



At this time of year, it's important to **Be Bright and Be Seen** when you are out and about near roads.

BE BRIGHT – wear fluorescent or brightly coloured clothing when walking to and from school – it shows up well in daylight and at dusk.

REFLECTIVE – When it's dark outside, wear reflective clothing to be seen in car headlights. Reflective vests, sashes or wristbands work well.

IMPROVE – improve your visibility with accessories, clip on reflectors, armbands and stickers added to your coat or bag are a great way to improve your visibility.

GREEN CROSS CODE – always choose routes and crossing places that are well lit and remember to use the Green Cross Code.

HEADLIGHTS – if you like to cycle, it's the law to have clean and working headlights on your bike at night (white at the front, red at the back) as well as a rear reflector. It's good to fit spoke reflectors too.