

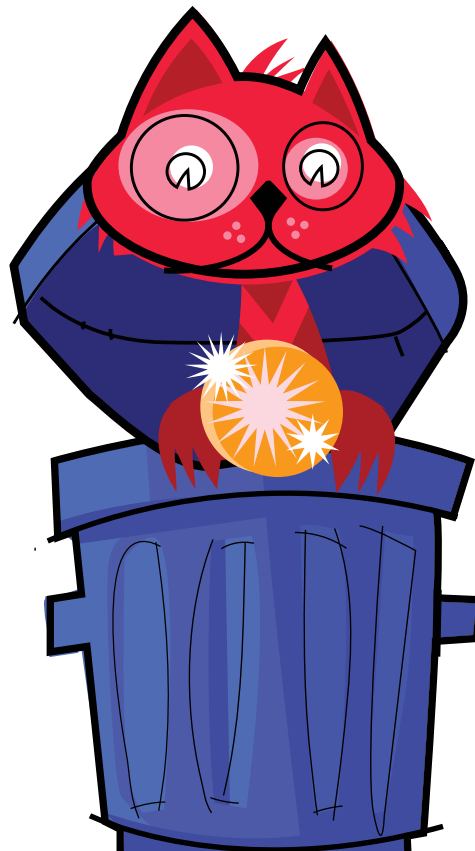
## Being seen and keeping safe

Our roads at night can be even more dangerous if you are wearing dark clothes, because drivers cannot always see you clearly.

### Remember:

- If out at night make sure you use well-lit roads
- Take extra care, keep looking all around you
- Always cross at safer crossing places and stop look listen and think
- Don't cross in the shadows, or where you could be hidden between parked cars
- Carry a torch if you can
- Try to wear something white or light, like a scarf or hat, not just have dark clothes on
- Better still, make sure you wear reflective strips on your clothes or shoes, or carry your **Nationwide Cats' Eyes reflector!**

**BE SAFE**



**BE SEEN**