

| Potential Risk | Answer | If you answered YES... |
|---|---|---|
| 1. Do you jaywalk? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Stop! Over 70% of pedestrian crashes involve jaywalking |
| 2. Do you ignore pedestrian signals? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Walk with care! Following signals is the safest way to cross |
| 3. Do you use a cell phone while walking? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Don't walk distracted! It only takes a second to miss seeing a car or hazard |
| 4. Do you wear headphones while walking? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Stay aware! Sounds can alert you to danger |
| 5. Do you wear dark clothing while walking at night? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Be seen! Wear reflective clothing or safety lights |
| 6. Do you walk after consuming alcohol? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Don't risk it! One-third of pedestrians killed had a BAC above 0.08 |
| 7. Do you take medications that make you drowsy or unbalanced? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Consult your doctor! Perhaps your medications can be adjusted |
| 8. Is your vision impaired? | <input type="checkbox"/> Yes <input type="checkbox"/> No | See an eye doctor! Annual exams will detect changes in your vision |
| 9. Do you wear glasses with bifocals or progressive lenses? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Be careful! Pay special attention when walking down stairs or negotiating curbs |
| 10. Do you have trouble hearing? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Get your hearing checked! Some traffic dangers can be heard before they are seen |
| 11. Have you fallen in the past or been told you are at risk for falling? | <input type="checkbox"/> Yes <input type="checkbox"/> No | Use a balance aid! Consider a cane or walker to improve your stability |
| 12. Are you a slow walker? TEST: Mark two lines 10 feet apart, time yourself walking there and back <i>Answer 'yes' if longer than 5 seconds</i> | <input type="checkbox"/> Yes <input type="checkbox"/> No My time: _____ seconds | Pick up the pace! Walking speed is important to your safety |

The preferred answer to all questions is "NO."

If you marked "Yes" to any of them, you may need to take steps to reduce your risk.

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