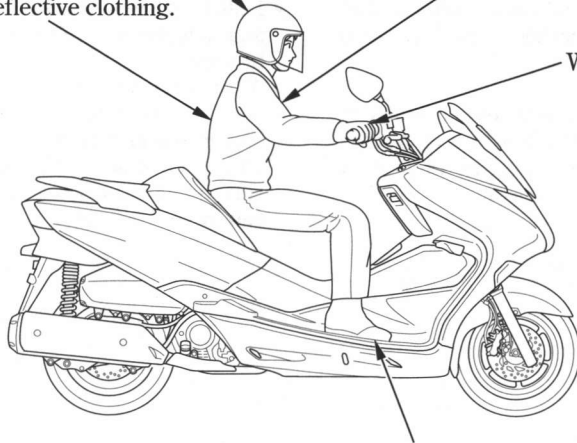


ALWAYS wear a helmet.
You should also wear a face shield or goggles.

Wear bright or reflective clothing.

Clothes should be close-fitting.

Wear gloves.



Shoes should be close-fitting, have low heels and offer ankle protection.