



CYCLE-FRIENDLY WORKPLACE

Creating a cycle-friendly workplace helps reduce congestion while improving employee health, punctuality, and overall employee engagement.

Creating a cycle-friendly workplace can involve providing access to bikes for commuting or short around-town work trips, providing secure bike storage facilities, showers and changing rooms, paying [mileage for cycling](#) for work or facilitating cycle training to improve confidence.

PROVIDE A CYCLE FRIENDLY WORKPLACE TO:

- Improve employee health and engagement
- Reduce traffic and improve accessibility to the West End
- Reduce transport reimbursement expenses



A workforce that regularly cycles to work will be fitter and healthier, more engaged in their work and less likely to take sick days.

BECOME A CYCLE-FRIENDLY EMPLOYER

- Provide access to secure cycle parking, lockers and showers
- Register with [TfL's Cycling Workplace scheme](#) to receive free cycle stands, commuter cycle skills sessions, a London by Bike seminar, and bike checks
- Offer a cycle-to-work scheme as a [tax-exempt benefit](#) to make purchasing a bike easy and affordable for staff
- Promote free [cycle skills sessions](#) to improve skills and confidence
- Open a [TfL Santander Cycle Hire Business Account](#) to enable staff to cycle when travelling locally for work



Bond Street | Oxford Street | Regent Street

FACT BOX

25%

Fewer sick days taken by physically active employees than inactive employees

55%

Attendees at TfL's free cycle safety sessions now feel more confident cycling on London's roads

£90

Cost to access a Santander Cycle Hire bike for 1 year through TfL's business account scheme