

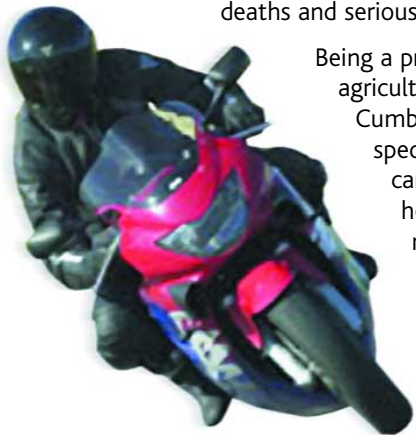
# COMMITTED TO KEEPING BIKERS ALIVE

Cumbria Safety Cameras (CSC) is committed to reducing the number of deaths and serious injuries on the county's roads. It believes there is substantially more to achieving this aim than using enforcement at the 47 hotspots within Cumbria that have a higher than average incidence of fatal and serious injury accidents.

CSC has no wish to spoil the enjoyment of motorcyclists coming into the county and riding in some of the most beautiful scenery in the UK - all of the CSC management are current or past bikers. It merely wishes that motorcyclists would ride in such a manner that ensures they can come back next year - and following years.

By analysing statistics surrounding the deaths and serious injuries involving motorcyclists in Cumbria we can provide a useful insight into motorcycling behaviour and driving patterns that will enable motorcyclists to act and help prevent more deaths and serious injuries.

Being a predominantly agricultural county, Cumbria has its own special hazards which can cause major headaches for motorcyclists and some of these are included in this leaflet.



## MOTORCYCLE SAFETY CHECKLIST

**HELMET** Approved safety helmet that lets you see as far to the sides as necessary. Make sure the fit is snug and the helmet has no obvious defects such as cracks, loose padding or frayed straps. Also, never wear a helmet that has been involved in a crash or dropped on the ground.

**CLUTCH, THROTTLE, BRAKES** Make sure they work smoothly. Throttle should snap back when let go. Brakes should feel firm and hold the motorcycle when applied.

**TYRES** Check the air pressure and tread before every ride.

**FLUIDS** Check fuel, oil, brake fluid, and coolant (when applicable).

**LIGHTS** Check brake lights, indicators, head and tail lights.

**HYDRAULIC FLUIDS** Check sight windows when accessible. At a minimum, check weekly.

**MIRRORS** Clean and adjust mirrors before starting out.

**HORN** Make sure it works.

## WHILE RIDING IN CUMBRIA

- Watch out for game birds and other wild animals such as deer, badgers, rabbits and hares
- Look ahead for mud and diesel left behind by agricultural vehicles
- Allow for slower vehicles such as tractors and cars whose occupants are enjoying the scenery
- Be prepared for cars parked on blind bends

