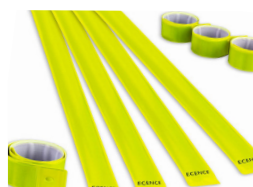


BE SEEN BE SAFE

Get yourself noticed and stay safe!



Wear Hi-viz clothes
Put your lights on
Keep to the cycle lanes
Use stick-on strips
Fix reflectors



 **101** in an emergency
always call 999
www.derbyshire.police.uk



@DerbysPolice

Find us on 

Follow us on 



Making Derbyshire Safer **Together**

BE SEEN BE SAFE!

Get yourself noticed and stay safe!



FOLLOW

The Green Cross Code

- THINK** - find a safe place to cross the road
- STOP** - before you get to the kerb
- LOOK** - for traffic and hazards
- WAIT** - if traffic is coming let it pass
- LOOK** - and listen for traffic and hazards again
- CROSS** - when it is safe to do so

Safety Tips!

Stay alert to traffic

- Don't wear headphones when walking to or from school
- Don't use your mobile phone when crossing the road
- Never cross the road on a blind bend
- Never cross the road between parked cars
- Never cross the road on the brow of a hill
- Use a crossing where possible

Stay safe on your bike

- Don't use your mobile phone whilst riding your bike
- Don't zigzag across the road or pull out in front of traffic
- Choose safe routes and stick to cycle paths where possible
- Always wear a helmet when riding your bike
- Make sure you can be seen by using lights and reflectors on your bike, clothing and bags
- Be seen, wear reflective clothing when it's dark and fluorescent clothing during the day

Advice for younger children

- Hold a parent/carers hand when crossing the road
- Always get an adult to check your bike/scooter to ensure it is safe before you use it
- Walk to school with a friend/group of friends if possible

