

Brighten Up!

Safe and visible
winter cycling

Be safe, be seen & keep pedalling...

The **more visible** you are **the safer** you are.

During the day wear **bright or fluorescent clothing** to get noticed and be seen.

At night you should wear **reflective garments** to reflect motorists' headlights making you more visible and safer.

Visit

www.nottingham.ac.uk/go/cycling
for more info



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turning transport around
www.thebigwheel.org.uk