

Travelling safely when it's dark

During the winter it starts to get dark earlier in the day
You will notice it looking darker when you leave to go to
school in the morning and when you come home from
school in the afternoon

Be Bright Be Seen

Travelling safely when it's dark

When it is dark outside, it makes you harder to see as a pedestrian

Although cars and other vehicles have headlights, they will not be able to see you as clearly



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What can you do to make yourself more visible to other road users?



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You can:

Wear bright colours

Wear reflective items and accessories such as slap bands

Always find a safe place to cross the road



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If you are cycling in the dark:

Wear a protective helmet and pads

Make sure your bike has working lights and reflectors

Wear bright or reflective clothing so that drivers can see you



It may be

Even in winter it may be going to be sunny day when you set out for school but it's always good to think ahead and be prepared.



Think about

What you can wear or carry that is bright so you can be seen on a dark day

What you have that is reflective or white so you can be seen in the dark



Think about



The safest places to place to cross the road

If you are walking or cycling with a grownup, listen to what they say and take care when you are crossing.

If you are walking or cycling on your own or with friends, remember the green cross code and if you are cycling don't forget your cycle helmet and reflective band.

So... give it a go, walk to school and have fun and be safe and be seen!

The Green cross code --☆

Remember the green cross code

1. First find the safest place to cross

Choose a place where you can see clearly in all directions, and where drivers can see you.

2. Stop just before you get to the kerb

Do not get too close to the traffic. If there is no pavement, keep back from the edge of the road but make sure you can still see approaching traffic.

Give yourself lots of time to have a good look all around.



3. Look all around for traffic and listen

Look all around for traffic and listen. Look in every direction.

Listen carefully because you can sometimes hear traffic before you can see it.

4. If traffic is coming, let it pass

Look all around again and listen.

Do not cross until there is a safe gap in the traffic and you are certain that there is plenty of time.

Remember, even if traffic is a long way off, it may be approaching very quickly.

5. When it is safe, go straight across the road – do not run

Arrive Alive!