Always wear a seat belt when travelling by car

Always wear a helmet when cycling your bike

The Safe Cross Code:

1. Look for a safe place to cross
2. Don’t hurry! Always stop and wait.
3. Look all around before you cross the road.
4. Listen for any traffic.
5. If traffic is coming, let it pass. Then look around again.
6. When there is no traffic, walk straight across the road.
7. Look and listen for traffic while you cross.

Health Promotion Unit