

# Food Delivery Riders

## Quick Road Safety Tips



## Use bright or retro-reflective gear

To improve your visibility, wear:

- Bright or retro-reflective clothing
- A light coloured helmet with retro-reflective markings and
- A highly reflective delivery bag

## It is illegal to ride on the footpath

Unless you are under 16 years of age or otherwise exempt, you cannot ride on the footpath. Fines apply.

If you need to use the footpath to access the food retailer or delivery address, you must get off your bicycle and wheel it along the footpath.

## You must wear a helmet

Whether on a motorcycle or bicycle, you must wear an approved helmet that is securely fitted and fastened.

To improve your visibility, choose a helmet that is brightly coloured and/or reflective.

## Don't weave between vehicles when riding

It's important to ride safely to help keep yourself and others safe. Ride in a predictable manner so other people have time to react safely to your movements. This includes not weaving between vehicles.

## More information

Please visit the Centre for Road Safety website for more information about delivery rider safety ([roadsafety.transport.nsw.gov.au/stayingsafe/food-deliver-riders](https://roadsafety.transport.nsw.gov.au/stayingsafe/food-deliver-riders)).

