



# Pedestrian Safety

*Be smart. Stay alert.*

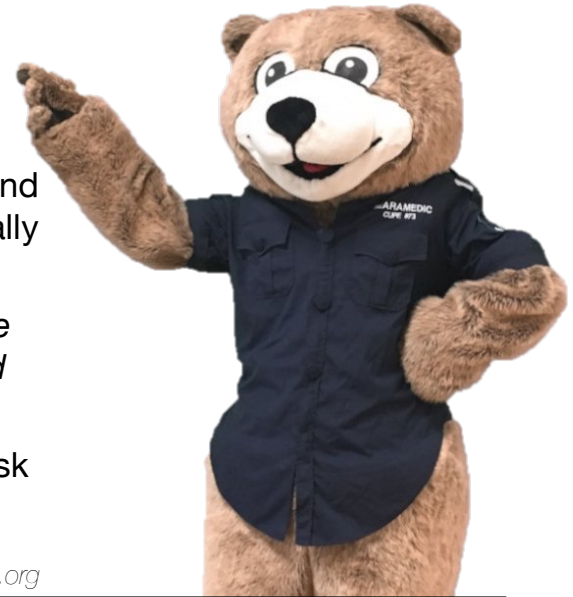
## ***Did you know...***

Children need three important skills to safely and independently cross the street – the skills aren't typically acquired until a child reaches 9 to 11 years of age:\*

- *The ability to determine and use a safe crossing route*
- *The capability to realistically assess a vehicle's speed*
- *The cognitive means to judge safe gaps in traffic*

Children between the age of 5 and 14 are at the greatest risk for pedestrian related fatalities.\*

\*[www.parachutecanada.org](http://www.parachutecanada.org)



## **Follow these tips from Bear-a-medic to be a safe pedestrian:**

- ✓ Always look left, right then left again before crossing the road. Make sure traffic has stopped and make eye contact with drivers before stepping out.
- ✓ When possible, walk on sidewalks or pathways. If you must walk on the road, never walk with your back to oncoming traffic.
- ✓ Be visible – wear bright colours and reflective gear so drivers, bikers and other pedestrians can see you.
- ✓ Don't text and walk. If you are wearing headphones, keep one earbud out and the volume low. You need to see and *hear* what is going on around you.
- ✓ When possible, cross at a marked controlled intersection or a crosswalk.

***Always know your route and stay alert – make safe choices while walking.***