

## Cyclist Safety

**At this time of year, reducing daylight and inclement weather can lead to reduced visibility for cyclists.**

Motorists and Cyclists can play a role in improving this situation, ensuring that everybody gets to and from work safely.

### Cyclists

- Make yourself as visible as possible - use Hi-vis clothing / markings.
- Always wear a cycling helmet.
- Always make sure you have (and use) lights - front and rear.

### Motorists

- Be extra vigilant regarding cyclists.
- Be patient - if you have to slow down or wait for a cyclist then slow down and wait.
- Give cyclists enough time / space when overtaking / manoeuvring.

**Common courtesy from both parties means we can both use the roads safely**

**More information on how to ride safely can be found in Guidance Note to [CI-Saf-18](#) (Workplace Transport).**

