ARRIVE ALIVE

Ride to Live
Motorcycle Safety Tips

KNOW YOUR TRAFFIC LAWS, ROAD SIGNS AND SIGNALS.

01. **Always Wear A Helmet**
It's the law. Choose a helmet that is safety approved and fits snug.

02. **Be Visible**
Clothes must be bright, flourescent or even iridescent. Avoid blind spots and always use your headlights day and night.

03. **Signal**
Use your signals. Always wait on the green light. Look right, left and right again before you ride off.

04. **Keep A Safe Distance**
Never tailgate. Give enough time and space to react to motorists' actions.

05. **Use Both Brakes**
Brake smart. Apply both brakes slowly and steady.

06. **Pre-Ride Check**
Do a thorough pre-ride inspection: tires, petrol, lights, brakes and horn.

07. **Avoid Distractions**
Keep your eyes on the road, your hands on the handlebars and your mind on driving.

08. **Watch Your Speed**
Obey posted speed limits.

09. **Never Drink Or Use Drugs & Ride**
Alcohol and drugs impair your ability to judge and react. The same laws regarding drinking and driving apply to motorcyclists.

10. **Be Alert**
Keep a look out for pedestrians and cyclists in your path.

Woodside Energy
iRoadsafe
Because Road Safety Begins With Me!
DECADE OF ACTION FOR ROAD SAFETY 2021 - 2030
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Walk to Live
Pedestrian Safety Tips

While Walking

- Hold the hand of young children
- Use designated walkways, sidewalks and pavements
- Walk facing oncoming traffic
- Put away mobile phones and headphones
- Stay alert and look out for hazards

Cross Safely

- Stay on the pavement until there is no traffic coming
- Always use pedestrian crossings and obey traffic lights
- Try to make eye contact with drivers
- Never cross behind vehicles
- Look right, look left and look right again

At Night

- Wear white, bright, reflective or flourescent clothes
- Carry a torchlight

DID YOU KNOW?

If a vehicle travelling over 50 kph hits you, there is a 50% chance that you will die.
If the vehicle is travelling over 80 kph, there is a 100% chance that you will die.

DRIVERS: REPECT PEDESTRIANS & CYCLISTS. THEY HAVE A RIGHT TO USE OUR ROADWAYS TOO.

ARRIVE ALIVE

Cycle to Live
Cyclist Safety Tips

DRIVERS LEAVE 3FT CLEARANCE WHEN OVERTAKING.
PLEASE RESPECT CYCLISTS, THEY ALSO HAVE A RIGHT TO OUR ROADS.

01. **Obey All Traffic Regulations**
Obey the speed limits, traffic signs, traffic lights and road markings. Always wait on the GREEN. Look right, look left and look right again, before you cycle off.

02. **Always Wear A Safety-Approved Helmet**
It must fit snug to reduce the risk of head injury.

03. **Be Visible To Other Road Users**
If drivers can see you, they are less likely to hit you. Wear bright coloured clothing during the day and reflective or fluorescent clothing at night. Have reflective lights on the front, side and rear of the bike for cycling at night.

04. **Keep A Safe Distance**
Keep a safe distance from vehicles in front of you, in case you need to stop suddenly.

05. **Look, Signal, And Look Again**
Before you cycle off, stop, or turn, look and signal and look again. Use hand signals to let drivers and other cyclist know where you are going. Look and make eye contact. Don't assume drivers will stop.

06. **Stay Alert**
Keep a look out for obstacles or vehicles in your path.

07. **Go With The Flow Of The Traffic**
Bike in the direction of the traffic and always follow the lane markings. Never weave in and out.

08. **Don't Get Distracted**
Don't talk or text on the phone or listen to music while riding.

09. **Do A Bicycle Test**
Check the saddle, handlebars, pedals, wheels, tires, brakes and lights.