

Brighten Up!

5 top tips for safety and visibility

1. Use a front white light to light the path ahead and to be seen
2. Use a rear red light to be seen from behind
3. Use a rear red reflector
4. Use pedals with amber reflectors or reflective ankle bands
5. Make sure your brakes are efficient and working well



Visit
www.nottingham.ac.uk/go/cycling
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