



PEDESTRIAN SAFETY

Walk This Way!

Walking is a healthy activity and a great way for the whole family to enjoy the outdoors. However, it's important to be aware of the risks when out walking, especially around traffic. The following safety tips will help make every walk a fun and safe activity for all.

Four Major Risks

1. Intersections

When out walking, cross the street at marked intersections. But **ALWAYS** check for cars before crossing. Intersections are usually heavy with traffic.

2. Vehicles Backing Up

Never assume that a driver can see you, especially if you're walking behind their car. Watch for parked cars at every driveway and intersection that may be about to turn, pull out or back up.

3. Drivers Not Seeing Pedestrians

Just because you can see a driver, that does not mean that they can see you. Wear bright or reflective clothing, and carry a flashlight if walking at dawn or dusk.

4. Trust

Safety measures such as crosswalks and traffic lights are meant to keep us safe. But they don't always prevent injuries from happening. Always be aware what is going on around you.

Stroll Safely

Follow these tips on every walk.

- Look left, right, left, then behind and in front for cars before crossing the street. Try to always be aware of cars.
- Walk on the sidewalk if available. If there's no sidewalk, walk facing traffic.
- Pick the safest route that you can find. Avoid crossing busy or high-speed streets. Stay in well-lit areas.
- Walk in groups.



Walking with Children

Children should understand the rules of safe walking.

It takes time and practice for a child to develop the ability to deal with lots of traffic. When older, they will be able to correctly judge the speed and distance of oncoming traffic.

There is no magic age when children are old enough to walk without an adult. As a parent, you should decide when your child has the skills and know-how to deal with traffic safely.

Always take your child's hand when crossing busy streets and in parking lots.



In Cooperation With:

Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention

Sources: National Center for Safe Routes to School, National Highway Traffic Safety Administration, University of North Carolina Highway Safety Research Center