



## Traffic Safety for Cyclists

Every day, we travel to our workplace and then return home at the end of the day. Often, we don't realise the risks we might encounter during these journeys. That's why it's important to remain vigilant while travelling to and from your workplace.

### Do you commute to work by bicycle or another two-wheeled vehicle?

According to Ethias statistics, 43% of accidents leading to temporary disability occur while riding a two-wheeled vehicle.



<p>Always wear a <b>bicycle helmet</b> and a <b>high-visibility vest</b>.</p>	
<p>Keep <b>both hands</b> on the handlebars to ride your bicycle safely.</p>	
<p>Do not use your mobile phone while cycling.</p>	

<p><b>Do not listen to music with headphones while cycling.</b></p> <p>Wearing headphones can prevent you from hearing traffic sounds, making you more likely to be surprised by other road users.</p>	
<p><b>Pay close attention to the condition of the road and stay alert</b> for potholes, loose stones, ice patches, fallen leaves, and other obstacles that may appear on your path.</p>	
<p>Always drive a bicycle that is in good condition.</p> <p>Regularly check the tyre pressure, brakes, and lights.</p>	

### Specific Risks When Using Two-Wheeled Vehicles:

- **Riding an Electric Bicycle and a Speed Pedelec**

An electric bicycle behaves differently from a standard bicycle. You usually ride faster, and the braking distance is longer. Other road users may misjudge the speed and reactions of electric cyclists, which can lead to collisions. This is even more pronounced for speed pedelecs.

Speed pedelecs are faster and make less noise, so pedestrians may not hear them approaching. Special traffic rules apply to speed pedelecs, such as the requirement to wear a helmet and specific regulations regarding speed and where you are allowed to ride.

**Tip:** If you are inexperienced with your electric bicycle or speed pedelec:

- ✓ Practice with your electric bicycle in a quiet area before taking it onto the road.
- ✓ Before using a speed pedelec, take a training course to learn the specific traffic rules and practice handling the vehicle.

- **Riding a scooter**

In urban environments, (electric) scooters are becoming increasingly popular for short trips. However, **the number of accidents involving electric scooters is rising**, and the consequences are often severe, sometimes even fatal.

**Be aware of the hazards** such as curbs, speed bumps, road unevenness, and other obstacles. These can destabilise you if you hit them with the front wheel of the scooter, potentially causing a fall.

**Tip:** If you want to take a scooter onto the road:

- ✓ Make sure to thoroughly inform yourself about the specific traffic rules for scooters.

- **Blind spots of lorries and busses**



**"Blind spot" accidents unfortunately still occur regularly and are often fatal.** The blind spot is the area around a vehicle where the driver cannot see a cyclist or pedestrian. If you are in the blind spot and the driver makes a manoeuvre, such as turning right, there is a high risk of being caught under the vehicle. **For large vehicles like lorries and buses, the blind spot is much larger than for cars, increasing the risk of an accident.** Be aware of these blind spot zones and always ensure you stay out of these danger areas.

**Tip:**

- ✓ Always stand behind a lorry or bus when stopped at a red traffic light.
- ✓ Never position yourself alongside the right side of a lorry, even on a cycle path.
- ✓ When approaching a roundabout, check if the driver of an incoming lorry or bus has seen you and make eye contact. If you believe the driver hasn't seen you, stop and wait until the vehicle has passed, even if you have the right to proceed.