



transport

Department:

Transport

PROVINCE OF KWAZULU-NATAL

Contact Details:

Road Safety Directorate

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# CYCLING IS COOL

When you follow the rules...

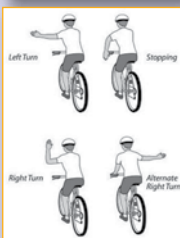
## Be Seen

- a) Wear bright coloured clothing with reflective material. If you cannot be seen you are not safe.
- b) Ensure that your lights are on at night.
- c) Ensure that you have front and rear reflectors on your bicycle.



## Be Safe

- a) Check that the saddle of your bicycle is secure and properly adjusted.
- b) Ensure that the tyre pressure is correct.
- c) Ensure that the bell is working.
- d) Know the rules of the road.
- e) Always signal/indicate your intentions.
- f) Use cycle lanes. If there are no cycle lanes, share the space with other road users.
- g) Ride in a single file.



## Be Helmet Wise

Take note of the following when wearing your helmet.

- a) Your helmet must be positioned squarely on your head with the visor pointing to the front.
- b) It must not obstruct your ability to see.
- c) The straps must not be loose under your chin.
- d) Adjust inner straps so that the helmet is snug fitting.
- e) Straps must fit around the ears, not over them.
- f) Ensure that the clip is fixed and properly locked in place.



According to the National Road Traffic Act 93 of 1996, Regulation 207  
**"all pedal cyclists must wear a helmet"**



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**Iminingwane:**

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# Kumnandi Ukuhamba Ngebhayisikili

Uma ulandela imithetho...

## Bonakala

- Gqoka izingubo ezinombala ogqamile Awuphephile uma ungabonakali.
- Qinisekisa ukuthi izibani zakho ziyakhanya ebusuku.
- Qinisekisa ukuthi obenyebanye ebhayisikilini lakho bakhona ngemuva nangaphambili



## Phepha

- Bheka ukuthi isihlalo sebhayisikili lakho sihleli kahle.
- Qinisekisa ukuthi amasondo anomoya owenele
- Qinisekisa ukuthi insimbi iyasebenza
- Yazi imithetho yomgwaqo
- Kufanele njalo ukhombise njalo ngezimpawu zezandla lokho ofuna ukukwenza
- Sebenzisa imizila yabamabhayisikili uma ingekho sebenzisa umgwaqo kanye nabanye
- Amabhayisikili awahambe alandelane



## Hlakanipha Uma Uggoka Isigqoko Sokuzivikela

Qaphela lokhu okulandelayo uma ugqoke isigqoko sokuzivikela:

- Gqoka isigqoko sokuzivikela siqondane nesiphongo empheme ubengaphambili
- Akufanele sikuvimbe ungaboni
- Isobopho saso akufanele sixege esilevini
- Donsisisa isibopho sesigqoko sokuzivikela ukuze sikulingane kahle
- Isibopho singabi ngaphezu kwezindlebe sibe ngemuva kwazo
- Qinisekisa ukuthi usifase kahle isibopho sesigqoko sokuzivikela



Ngokomthetho (National Road Traffic Act 93 of 1996, Regulation 207  
**"bonke abahamba ngama bhayisikili kufanele bagqoke izigqoko zokuzivikela"**