

Police advice to bike riders



Police have today issued a video, which gives useful information to cyclists on keeping their bikes in good working order.

Constable Andy Whittie, a serving policeman and keen cyclist, walks us through the mechanics of a bike and identifies key areas on the vehicle that need to be maintained to keep you safe while on the road.

The video was created as part of the Police Scotland's vulnerable road users campaign, which is taking place all this week and has been uploaded to the Facebook pages for Edinburgh, the Lothians and Scottish Borders, Fife and Forth Valley.

In addition to the appropriate maintenance of a bicycle, PC Whittie also provides advice on the type of clothing and emergency kit cyclists should have with them while out and about and urges riders to ensure they obey the laws of the road at all times.

Motorists, pedestrians and all other road users are also reminded to be vigilant for cyclists and ensure their own driving or behaviour does not put others at risk.

Inspector Vinnie Fisher from the Road Policing Unit at Fettes in Edinburgh said: "This is a simple yet useful video for all cyclists regardless of how proficient you are on a bike and we hope the public find it useful.

"Taking the necessary steps to repair and maintain a bicycle and making sure you have the appropriate kit, such as a helmet, can literally be a life-saver.

"We are committed to providing all road users with the

information they require to keep themselves safe while on the road and I would ask everyone to help us reduce casualties by ensuring you are responsible and mindful of others however you chose to travel.”