

## Step into safety: How to be a smarter pedestrian

**W**alking is one of the simplest and healthiest things you can do. But you need to be careful when you walk. Many people are injured while walking along a street or road. They might be walking a dog, jogging or headed to school or work. Some simple tips can help you be a safe pedestrian as you walk in your city or neighborhood.



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### Quick facts on walking safety:

**1** Use crosswalks. Be sure to cross streets only at a crosswalk. And look both ways for traffic at the crosswalk. Do this even if a walk signal tells you the way is clear. Put away your phone and take your headphones out.



**2** Stay alert in the crosswalk. Watch for cars in both directions as you cross the street. Look up, listen and be aware of what is happening around you.

**3** Be noticed. When walking during the day wear bright colors like yellow, red or orange. A bright shirt, armband or vest work well. Be sure drivers are aware you are there.

**4** At night, it is even more important to be noticed. Walk along well-lit streets and use crosswalks at intersections. Also, wear reflective strips on your clothes so drivers can see you better.

**5** Use sidewalks. But if there are none, walk facing traffic. Facing cars lets you see what's coming at you. That means you can react quickly and get out of the way if needed



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