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| **Look for a zebra crossing or a traffic lights crossing.** |
| **Don’t cross between parked cars.**  |
| **Stop before you walk onto the road.** |
| **Stand on the pavement near the kerb.** |
| **Listen and look both ways for traffic.** |
| **Make sure it’s clear and walk straight across the road.** |
| **Don’t run.** |

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| **Make sure your bike is in good working condition.** |
| **Check your brakes and tyres regularly.** |
| **Wear a bicycle helmet.** |
| **Ride with the flow of traffic, not against it.** |
| **Use bike lanes.** |
| **Wear bright clothes in daytime.** |
| **Never carry a second person on your bike.** |

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| **Stand well back until the bus has stopped completely.** |
| **Don’t push others when you enter the bus.** |
| **Sit down on your seat quietly and quickly.** |
| **If there aren’t free seats, use handgrips.** |
| **Don’t talk to the driver or annoy others on the bus.** |
| **Don’t lean out of the window.** |
| **Don’t wave from the window.** |

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| **Always sit in the back seat if you are under twelve years old.** |
| **Wear a seat belt.** |
| **Don’t block the rear view mirror.** |
| **Don’t play with the car door handles.** |
| **Always use the door on the pavement side to get out of the car.** |