



GLOBAL
ROAD SAFETY
PARTNERSHIP

CELEBRATING
25
YEARS

GRSP is a hosted programme of:
+CIFRC



CYCLING SAFETY TIPS from GRSP



EACH DAY GLOBALLY, IT'S ESTIMATED THAT
195 CYCLISTS are **KILLED** and
over **2,900 SERIOUSLY INJURED** in **CRASHES**
MANY CYCLISTS SUFFER
LIFE CHANGING HEAD INJURIES

To keep yourself and your family safe when cycling, here are two essential safety tips:



Always wear and fasten a highly visible standard approved cycle helmet.



Improving visibility by wearing highly visible and reflectorised clothing and helmets greatly reduces crash risk.



- ▶ Check the inside of the helmet for a recognised approval standard
- ▶ Avoid black and dark coloured helmets – they are hard to see!



AS 1698



JIS T8133



S MARK



BS 6659



UN/ECE 22
The number next to the E denotes a country, ie 4 equals the Netherlands



SNELL
STANDARDS

FOR HELMET ADVICE CLICK HERE:

<https://at.govt.nz/cycling-walking/bikes-gear/cycling-gear/check-and-fit-your-helmet>