

# TfL Cycling Workplaces

Havering businesses with five or more employees can register for the **Transport for London (TfL) Cycling Workplaces scheme**, which groups together a number of initiatives to promote cycling to your workforce.



## They include:

- Free cycle parking – a wide range of cycle parking facilities to suit the space you have available, including toast-rack stands, shelters and folding-bike lockers
- Free cycle safety checks and bike marking – a mechanic provides cycle safety checks at your workplace to ensure your employees' bikes are roadworthy. Plus, staff can have their bikes security marked, to aid recovery in the event of theft
- Free cycle safety seminar – a seminar at your workplace on commuter cycling, cycle safety and how London is changing for cyclists



- Free commuter cycle skills sessions – on-bike urban cycling sessions for beginners, intermediate and experienced cyclists. Available as a taster day at your workplace or as individual sessions





“Having a safe, dry and secure place to store my bike means I am more likely to use my bike to get to and from meetings. This saves me time and leaves me energised for the meetings.”

*Rosamond Murdoch, Gallery Director  
Bow Arts Trust*

## Key benefits

### Financial savings

If employees cycle to business meetings, you could save on fares and petrol expenses. Plus, research suggests that active employees (such as cyclists) take fewer sick days.

### Cleaner air and environment

With more employees cycling you can substantially reduce your organisation’s carbon emissions, help reduce congestion and improve the air quality in your area.

### Happier, healthier employees

Cycling helps reduce weight, high blood pressure, the risk of heart disease and the most common form of diabetes. Plus, cycling is an active start to the day and can lift your employees’ mood.

### TO REGISTER

visit [tfl.gov.uk/cyclingworkplaces](https://tfl.gov.uk/cyclingworkplaces) and use invite code LBHV

### TO CONTACT THE TEAM

email [cyclingworkplaces@tfl.gov.uk](mailto:cyclingworkplaces@tfl.gov.uk) or phone **0845 604 6597**



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