

BE BRIGHT, BE SEEN:

5 TIPS TO STAY SAFE ON YOUR BIKE

Whether it's getting darker on your commute home or you're just hopping on your bike at an unusual time, having the right cycling equipment is essential.

To help you stay visible on your ride, we've put together a few top tips so you can maximise your safety in the dark.



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MAKE SURE YOU CAN SEE AHEAD

It may sound glaringly obvious, but one of the easiest ways to detect whether you're visible to those around you is to check if you can see the road ahead with **front bike lights**. For instance, if you're struggling to see more than a metre in front of you, then the chances are a car might not notice you until the very last minute.

WIDEN YOUR PRESENCE

To complement the rear and front lights, it's also useful to make yourself appear wider as well. Especially when 55% of all cycling accidents happen side-on at crossings, roundabouts and junctions. You can get bike lights that increase your visible width on the road by projecting a lane to both sides of your bike. This can give drivers a better idea of the distance they should be giving you when overtaking.

MAXIMISE YOUR VISIBILITY TO OTHERS

Wearing hi-vis clothing can also make a difference when it comes to being seen out on the road. We've got a great range at Halfords, including jackets, gloves, vests and bag covers, so make sure to check them out and maximise your visibility.

USE YOUR HEAD

Finally, by attaching a helmet light, you can make yourself look taller in the dark. This will allow drivers to see lights low down, to the side and up high, giving you the best possible chance of staying safe at night.

Stay safe out there on those dark nights!

Joining Cycle2Work will save you at least 32% on a brand-new bike and accessories AND allow you to spread the cost! Find out more at www.cycle2work.info

BE SEEN FROM BEHIND

The same principle applies to your **rear bike lights** as well. According to our research, 87% of rear-end collisions happen because motorists don't see cyclists in time. This is a scary thought as you can't really control what people do behind you. The only solution is to make sure you're kitted out.



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