

Transport for NSW Centre for Road Safety

# Food Delivery Riders

## Attaching reflective markings on helmets

As a food delivery rider, you spend a lot of time out on the road. To improve your safety, it's important to make sure you're highly visible to other road users.

One way to improve your visibility is to wear a light coloured (such as white or fluorescent yellow) or retro-reflective approved bicycle or motorcycle helmet.

If your helmet is a dark colour, retro-reflective strips can be added to increase visibility.

### Below are tips on how to add retro-reflective strips to your helmet:

- Attach the strips to the front, sides and rear of the helmet as shown in the images below
- Avoid placing strips over vents, visors or on straps
- Check with the supplier to ensure the strip adhesive won't damage the outer shell of your helmet or strip any protective layer of the helmet

