

Cycle safety items



Item	Where does it go?	What does it do?
Helmet	On the cyclist's head	Protects the cyclist's head if they fall off their bike. It's important to wear it properly so it's secure on the head, fixed with the clasp, and not wobbling.
Hi-vis vest or jacket	Over the cyclist's top	Helps the cyclist to be seen at night, in dim light, or when it's foggy.
White bike lights	On the front of the bike	Helps the cyclist see where they're going. Also helps the cyclist to be seen at night, in dim light, or when it's foggy.
Red bike lights	On the back of the bike	Helps the cyclist to be seen at night, in dim light, or when it's foggy.
Bike spoke reflectors	On the bike wheels	Helps the cyclist to be seen at night, in dim light, or when it's foggy.
Reflective stickers	On bikes	Helps the cyclist to be seen at night, in dim light, or when it's foggy.
Bright clothing and accessories	On the cyclist	Helps the cyclist to be seen at night, in dim light, or when it's foggy.
A sash	Over the cyclist's top	Helps the cyclist to be seen at night, in dim light, or when it's foggy.
Snap bands	Around the cyclist's wrists or ankles	Helps the cyclist to be seen at night, in dim light, or when it's foggy.
Cycling gloves, knee pads, or elbow pads	On the cyclist's hands, knees, or elbows	Help protect the cyclist if they fall off their bike.