

PEDESTRIAN SAFETY TIPS

SOME OF THE MOST SERIOUS INJURIES OCCUR WHEN PEOPLE ARE WALKING TO AND FROM THEIR VEHICLES.

PEDESTRIAN SAFETY IS FOR EVERYONE, AT ANY AGE.

- 1 LOOK FIRST**
- 2 WEAR THE GEAR**
- 3 GET TRAINED**



BC Forest Safety

Safety is **good** business

PEDESTRIAN SAFETY TIPS



LOOK FIRST

- Remember—you share the road with drivers and cyclists. Make sure drivers and cyclists can see you.
- Use pedestrian lights if the intersection has them. Always check the intersection before stepping onto the crosswalk or road, even if there are lights. Don't cross in the middle of the block or between parked cars.
- If there are no crossing lights, wait until it is safe to cross. Assume drivers can't see you.
- Make eye contact with drivers and wait for cars to stop before you cross. Even cars that seem to be slowing down may not stop. Wait until traffic has come to a complete stop before crossing. Watch for traffic turning at intersections or into driveways.
- Pay attention, be aware of what's around you, and be in control of your actions when you're walking. Having drugs or alcohol in your system or talking on your cell phone can put you at higher risk for an injury when walking.

WEAR THE GEAR

- Wear bright or light-coloured clothing or reflective strips when walking at dusk or at night.
- Carry a flashlight or headlamp to light your way and wear a flashing red light to be visible at night.
- Use a cane, walker, or another type of mobility aid if you need to.
- Wear your glasses and hearing aids. Wear sunglasses or a visor in the daytime, even in winter.
- Wear proper-fitting shoes with a good grip. Add ice grips to your shoes and a pick at the end of your poles or cane in the winter.
- If you're wearing headphones, keep your volume low enough to hear what's going on around you.

GET TRAINED

- Know and obey all the rules of the road.
- At traffic lights, cross as soon as the light turns green or the walk signal says walk. Don't cross once the "don't walk" signal starts to flash or once the light has turned yellow. Never cross at a red light.



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