

If you are in an accident...

- Look! Are you safe lying on the floor or are vehicles still moving towards or around you?
- Check yourself. You are full of adrenalin, you will not feel pain as you normally might. Are any body parts broken, punctured or bleeding? Did you bang your head as you fell?
- If injured or unsure, request an ambulance and the police to attend, it's no time to be macho.
- Ask witnesses to stay and talk to the police or at least take their details, keep a copy of this yourself, and give another to the police.
- Do not discuss what happened with the other party.
- If possible, take photos of the scene from different angles and of the driver and vehicle including registration plate.
- Check if any CCTV cameras might have caught the incident
- Do not ride your bike away from the scene
- Do not accept anything from the other party.
- If you have any injuries go to hospital and ask that they take detailed notes as it may be going to court.
- Take photographs of your injuries as they develop and heal.
- Keep a diary of how much pain you are in and how much your movement is restricted.

Name _____

Address _____

Next of Kin _____ Phone _____

Illnesses _____

Allergies _____