

Common Pedestrian Mistakes

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



“Look, Listen, & Live!”

1. Stepping Off Curbs Being Unaware
 - Pedestrians don’t always “*Stop, look both ways, and listen*” before crossing the street.
 - Connect with drivers by making *eye contact*. If they don’t see you and aren’t paying attention—don’t step in front of them!

2. Pedestrian Screening
 - Pedestrians can be hidden or “*screened*” by parked cars, shrubs, or other obstacles.
 - Screening is especially true for small children.

3. Signal Faith
 - Pedestrians put “*faith*” in signal lights or crosswalk lines thinking they will guard them from traffic.
 - Many pedestrians are killed **INSIDE** crosswalks while being perfectly legal!

4. Signal Lights
 - Don’t cross unless the light signals you to cross.
 - Start crossing when the crossing light turns white **AFTER** you check for traffic.
 - When the walk light flashes red—quickly finish! Don’t go back because it can confuse drivers.

* Ron Jones (5.21.08)