

### **What is High Vis?**

'High Vis' is the name given to things which are fluorescent and reflective. It is short for 'high visibility' which means 'easy to see'.

**Fluorescent** colours are really bright. They have special chemicals in them which make them seem even brighter when it's cloudy, rainy, misty or starting to get dark. They help you to be seen in the day. However, they do not show up well after dark.

Most fluorescent clothing is yellow or orange but not always; it can also be pink, green or red.

**Reflective** materials usually look grey or silver but they can also be a special kind of white or coloured plastic. They work by reflecting the light from a source straight back to the source. They look really bright in the dark if you shine a light on them.

If a car shines its headlights on you and you are wearing or carrying something reflective it helps you to be seen at night. However, reflective materials do not show up well in the daytime.

### **Task:**

Look at a high vis waistcoat (available from us or borrow one from a parent). Which parts are fluorescent? Which parts are reflective? Which parts show up in daytime? Which parts show up at night?

Now look at your own school bags, trainers or coats. Can you find any reflective or fluorescent parts? If so why do you think these have been added?( for safety and/or because it looks good).

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