

ROAD SAFETY EDUCATION

Be safe - Be seen



Department for
Infrastructure

An Roinn

Bonneagair

www.infrastructure-ni.gov.uk

Just because you can see the car doesn't mean the driver can see you

Pedestrians, cyclists, motorcyclists and horse riders are among the most vulnerable people on our roads. To stay safe make sure you are seen both day and night.

Be safe, be seen - by day

Just because it's daylight doesn't mean it's not dangerous. Poor light or weather conditions can impair a driver's view. **ALWAYS** wear something bright or fluorescent when walking or riding during the day.

Be safe, be seen - by night

Here's something to reflect on: Wearing reflective Hi-vis clothing at night gives a driver an extra 3 seconds to see you, which could save your life.

At night-time always wear reflective Hi-vis clothing or accessories, e.g. armbands, sashes, waistcoats, jackets, footwear.

The best advice is wear fluorescent by day and reflective by night. Or better still, both.

Fluorescent and reflective – the difference brought to light

Fluorescent colours are very bright and show up best during daylight but not at night-time.

Reflective materials reflect the light from car headlights and at night-time can be seen up to three times as far away by drivers as non-reflective materials. Reflective materials are not as effective during daylight.



The Highway Code NI says:

Pedestrians (Rule 3)

Wear or carry something light-coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials.

Cyclists (Rules 59 & 60)

Wear light-coloured or fluorescent clothing in daylight and reflective clothing in the dark. Between sunset and sunrise your cycle **MUST** have white front and red rear lights lit. It **MUST** also be fitted with a red rear reflector and amber pedal reflectors, if manufactured after 24/11/96. White front reflectors and spoke reflectors will also help you be seen.

Motorcyclists (Rules 86 & 87)

In daylight wear light-coloured or fluorescent clothing and make yourself as visible as possible from the side as well as the front and the rear. In the dark wear reflective clothing or strips.

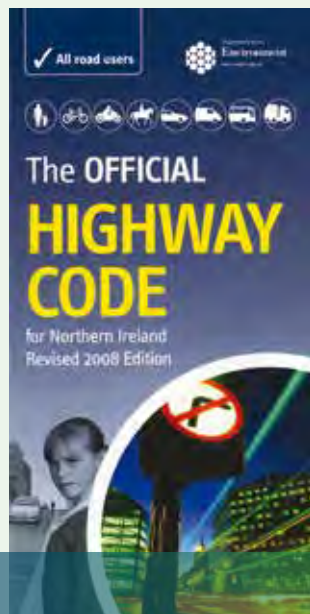
Horse riders (Rules 50 & 51)

Wear light-coloured or fluorescent clothing in daylight and reflective clothing in the dark. It is safer not to ride on the road at night but, if you do,

make sure your horse has reflective bands above the fetlock joints. A light that shows white to the front and red to the rear should be fitted to your right arm and/ or leg/ riding boot.

Be safe, be seen - day and night

Protect yourself from death, serious injury and breaking the law. Download your **FREE** copy of **The Highway Code NI** today - www.nidirect.gov.uk/articles/highway-code



This leaflet is available in other formats.

Call 0300 200 7838

www.nidirect.gov.uk/campaigns/road-safety



All Intellectual Property Rights reserved 2013.