

SAFETY SPOTLIGHT

PEDESTRIAN SAFETY

Walking is a wonderful form of exercise and travel, but it is not without risks. According to the National Highway Traffic Safety Administration, in 2019, 6,205 pedestrians died in traffic accidents (an average of one every 85 minutes). Accordingly, it is important to take precautions and travel safely using the following tips.

Distracted walking is the primary danger for pedestrians. Many traffic fatalities, as well as slip and fall accidents, are caused by pedestrians not paying attention.

- ❖ Stay aware of your surroundings when walking and keep your gaze up. Pay attention to the world around you, not your phone, book, or anything else distracting.
- ❖ If you need to text or make a call, move to a safe location away from traffic and stay still until you are finished and ready to proceed.
- ❖ Either avoid listening to music altogether or keep the volume low enough where you can still hear your environment.

Make yourself as visible as possible.

- ❖ Make eye contact with drivers and bike riders as they approach.
- ❖ Wear brightly colored clothing during the day and reflective materials and/or hold a flashlight when walking at night. You can add reflective tape to clothing that is not reflective on its own.
- ❖ Avoid entering the street from between cars where it is hard for drivers to see you. Never dart out into the street.



Stay on designated walking paths.

- ❖ Use sidewalks whenever possible. If there is no sidewalk, keep to the side as far from the traffic as possible while walking against it (facing cars coming at you rather than having traffic approach from behind). Avoid walking down the center of the street.
- ❖ Cross at designated crosswalks or intersections, as drivers are more likely to watch for and anticipate pedestrians there. Look in all directions for cars before crossing and take extra care at driveways and in parking lots.

Follow traffic laws as if you were driving.

- ❖ Only cross streets on green lights when no cars are coming, or in gaps in traffic if there are no traffic lights. Don't try to "beat" traffic; cars are speedier than even the fastest person on foot.
- ❖ Avoid walking while under the influence of alcohol or other drugs, as they can impair your judgement and abilities and can increase reaction times.

Helping to keep our member's employees safe! This Safety Spotlight brought to you by: