

DO YOU EXERCISE ON OR NEAR A ROAD?



BE SEEN – BE SAFE

Work Out Visibly is an initiative of The Road Accident Action Group. By wearing reflective clothing and/or utilizing other highly visible items, you are more likely to be seen by motorists when you are exercising on or near a road.

Working out visibly is about being seen and being safe, so here are some tips:



WEAR **BRIGHTLY** COLOURED OR **REFLECTIVE** CLOTHING



WEAR SHOES WITH **REFLECTIVE** TAPE OR STICKERS



CYCLISTS: **LIGHTS** & **REFLECTORS** FOR FRONT, REAR & SIDE VISIBILITY!



PLAN A **VISIBLE** TRAINING ROUTE AND AVOID POORLY LIT AREAS!



ASK YOURSELF: AM I **VISIBLE** TO MOTORISTS?



HAVE A TRAINING BUDDY AND WORK OUT **VISIBLY** TOGETHER!



WEAR **REFLECTIVE** ARM/ANKLE BANDS & A VEST



USE A **REFLECTIVE** DOG COLLAR AND LEASH

Work Out Visibly when exercising near ROADS!

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Thank you to our partners



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