

How to Wear High Visibility Gear

Drivers can have difficulty seeing people walking, running, or cycling, especially at night. Wearing high visibility gear can increase the chances drivers will see you.

Follow these safety tips when you are active near the road.

BEST USE OF HIGH VISIBILITY GEAR



Daylight

Wear fluorescent.
Cyclists: use lights.



Sunrise, Low Light, or Sunset

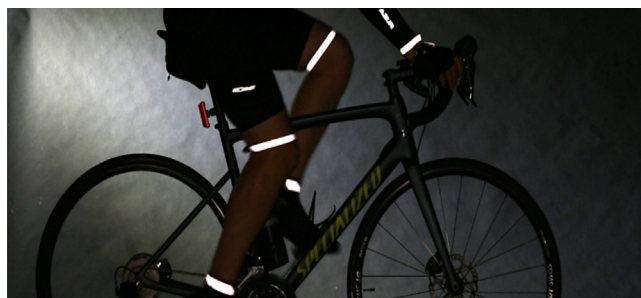
Wear fluorescent.
Wear retro-reflective material*
near moving joints. Use lights.



Night

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

*Retro-reflective material is the material commonly found on worker's safety clothing. It appears gray or silver in the daylight and bright white at night. Wearing retroreflective material near moving joints such as the ankles, wrists, elbows, and knees helps drivers see you as a person. Fluorescent colours do not increase visibility at night.



Never assume drivers can see you, even when using high visibility gear. Follow all the rules of the road. Choose sidewalks, bike paths, and well-lit areas when you can.

For more safety tips go to: Northern Health - Injury Prevention - [Road Safety](#)



FOR MORE SAFETY TIPS

Northern Health Injury
Prevention Road Safety

