

## TIPS

- Choose items that make you visible from all directions.
- Choose gear that combines fluorescent colour and retro-reflection so you can use it any time of day or night, and in all weather conditions.
- Look for products that meet high visibility standards. Choose work-related products, or products that clearly specify how much they increase visibility.
- Choose no-wash items or launder carefully to avoid damaging their visibility properties.
- Never assume drivers can see you, even when using high visibility gear.
- Follow all the rules of the road.
- Choose protected spaces (e.g., sidewalks, bike paths), and stay in well-lit areas when you can.

## BEST USE OF HIGH VISIBILITY GEAR



### Daylight

Wear fluorescent.  
Cyclists: use lights.



### Sunrise, Low Light, or Sunset

Wear fluorescent.  
Wear retro-reflective material near moving joints.

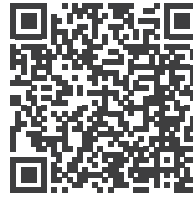


### Night

Wear retro-reflective material near moving joints. Use lights.

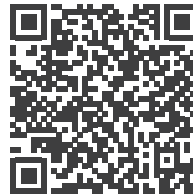
## FOR MORE SAFETY TIPS

Northern Health Injury  
Prevention Road Safety



### For more details on fluorescent and retro-reflective clothing:

Canadian Centre for Occupational Health and Safety: High-Visibility Safety Apparel



**northern health**  
the northern way of caring



#HealthyNorth

[northernhealth.ca](https://www.northernhealth.ca)

10-422-6119 (FF08889-IND-Rev.-05/25)

# Wearing High Visibility Gear When Active in the Community



**northern health**  
the northern way of caring

## WHAT TO WEAR FOR SAFETY

Drivers might not always see people walking, running, biking, or doing other outdoor activities. Using high visibility clothing and accessories can increase your safety. They make you more visible from far away, giving drivers time to slow down and avoid you.

It's especially important to increase visibility at night, because the risk of injury is much higher at night.

### IN DAYLIGHT CONDITIONS

#### **Wear fluorescent clothing or gear to stand out.**

Bright colours are more visible than dark colours, but do not increase visibility as much as fluorescent colours (fluorescent yellow, yellow-green, orange, or red are best).



### IN DARK OR LOW LIGHT CONDITIONS

#### **Wear gear with retro-reflective material.**

Retro-reflective material is commonly seen on worker's clothing such as safety vests. It appears gray or silver in the daylight and bright white at night. It increases visibility by reflecting light directly back to the source (e.g., headlights, searchlights). Retro-reflective gear increases visibility at night as well as in low-light conditions such as dawn, dusk, or during foggy or cloudy weather.

**Note that fluorescent material DOES NOT help make you more visible at night.**



#### **Highlight your human form and motion.**

Drivers are most likely to see you as a person if retro-reflective materials highlight your movement. Retro-reflective bands near or on the ankles, wrists, knees, and elbows are most effective for this. Retro-reflective material on shoes or gloves is also good as it highlights your hand and foot movement. Pants, shirts, and jackets may have retro-reflective material. It is best if the material is near moving joints.

Vests, sashes, belts, backpacks, and dangle tags with retro-reflection are good for increased visibility. The trunk of the body moves the least though, so they do not highlight your motion well. Combine these types of items with retro-reflective material near the moving joints for improved visibility.

#### **Highlight your bicycle and helmet.**

Add retro-reflective tape to your helmet, wheels, pedals, and frame.

**Use Lights.** Use flashlights, headlights, headlamps, or wearable lights.



For nighttime walking or running, retro-reflective material near wrists and ankles is most important.



For nighttime cycling, retro-reflective material near ankles and knees is most important.

### BC LAW FOR CYCLISTS

British Columbia law requires:

- a front white headlight,
- a rear red taillight, and
- a rear red reflector.

A flashing red rear taillight stands out best, day and night. A white headlight worn on the helmet rather than the handlebars limits glare that can occur when combining retro-reflective ankle strips with handlebar lights.