

OUT AND ABOUT SAFETY



W A L K I N G

Wear light/bright clothing, and keep to a pavement where possible.

Walk on the right side of roads with no pavement facing the traffic, but cross over for a right-hand bend so you can be better seen.

Keep your dogs on a lead and close to you on lanes, roads and footpaths.

Enjoy the walk and take your rubbish and poo bags to a bin.

Wear shoes that grip – mud and leaves are as slippery as ice.

‘TREAT DAWN AND DUSK LIKE NIGHT – BE SEEN’

Wear a helmet and bright clothing.

Make yourself visible with lights, reflective patches even in the daytime.

Be predictable, use hand signals and road positioning to give other road users clues as to your intentions.

Do a ‘shoulder check’ before manoeuvring.

Keep to the rules of the road at all times.

‘INVEST IN TOMORROW – SAFETY TODAY’

R I D E & B I K E



Have another look at the Highway Code for changes and additions – you can test yourself online. It is also important make sure you check your car or motorbike over regularly.

When you are driving, just drive, don't do anything else.

Drive within the speed limits and adjust for the weather conditions.

Leave enough time for a steady and unflustered journey.

Use dipped headlights in fog and to reduce glare for other road users.

Use your lights to BE SEEN, particularly in the twilight zones – check they are working

Be aware of other cars, cyclists, walkers with children or dogs, and all the hazards you meet.

NO-NOS: Parking on pavements leaving no room for pedestrians/pushchairs, mobility scooters or dog walkers and damaging the surfaces not designed for the weight of a vehicle. Leaving your engine running when not driving. Driving thru' puddles and splashing pedestrians. Backing out onto a road – better to back into a drive. Never drive having had a drink, feeling unwell or on certain medications.

‘BE CONSIDERATE – BE AWARE – READ THE SIGNS – STAY SAFE’



D R I V I N G

Find THE HIGHWAY CODE online or in shops

Think about taking a Refresher Day with Herefordshire Advanced Drivers

Look for IAM Roadsmart [for free materials].

Watch some Advanced Driver videos on Youtube.