

SAFE ON THE ROAD



a cycle helmet



a reflective vest



lights



a pavement



knee pads



traffic lights

- Choose the right option.

WHEN YOU CROSS THE ROAD

- Don't use your
- Don't chat to your friend.
- Don't listen to
- Look and listen to the traffic around.



WHEN YOU RIDE YOUR BIKE

- Wear a helmet and a
- Usein the dark.
- Don't cycle on the pavement,
- Stop at redand go at green traffic lights.



WHEN YOU ROLLERSKATE OR SKATEBOARD

- Wear a helmet and
- Be careful around people walking on the
- Use the

