



Safety tips for cycling in the city

The new Highway Code, introduced in February 2022, sets out a hierarchy of responsibility to protect vulnerable road users. The Highway Code assigns drivers in control of bigger and more dangerous vehicles greater responsibility for ensuring the safety of more vulnerable road users.

While on the road, being smart is more important than being just.

As a cyclist, you are required to take all reasonable steps to protect yourself and others.

Be visible

It is essential to be visible whilst on the road.

- Always **use lights** after dark or when visibility is poor.
- Wearing light coloured or **reflective clothing** increases your visibility.
- **Maintain a position on the road** that will allow you to be noticeable from a distance. Avoid cycling at the left edge of the lane; the ideal position is about one-third into the lane.
- **Be sure that others can see you.** Including motorists, pedestrians and other cyclists. Especially when approaching a junction, changing lanes or overtaking.
- **Avoid riding up the inside of large vehicles**, like lorries or buses, where you might not be seen.
- **Ride positively, decisively and well clear of the kerb** – look and signal to show drivers what you plan to do and make eye contact where possible so you know drivers have seen you.

Be predictable

Visibility is nothing without predictability. Motorists and other road users must know your next move.

- **Follow the rules of the road**, observing 'stop' and 'give way' signs and traffic lights. Give way to pedestrians crossing the road.
- **Look and signal to show drivers what you plan to do.** Make eye contact where possible so you know drivers have seen you.
- If possible, try to **maintain a 1.5-meter distance** away from a wall, vehicles and the pavement.
- If you plan to turn, take up a different position on the road, reduce your speed or stop, you need to **give a clear signal and do so gradually.**

Leave room for error

- If a lorry or other large vehicle indicates left, **passing on the inside can be dangerous**. Hang back at the junction to reduce the risk of a collision.
- If you are not sure other drivers see what you intend to do, **slow down, beware**.
- In busy junctions or challenging traffic, **be prepared to stop if needed**
- Remember that **you may need to manoeuvre suddenly** if the road is poor, the weather is challenging, or by parking lanes or playgrounds.

Maintain your bike

- Inflate your tires
- Lube your chain
- Check your breaks
- Use your gears

Learn more

- [Free cycle training](#) and [Cycle map](#)
- [Bike loan schemes](#) (including supporting equipment)
- [Discounted lights and locks](#)
- [Bike repair](#)