

Brought to you by the  
Road Safety Authority

Moy Valley Business Park, Primrose Hill,  
Dublin Road, Ballina, Co. Mayo.

[www.seatbeltsheriff.ie](http://www.seatbeltsheriff.ie)



**BE SAFE  
BE SEEN**



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Road Safety Authority

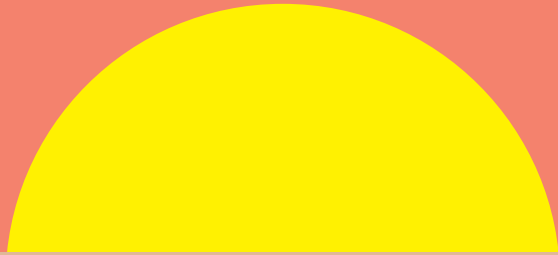


# A trusty companion

Over the last few years, we've all had the chance to get to know the Seatbelt Sheriff and his important message about buckling up. But what about other things we should be doing to stay safe outside the car?

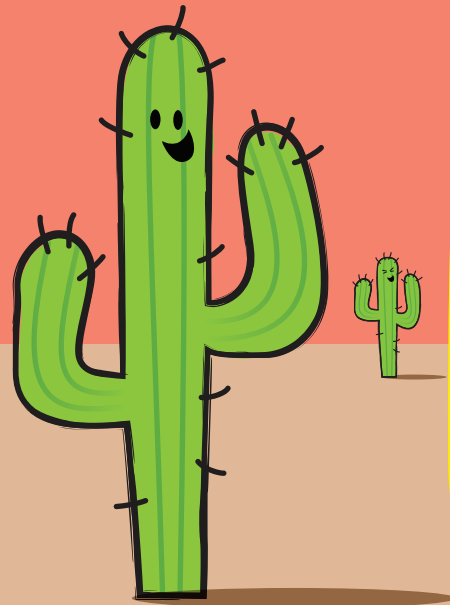
That's where the Seatbelt Sheriff's trusty steed comes in. Hi Glo Silver is here to teach everyone about wearing high visibility clothing when they are out on the road, walking or cycling.

Children in Second Class pledge to wear high visibility clothing when they are outside - playing, walking or cycling. To help and encourage them, children will receive a high visibility armband and a certificate. There will also be a fun Hi Glo Silver competition where children can win an amazing prize for their school.



## Why wear hi-vis?

It can often be hard for drivers to see people who are walking or on their bike, especially in the dark or when the weather is bad. Wearing bright or reflective clothes makes it easier to spot pedestrians and cyclists. This gives drivers extra time to change direction or to stop.



“Wearing bright or reflective clothes makes it easier for motorists to see you.”

Set a good example by always staying bright

It isn't only children who face the risk of being hurt while walking or cycling. Grown-ups are at risk too. Everyone, including parents and grandparents, should wear bright and reflective clothes, not only to set a good example but for their own safety too.





# RSA recommendations

## Follow the Safe Cross Code:

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1. Look for a safe place
  2. Don't hurry - stop and wait
  3. Look all around and listen before you cross the road, remember...
  4. Let all the traffic pass you
  5. Then walking straight across, you...
  6. Keep watching, that's the SAFE CROSS CODE
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Children under 12 should always cross the road with an adult.

