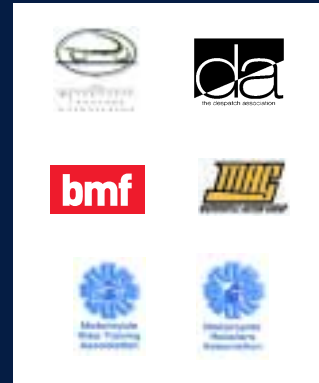


Don't be a statistic: tips for safer motorcycling

Enjoy your riding

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Why read this leaflet?

Anyone who rides a motorcycle or scooter knows that they can be the fastest way from A to B. Riding them is also exhilarating. And word is getting around – more and more people are taking up motorcycling. But with traffic conditions these days, it's more important than ever that you can deal with the unexpected.

This leaflet offers some tips for safer riding. Take a look even if you've been riding for years. Injuries are rising. Make sure you don't end up as a statistic.

*Whether you ride to get to work, are an enthusiast riding every day, or just get your bike out on a sunny day – **make sure it doesn't happen to you.***

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Riding Skills

To keep out of trouble **YOU'VE GOT TO BE GOOD**. If you're already good, make yourself better. The best motorcyclists ride defensively so they are less likely to have accidents. We all meet idiots on the road and motorcyclists are vulnerable to their mistakes. Those with good defensive skills ride like they expect to meet one every second. They are in control, so they enjoy more relaxed riding.

Make sure you:

- **Anticipate** the actions of motorists.

- **Are alert and observant.** Important when you are negotiating junctions or roundabouts; and when you need to look out for other vulnerable road users – children, pedestrians, cyclists and horseriders.

- **Ride at a speed that will enable you to slow down** and stop in good time. The unexpected can happen. And ride according to the conditions: slow down if it's wet, foggy or icy.

- **Position yourself in the best place.** Usually the middle of the lane. But take up your road position in good time before turning right or left, showing others what you aim to do.



- **Overtake safely.** Can you see hazards? Is there a bend or a junction? Can you overtake without speeding up or swerving too much?

- **Take a 'lifesaver' glance over your shoulder** before carrying out manoeuvres when you need to know where other drivers are and what they are doing.

- **Are seen.** Dipped headlights, even in good daylight, can help you to be seen.

Sometimes other drivers will wind you up. But if you act aggressively you may have to pay the penalty. Count to 10 and congratulate yourself on your cool-headedness. And however tempted you are, don't race on public roads. Save it for the race track.



If you want to know more, read the DSA publication *Motorcycle riding: the Essential Skills*. You can also take advanced training. There are different schemes to suit your needs.

What to wear

Buy the right gear before you get on your motorcycle.

You need:

- An approved helmet that fits securely. Replace it if you think it is damaged. A **white or brightly coloured** helmet can help you to be seen.
- Good clothing – and that means jackets, trousers and boots. The best is CE marked and can protect you from getting hurt if you come off. It should be **fluorescent** during the day and **reflective** at night.
- Clothing which also protects you properly from the weather will not just make you feel more comfortable, it will also allow you to focus more on your riding.

Make sure your visor is not dirty or scratched and remember not to wear a tinted visor or goggles at night.



Professional Riders

If you are a professional rider, check out your industry's Code of Practice. The Despatch Association's Courier Code applies to despatch riders and the Pizza and Pasta Association has its own code for home delivery operators. The Government recognises and supports both.

Talk to your employer about getting the right motorcycle training. If your employer can't help find out for yourself.

IT'S YOUR LIFE



“Whenever you get on your bike have fun. But ride safely”



Carl Fogarty