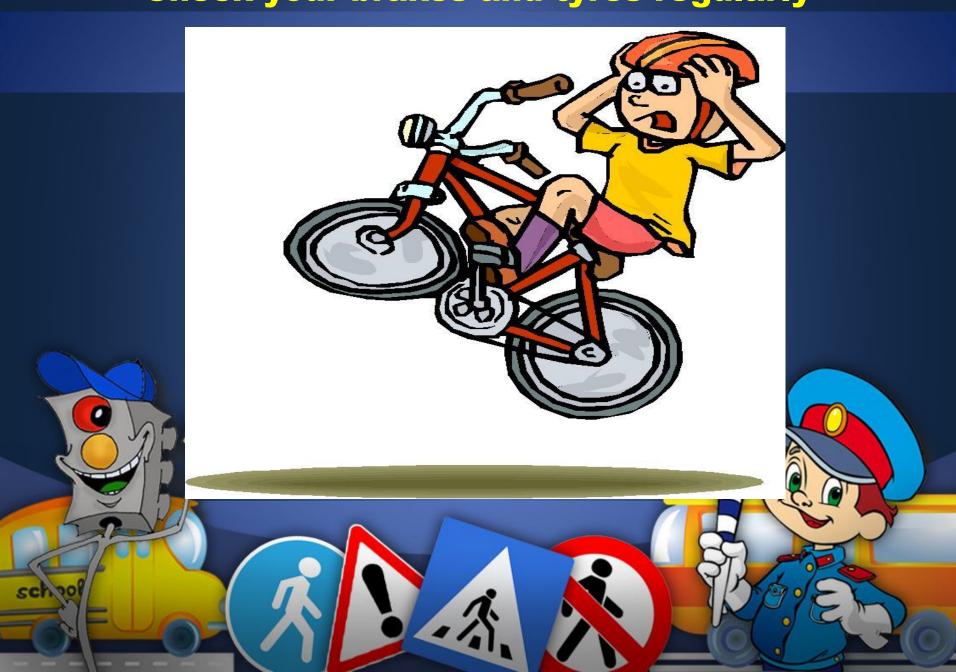
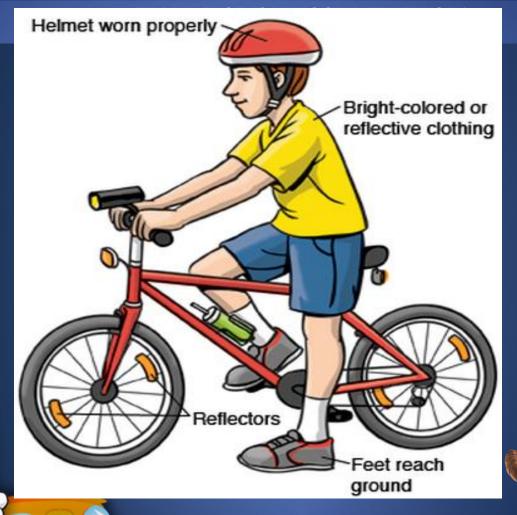


## **Check your brakes and tyres regularly**



Wear a bicycle helmet and bright clothes in daytime





## Ride with the flow of traffic, not against it!



## Use bike lanes



## **Never carry a second person on your bike!!!**