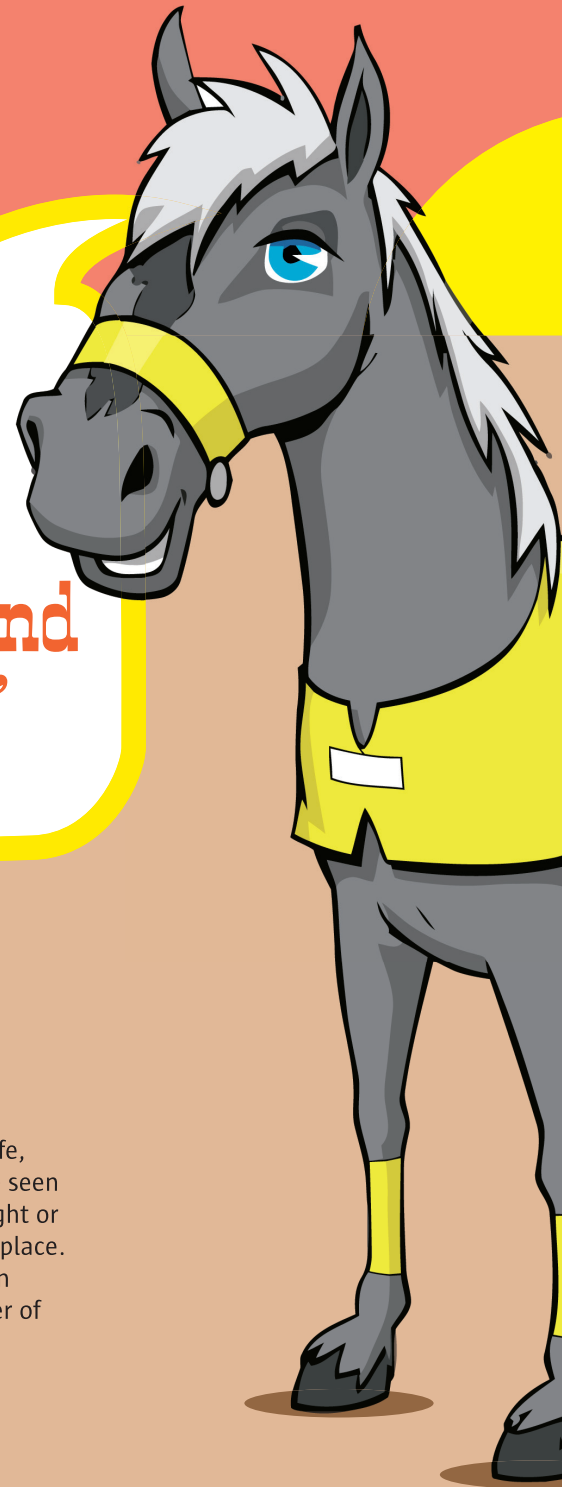
If there is no footpath, walk facing oncoming traffic and as far to the right as possible.

Wear bright, high visibility clothing. Both day and night, wear clothing with reflective strips and carry a torch.

**“Do your best to be seen! Wear bright or reflective clothing and walk in safe places.”**

## Teachers and parents note:

Over 128,000 children walk to school in Ireland every weekday. To keep them safe, it's important that they know how to be seen on the streets, whether it's wearing bright or reflective clothing, or crossing at a safe place. Following the RSA recommendations can help us continue to decrease the number of pedestrian fatalities.



# POSTER COMPETITION

1ST PRIZE

€2000



4 REGIONAL PRIZES

€500



## Design a poster that glows

Now you can win €2,000 and a day out for your class. All you have to do is design a poster that glows!

Students from all around Ireland can take part, and the best poster - the one that will be best seen in the dark - will win.

The winning school will receive €2,000 and the poster will be published in a national newspaper.



## Entering the Hi Glo Silver competition

### - Guidelines for teachers

This competition is for Second Classes only and no more than one entry per class may be submitted. The poster you enter can be designed by all the students in the class or any individual student. You may want to organise a class competition to decide which poster should represent your class. Poster text may be written in either English or Irish, and your entry should be on a sheet of paper no bigger than A3 in size. Remember to send a completed entry form along with your submission to: Hi Glo Silver Competition, PO Box 107, Ballina, Co. Mayo. Entries must reach us no later than 14th February 2020.

# ENTRY FORM

To enter, all you have to do is design a poster!

Complete the entry form below and post it off with your poster to:  
Hi Glo Silver Competition, PO Box 107, Ballina, Co. Mayo,  
to reach us no later than 14th February 2020.

Name of Teacher: .....

Name of Class: .....

Name of School: .....

School Address: .....

..... School Phone: .....

Email Address: .....

# DON'T FORGET TO ENCLOSE YOUR POSTER!

