

**BE AWARE**

**OUT  
THERE**

Off-road riding injuries  
and fatalities are  
**preventable**



[www.betterhealth.vic.gov.au/offroad-motorcycle-rider-safety](http://www.betterhealth.vic.gov.au/offroad-motorcycle-rider-safety)



## BE AWARE

# OF YOUR GEAR

### Make sure you wear

- a good fitting helmet & boots
- body armour
- all the right protective gear, even if you're only practising or riding short trips.

## BE AWARE

# OF YOUR BIKE

Expect the unexpected.  
be aware out there...

### Check your bike's

- headlight and brake lights work
- throttle doesn't stick
- tyres have good tread & pressure
- brake pads are thick enough
- fork seals aren't leaking.

## BE AWARE

# OF THE CONDITIONS

Know the track, and to be safe.  
Check the local weather report.  
Check the VicEmergency app.  
Tell a friend where you're riding.

### Remember to take

- snacks and water
- a charged phone
- a Personal Locator Beacon
- a Crash Card in your helmet (available from VicRoads or police stations)