

Print this file double sided then trim using the crop marks. For best results, print on card stock.

# Be seen.

## Wear reflective clothing at night every time.



**saif**  
Work. Life. Oregon.

saif.com

Adapted with permission from  
bookmarks.com

# How quickly do you react?

Ask someone to hold this card about three inches above your thumb and forefinger.



## Dangerous

Your reactions are dangerously slow and could cause a crash resulting in death or serious injury.



## Terrible

Your reaction time is terrible and means that, when braking, you will take much longer to stop than you should.



## Poor

Your reaction time is poor. You would have to stay alert at all times to avoid an accident.



## Average

Your reaction time is fair, but don't be complacent, and stay alert at all times.



## Excellent

Your reactions are great, but make sure you keep focused at all times.

See how quickly you can catch it.

