

RoSPA's quick guide to how cyclists and pedestrians can be safe around HGVs and large vehicles

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Pedestrians and cyclists are some of the most vulnerable road users, particularly when sharing the road with large vehicles such as Heavy Goods Vehicles (HGVs). [In the United Kingdom, there were 116,654 pedestrian casualties and 16,458 cyclist casualties in 2021](#), with many of these accidents involving large vehicles.

One of the main safety issues for pedestrians and cyclists around HGVs is the size of these vehicles. HGVs have much larger blind spots than passenger cars, which means that the [HGV drivers may not be able to see a pedestrian or cyclist who is too close to the vehicle](#). This can lead to collisions if the pedestrian or cyclist is in the driver's blind spot when the HGV is turning or changing lanes.

Another issue is the speed of large vehicles. HGVs take longer to stop than passenger cars, so [pedestrians and cyclists need to be extra cautious when crossing the road in front of them](#). It is also important to be aware that large vehicles may be travelling faster than they appear, due to the size of the vehicle and the distance between the driver and the pedestrian or cyclist.

There are also specific safety concerns for pedestrians and cyclists at intersections and when using dedicated cycle lanes. [The Highway Code](#) states that at intersections, it is important for pedestrians and cyclists to make eye contact with the driver before crossing in front of a large vehicle, and that when using dedicated cycle lanes, pedestrians and cyclists should be aware that large vehicles may need to enter the lane to turn, and should give them plenty of space.

There are also a number of things that pedestrians and cyclists can do to keep themselves safe around large vehicles, which are advised of within the [Highway Code](#). These include:

- **Stay visible:** Wear bright or reflective clothing, especially when walking or cycling at night. Make sure you can be seen by the driver by using lights or reflectors on your bike.
- **Keep a safe distance:** Give HGVs a wide berth, especially when passing them. These vehicles have large blind spots, so the driver may not be able to see you if you are too close.
- **Be predictable:** Follow the rules of the road and use hand signals to indicate your intentions to other road users, including HGV drivers.
- **Be aware of your surroundings:** Pay attention to what is happening around you, including the location and movements of HGVs. Look out for reversing warning beeps and take extra care when turning.
- **Use designated crossings:** When crossing the road, use pedestrian crossings or traffic signals whenever possible.
- **Avoid distractions:** Don't use your phone or listen to music with headphones while walking or cycling near HGVs. Stay focused on the road and your surroundings.

accidents don't have to happen

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If you follow the above advice this will keep you safer on the roads and increase your confidence in walking and cycling near or around HGVs.