

Tips for Walking Safely

Tips For Walkers

- Developmentally, most kids can't judge speeds and distances until at least age 10, so younger kids need to cross with an adult
- Did you know most walking injuries happen mid-block or someplace other than intersections? Whenever possible, cross the street at corners, using traffic signals and crosswalks
- Look left, right and left again before crossing the street, and keep looking and listening while crossing
- Walk, don't run, when crossing the street
- It's always best to walk on sidewalks or paths, but if there are no sidewalks, walk facing traffic as far to the left as possible
- Remove headphones when crossing the street
- If you need to use your phone, stop walking
- Distraction among drivers is at an all-time high today, so try to make eye contact with the driver before you step into the road

Tips For Drivers

- Slow down and be especially alert in residential neighborhoods and school zones, before and after school hours
- Most walkers are injured mid-block, not at intersections, so watch out for kids who may dart into traffic or cross where they shouldn't
- Give pedestrians the right of way at a crosswalk
- Using cell phones, even hands-free, makes it harder for drivers to be alert to walkers who may also be distracted on cell phones



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