



Walking Safety

Before you lace up your sneakers, here are some important safety tips you'll want to keep in mind:

- 1. Walk on sidewalks**
Always walk on the sidewalk if there is one available. If there are no sidewalks and you have to walk on the road, always walk facing traffic.
- 2. Dress to be seen**
Wear bright colors or reflective clothing so drivers have an easier time seeing you.
- 3. Cross at marked crosswalks or intersections**
Stop and look left, then right, then left again before you step into the street. Always obey traffic signals.
- 4. Be alert for turning vehicles**
Drivers are often busy checking traffic when turning which decreases their chances of seeing pedestrians.
- 5. Vary your route**
Don't walk the same route at the same time every day. Not only is it safer, it's also a lot more interesting.
- 6. Find a walking buddy**
There is safety in numbers. If you go out without a companion, tell someone which route you will be taking and what time you expect to return.
- 7. Carry an ID**
Always carry some form of identification in case of an accident or emergency.