

Interesting Facts 5 - Be Safe Be Seen

You know it can be more difficult to be seen out and about in the dark.

Make sure you follow these points:

When walking:

- Take extra care and be more attentive to other road users
- Choose safer crossing places in well lit areas, then stop look listen and think before crossing
- Wear or carry something white, or light, or reflective, either reflective stick-on strips, or fun reflectors like Nationwide's Cats' Eyes for Kids Reflectors.

When cycling:

- Make sure your front light, rear light and rear red reflector are all working correctly and are clean
- Take extra care, looking to the left of the road well ahead, so as not to be dazzled by oncoming traffic
- Wear something white, or light, or reflective, either reflective stickers or discs like Nationwide's Cats' Eyes for Kids Reflectors.

Remember: You may be able to see the other road users, but they may not be able to see you until its too late. Always wear something white or reflective.

How to be seen clearly-Try to make sure all your clothing is appropriate for the time of day. (You wouldn't put on a flimsy pair of cotton shorts on an icy day would you?) So make sure you wear what is best for the time of day as well as for the weather! At night it's best to wear or carry something **reflective** - if not make sure it's white or light. At dusk, or in poor weather, wear or carry something **fluorescent** so it's bright and shows up. The best thing is to have something both reflective and fluorescent - then you are prepared! Just think how police officers, school crossing patrollers, or workmen and women building or mending roads always stand out! Their jackets are both fluorescent and reflective.

What is reflective? Reflective means that the material reflects light back so it can be seen. In the day it looks really dull and grey, but it sparkles brightly in the dark. If your clothes aren't reflective you can get reflective stickers, or strips, or bands, or the reflective discs from Nationwide.

What is fluorescent? Fluorescent means it shows up very bright and clear in the daytime or at dusk, (but remember they don't show up any better than other colours in the dark). Fluorescent colours are vivid pinks, yellows, lime greens and orange.

It's best to wear or carry something that is both fluorescent and reflective, then you can be seen clearly whatever the time of day, or type of weather.