

必ずヘルメット

自転車に乗るなら



Kitakami City

“Wear your helmet when riding a bicycle”

Iwate Pref. Poster Contest (Traffic Safety) Ezuriko Junior High School Renya Nakame



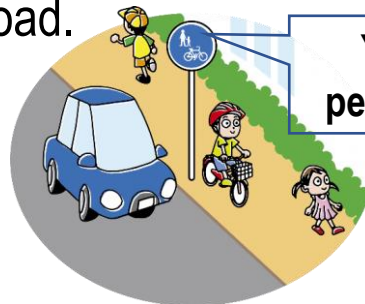
# 5 Rules for Safe Cycling

## 自転車安全利用五則

じてんしゃあんぜんりようごそく

1

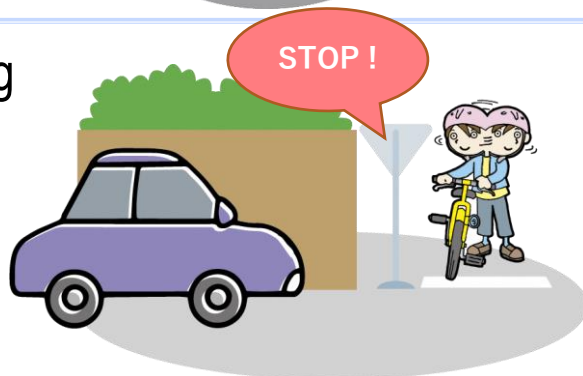
Cycle on the road and keep LEFT.  
If you use the sidewalk, ride slowly and keep to the side closest to the road.



Yield to pedestrians

2

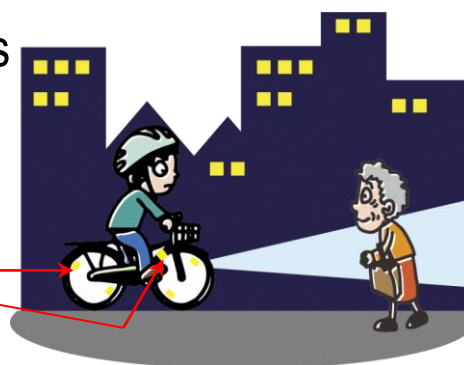
Stop before entering an intersection, and always obey the traffic signals.



3

Turn on your bicycle's lights at night.

You can put reflectors on the side of your bicycle.



4

Do not ride your bicycle after you drink.



5

Wear your helmet, and make sure that children wear a helmet.

