



**BE SAFE
BE SEEN**

Our rural parish has few pavements and does not have street lights, traffic lights, or pedestrian crossings. This places even more importance on individuals taking measures to keep themselves safe, particularly in the gloomy mornings and the early dark evenings of winter.

According to a Public Health England report (2018), the largest numbers of child pedestrian injuries occur between 8am to 9am and between 3pm to 7pm. During these times there are approximately 16 deaths or serious injuries to children aged 16 and under every week. The vast proportion of these occur on 30mph roads.



The photos above show a child in the same position but in the top image wearing bright clothing. The Parent Pack

To help other road users to see you wear or carry something light-coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (eg armbands, sashes, waistcoats, jackets, footwear), which can be seen by drivers using headlights up to three times as far away as non-reflective materials.

For cyclists on the roads when it's dark, bicycles are legally required to have both lights and reflectors fitted. The front light must be white and offer 110-degree visibility. This requirement is to ensure that the cyclist is visible from different angles. Rear lights must be red. In addition, each pedal must also have a red rear reflector and BS6102/2 amber reflectors on the front and rear. To give further visibility from the side, spoke reflectors are recommended.

Dog walkers should ensure that they and their pet both wear highly-visible clothing to be clearly seen by others. Dog leads and collars which are reflective, or which come with flashing lights increase your pet's visibility. These can also help you to locate your pet in the dark. Carry a torch, or better still, wear a head torch so that your hands are free to manage the dog lead.

Traffic and Road Safety Working Group, Parish Council