

## Seeing and being seen in bad weather or the dark

Our roads can become even more dangerous when it is dark or there is bad weather. It's important to remember these things when out and about, or crossing roads:



### Bad weather/dull days

Avoid wearing dark clothes. Wear bright and fluorescent clothing on days when the weather is bad, to help drivers see you when you are trying to cross the road.

### At night

- If out at night, make sure you use roads that are well lit.
- Don't cross from a place where you are hidden behind two parked cars, or are in the shadows.
- If you can, carry a torch but remember to use it wisely; avoid shining it directly into the eyes of oncoming drivers.
- Carry something reflective on your clothes or shoes, or your Nationwide Cats' Eyes reflector!