

Office of Health Promotion



# Walking

# Safely

## **Walking Safety Tips**

Follow the rules of the road and obey signs and signals

Walk on sidewalks whenever they are available

If no sidewalk, walk facing the traffic and as far from traffic as possible

Cross streets at crosswalks or intersections...look around before crossing

When crosswalk or intersection are not available, find a well lit area when you have the best view of traffic to cross

Watch for cars entering or exiting driveways, backing out of parking lots

When crossing at night do not assume you can be seen even if you are in the crosswalk, wear light clothing for better visibility

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# Driving



# Safely

## **Safety Tips for Drivers**

Look out for pedestrians everywhere at all times

Use extra caution when driving in hard-to see conditions, (e.g.,  
night and bad weather)

Slow down and be prepared to stop when approaching a  
crosswalk

Never pass vehicles stopped at a crosswalk

Be extra cautious when backing up and look for pedestrians

Never drive under the influence of alcohol, or any other  
substance, including some prescribed medications

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# Walking



# & Cell phones

## Walking Safety Tips

When walking day or night be aware of your surroundings

Keep your hands free using by using a Bluetooth device or headphones

If you must have ear buds in, only wear one and keep the volume low where you can hear ambient noise

While using a cell phone can be a distraction, they can also be helpful, call and catch up someone while you make your trip especially at night if you cannot find someone to walk with you to your destination

College campuses are safe places for students, and you must take precautions to protect yourself.

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# Biking

# & Safely

## **Biking Safety Tips**

Wear a properly fitted bicycle helmet  
Protect your brain.

See and Be Seen. Be it daytime, dawn, dusk, foul weather, or night, you need to be seen by others.

Wear fluorescent, neon or other bright colors when riding day or night  
s in, only wear one and keep the volume low where you can hear ambient noise

Remember, just because you can see a driver doesn't mean the driver can see you

Always ride with at least one hand on the handlebars.

Be on the lookout for potholes, broken glass, gravel, puddles, leaves and dogs. All of these hazards can cause an accident.

Avoid riding at night. It is far more dangerous to ride at night than during the day

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# Biking

# & Safely

## **Riding on the Road**

Go with the flow of the traffic

Obey all traffic laws, when you ride in the street, obey all traffic signs, signals and lane markings

Signal your moves to others, avoid riding in and out of cars.  
Ride in a straight line.

Stay alert, use your eyes and your ears. Watch for potholes, cracks, wet leaves, storm grates, railroad tracks or anything that could make you lose control of the bike.

Look before turning, use hand signals.  
Look behind you then signal before turning. Watch for left and right turning traffic.

Watch parked cars, avoid the unexpected like doors opening or cars pulling out.