## CUMBRIA SAFETY CAMERAS

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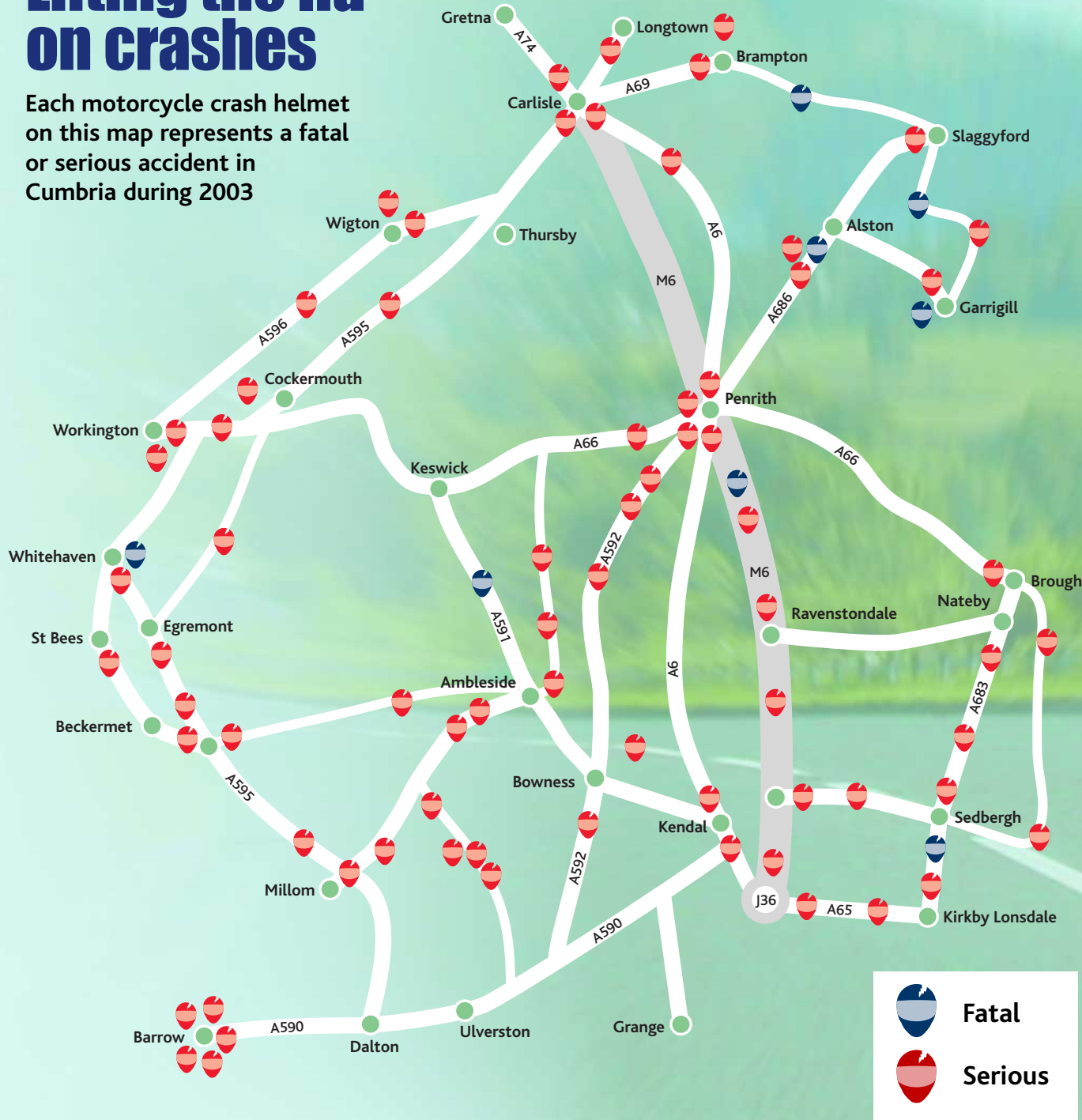
[www.cumbriasafetycameras.org](http://www.cumbriasafetycameras.org)



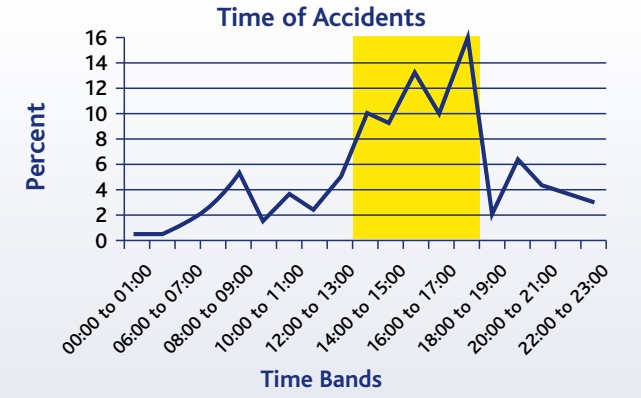
# DON'T CRUNCH AFTER LUNCH

# Lifting the lid on crashes

Each motorcycle crash helmet on this map represents a fatal or serious accident in Cumbria during 2003



# DON'T CRUNCH AFTER LUNCH



Analysis of statistics on fatal and serious injury accidents among motorcyclists riding through Cumbria reveal that the majority occur after lunch. This is nothing to do with drink driving but, we believe, the result of fatigue and a drop in concentration after early starts and riding for long distances through challenging terrain. Cumbria Safety Cameras has been in touch with associated projects throughout the UK and their statistics mirror these findings.

**If you feel tired, take a break**

# DON'T CRUNCH AFTER LUNCH

## Major factors in motorcycle accidents are:

- Loss of control while cornering
- Other vehicle pulling into the path of motorcycle
- Overtaking and striking a turning vehicle
- Loss of control while braking
- Colliding with a stationary or braking vehicle
- Loss of control through road surface, object or animal in road
- Excessive speed