**The can you be seen Quiz**

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1. **What helps you to be seen in daylight?**
2. **What material helps you to be seen at night?**
3. **How much sooner can a driver see you at night if you are wearing or carrying?**
4. **When do fluorescent colours show up best?**
5. **What do you need for reflective material to show up?**
6. **Why is ‘high vis’ clothing fluorescent and reflective?**
7. **Which colour is the most difficult for the human eye to see? Yellow/Pink/Green/Blue**
8. **Which colour is most popular with horse riders in the countryside?**

**Answers**

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1. ***Fluorescent***
2. ***Reflective***
3. ***Three seconds which could make all the difference***
4. ***In poor daylight such as mist or light rain but not when it is dark***
5. ***Light such as car headlights***
6. ***So you can be seen at any time of day and night***
7. ***Blue***
8. ***Pink as it contrasts with colours in nature, yellow is also popular.***