

Pedestrian Safety

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



Visibility!

- Be Proactive.
- Be Visible.
- Use a marked crosswalk when available.
- In low light, wear brightly colored clothing.
- At night, use a flashlight, flashing LED strobe lights, reflector straps, or reflectorized clothing.

Intersections, Crosswalks, & Bike Lanes

- Don't rely on painted lines alone. Make EYE CONTACT before you enter street and also while crossing.
- Stop at curb—*look and listen* for motor vehicles, bicycles, and other pedestrians before you enter the street.
- Look left, right, and then left again before entering the street.
- Be especially careful of vehicles turning left or right at intersections.
- From curb to curb, be defensive!
- Stay out of bike lanes. If there is a pedestrian zone—use it. If there is no sidewalk, walk against traffic on the left side of road.
*Note: This *does not* apply to bicycles; *bicycles ride with traffic.*

Traffic Lights

- Start as soon as walk light illuminates which allows for maximum crossing time, but remember to look both ways before stepping off curb!
- “*Finish on Flash*” means quickly finish crossing if the walk light starts flashing—but do not “start” crossing.
- If light starts flashing during crossing, do not get frightened and return to where you started, quickly continue to other side.

***In today's society, people are very distracted.
Don't be one of them while walking...or you might end up dead!***

* Ron Jones (4.21.08)