

PEDESTRIAN SAFETY

Walking is a great form of exercise and can provide many long-term health benefits. The following are some tips and suggestions to stay safe and prevent accidents from occurring while walking.

1. SEE AND BE SEEN

- Take walks during the day so oncoming vehicles can see you.
- Wear reflective and bright clothing. Consider attaching reflective materials to your shoes or bag.
- If walking at night, use a flashlight to help light your path and alert drivers. Stay in well-lit areas.
- Use paths and sidewalks whenever available, and remember to walk facing oncoming traffic if possible.
- BE EXTRA CAREFUL when trying to catch the bus. Wait for the next one, as a few minutes' delay is better than getting hurt or worse.

2. WEAR PROPER GEAR

- Wear sturdy shoes to provide proper support and stable footing.

3. WHEN CROSSING THE STREET

- Use marked crosswalks at intersections to cross the street.
- Before crossing the street, stop and look to the left, then right, and left again.
- Try to make eye contact with drivers when crossing busy streets.
- Give yourself time to cross the street. If the "caution" sign is blinking, consider waiting for a fresh green signal to ensure having the maximum amount of time.

- For countdown traffic lights, check that there is enough time left for you to cross the street without rushing.
- Have someone accompany you when crossing the street if possible.

4. UNDERSTANDING CROSSWALK SIGNALS



- DO NOT cross the street.



- Pedestrians may cross the street with caution.



- Countdown to warn pedestrians when the traffic signal will change.



- Countdown is reaching end and traffic signal will change. DO NOT start crossing the street. If you are in the street when the signal begins, continue to walk as quickly as possible until you reach the other side.

References:

Loyola University Health System; *Walking in Traffic and Road Safety for Elderly Pedestrians*, <http://www.stitch.luc.edu/depts/injprev/Transprt/tran4-01.htm>

AAA Exchange; *Mature Pedestrian Safety*, <https://exchange.aaa.com/safety/pedestrian-safety/types-pedestrians/#.W9s8ZWhKh9M>

Crosswalk signal images courtesy of the National Highway Traffic Safety Administration, https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/stepping_out.pdf