



Walk: Pedestrian Safety Tips

-  **Teach kids at an early age to look left, right and left again when crossing the road.**
-  **Adults or older children need to walk with younger children and teach them how to cross the road safely.** Young children can't properly judge safe gaps in traffic or speeds.
-  **Always cross the street at corners.** Use traffic signals and crosswalks. Up to 25% of pedestrian collisions occur at mid block locations.
-  **Walk on sidewalks or paths.** Sidewalks can reduce pedestrian collisions by 88%. No sidewalks? Walk facing traffic as far away from vehicles as possible.
-  **Phones down, heads up when walking.** Teach kids to put phones, headphones and other devices down when crossing the street. Child pedestrians are up to 30% more likely to be struck or nearly struck by a vehicle when distracted by a cellphone.
-  **Be seen.** Teach kids to be especially alert and visible to drivers when walking after dark. Brightly coloured clothing and reflective gear help increase 360- degree visibility. 55% of pedestrian deaths occur at night and/or with low- light conditions.

For more information, visit
www.myhealthunit.ca