to keep your body fit and



Cycling is also a fun way to keep fit



Always Remember...

If you are walking or cycling near a road it is important to **STAY SAFE**



Roads can be dangerous, so you need to know how to look after yourself when you're near a road



Find the safest place to cross and **NEVER** cross behind parked vehicles.



Stop before you get to the kerb.



If traffic is coming, let it pass.



Find the safest place to cross and **NEVER** cross behind parked



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CYCLING SAFETY

LEARN HOW TO RIDE YOUR BIKE PROPERLY



Before you ride your bike near a road, make sure you know how to ride it properly and you feel confident.

MAKE SURE YOU CAN BE SEEN.



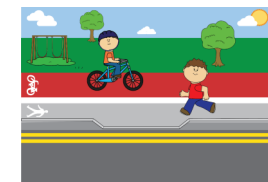
When it's dark, lights on your bike and bright reflective clothing will make sure you can be seen.

KEEP YOURSELF SAFE ON YOUR BIKE.



Always wear a helmet when you are riding on your bike.

CYCLE ONLY WHERE IT'S SAFE.



In many places there are special cycle paths for people riding a bike. You should stick to these paths when riding your bike.