

## SERIES

### Cycling to work

This series is presented in 4 episodes. The aim of this series is to inform and communicate the right reflexes in case of an accident while riding a bike or an electric scooter. Follow this series and take part in the competition to win a complete equipment for your safety.

*The CSHSCT's mission is to contribute to the protection of the physical and mental health of employees in the workplace and when they travel. In recent years, road risks, and in particular bicycle accidents, have become more and more frequent.*





*In fact, over the last three years, bicycle accidents have accounted for an increasingly large proportion of commuting accidents, rising from 0% in 2020 to 100% in 2022, with far greater consequences (work stoppages, ....) than for car accidents (6 days versus 52).*



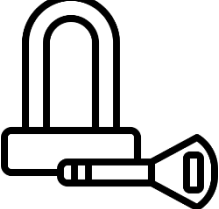
*"For the cshsct, prevention is not an option, safety is the priority, so at work and on the bike we are all legit!"*

## **PART 1**


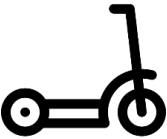
**Welcome. Today we'll talk about equipment, obligations under the highway code and the risks incurred if the rules are not respected for electric scooters and bikes**

### **Mandatory and recommended equipment**



<b>By vélo</b>	<b>by electric scooter</b>
	
<b>What is mandatory</b>	<b>What is mandatory</b>
 Wear a high visibility waistcoat outside built-up areas and in low light conditions	 Wear a high visibility waistcoat outside built-up areas and in low light conditions
 Front and rear lighting at dusk and at night	Front and rear lighting at dusk and at night

<p><b>What is recommended</b></p>	<p><b>What is recommended</b></p>
<p>Wear a helmet</p> 	<p>Wear a helmet and gloves</p> 
<p>A lock</p> 	

**In insurance**

<p><b>By bike</b></p> 	<p><b>by electric scooter</b></p> 
<p>For an electric bike or not, a special insurance is not compulsory but is recommended for electric bikes. In the event of damage, your liability insurance will come into play.</p>	<p>For the use of an electric scooter it is mandatory to have a civil liability insurance.</p>

**Traffic rules for bicycles**

<p><b>Cycle tracks may be mandatory</b></p>	<p><b>Cycle paths can be recommended</b></p>
	

**More information :**

<https://www.securite-routiere.gouv.fr/reglementation-liee-aux-modes-de-deplacements/velo/regles-de-circulation-pour-les-cyclistes>

## What the Highway Code says about electric bikes and scooters

The Highway Code also applies to bicycles and electric scooters.

Therefore, it is also forbidden to

- to make phone calls
- use headphones, headphones...
- to drive under the influence of drugs or in a state of drunkenness
- driving on pavements
- driving on tram tracks
- riding on the road when there are cycle paths Les risques encourus

By bike

- 11€ for failure to comply with parking regulations
- 35€ if you drive at night without wearing a high visibility waistcoat
- 68€ if your braking system is not in conformity
- 90€ if you run a red light
- 135€ if you commit a serious offence, such as refusing right of way at a roundabout, or driving while using a telephone.

By electric scooter

- 3,750€ if you do not have insurance with civil liability cover
- 135 € if you drive on pavements
- 135 € if you wear headphones while driving
- 35 € if you do not have front and rear lights
- 35 € if you do not have a high visibility waistcoat at night
- 35 € if you do not have a horn
- 35 € if you carry a second person

