

Riding a moped is great fun but unlike car drivers with their protective belts, airbags and safety cages, riders are vulnerable if they are involved in an accident.

Even a low speed fall can result in serious injury. Think of the road surface as heavy duty sandpaper and then consider the effect on an unprotected elbow or kneecap of hitting it at 30 mph.

Training

- Use a reputable training company;
- Ensure you get the legally required minimum 2-hours on-road training.

Kit

- Gloves are essential; your hands are quite often the first part of your body to hit the ground in an accident;
- Never use a second-hand helmet, always buy one from a reputable shop and never ride with it undone;
- Trainers offer no protection;
- Leather boots that cover the ankle are best;
- Cover the skin; riding in shorts and a T-shirt is the surest way to end up in casualty with a serious injury if you fall off. Everyday clothing, lined with Kevlar, is available and offers excellent protection. At the very least wear a heavy jacket and tough trousers, like jeans.

Riding

Read the Road

- Get in the right position to increase your vision;
- Stay out of blind spots;
- Make yourself seen-hi-viz and headlights;
- Look out for changes in the road surface.

Observe other

- At junctions and in busy traffic;
- Keep your distance and remember the two second rule.

Legal

- Stay within the speed limit;
- Stick to the rules on signs and markings.

Emotions

- Your emotions will affect your behaviour, stay cool and calm.

React

- Make smooth changes in speed and direction and in good time;
- Keep your wits about you;
- Keep your eyes peeled.

