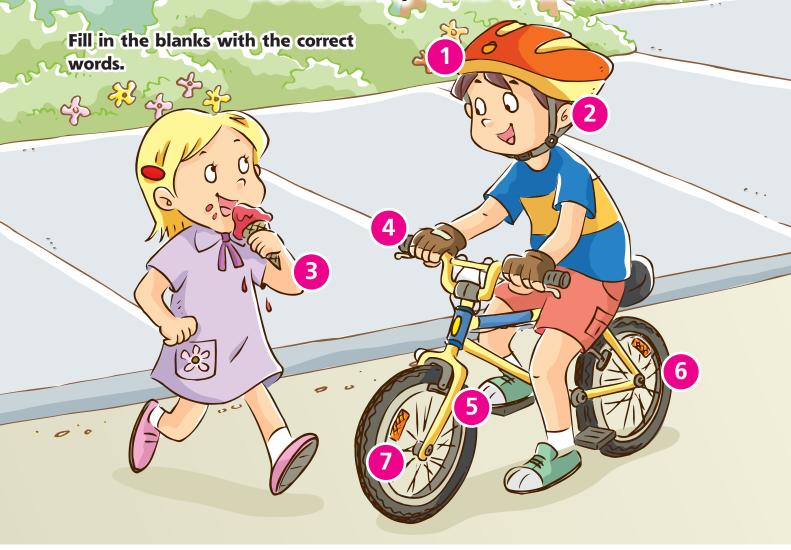
Biking -

Seven Safety Rules to Remember



- 1 Always wear a helmet that _______.
- 2 Don't wear _________ headphones/socks and listen to music while biking.
- 3 Yield to ________. pedestrians/ants
- 4 Be prepared to slow down and ______.
- Make sure the watch/brakes work well.



Hand Signals for Bikers

Practise the hand signals.



These signals are very important, especially when you are on the road.

- 6 Make sure the tires
 are ______.
 deflated/inflated
- 7 Add _____sound/light reflectors on the wheels and behind the seat.

