

Straight Talk - Smart Walk Pedestrian Safety Program

Safe Walking Tips for Seniors

Walking is a great way to get places or enjoy the California sunshine. As you get older, you may rely on walking more than driving a vehicle. Remember to be smart! As an older adult, you are at a higher risk of becoming a victim of a pedestrian collision. By following a few safety tips you can avoid a tragedy. Walking should be a safe and enjoyable activity.

Fast facts about pedestrian collisions:

- In Los Angeles County in 2002, 64 seniors died and 301 seniors were hospitalized from pedestrian collisions.
- In 2002, the death rate for senior pedestrians was 3.21 per 100,000 – the highest of any age group.
- California has not had a day without a traffic fatality since September 12, 2000.
- On a typical day in California 2 pedestrians are killed.
- On average, a pedestrian is killed in a traffic crash every 109 minutes.

see and be seen

To be safe, rethink your walking habits!

- Stop, turn, look and listen for approaching traffic.
- Push the pedestrian push button at intersections – this button makes sure you have enough time to cross the road.
- Stay alert! Vehicles may be approaching more quickly than anticipated.
- Wear light-colored clothing and/or reflective material to make it easier for drivers to see you.
- Don't make any quick moves while walking. Make it easier for drivers on the alert by being predictable.



Additional pedestrian safety tips to consider:



- Don't walk alone. Invite a friend to join you.
- Use crosswalks at all times. Remember to stay within the painted lines.
- Make eye contact with drivers to ensure that they see you.
- Follow the flashing Walk/Don't Walk pedestrian signals. Stand away from the curb when waiting for the Walk signal.
- Always use sidewalks when they are available.
- Wait for vehicles to make a complete stop.
- Know your walking ability! Will you be able to cross the intersection in time?
- Always carry personal identification and consider carrying a cell phone turned on, ready to use when walking.
- Carry a flashlight for dark areas and nighttime. Watch out for drivers turning on a red light.
- Be extra careful in poor weather conditions, and avoid walking if possible.
- Look for reverse lights and be aware around parked cars, driveways and alleys.

use your eyes, it saves lives

