

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 occur outside of crosswalks
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. Are you a slow walker? TEST: Mark two lines 10 feet apart, time yourself walking there and back Answer 'yes' if longer than 5 seconds	<input type="checkbox"/> Yes <input type="checkbox"/> No My time: _____ seconds	Pick up the pace! Walking speed is important to your safety
9. Is your vision impaired?	<input type="checkbox"/> Yes <input type="checkbox"/> No	See an eye doctor! Annual exams will detect changes in your vision
10. 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
11. 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
12. 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

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.

Pedestrian Safety Resources

Where can I purchase pedestrian safety gear?

esafetysupplies.com

(866) 693-3754

Vest • Reflective armband • Glow wand • Hat

dontgethit.com

(732) 886-8865

Lighted accessory

amazon.com

(888) 280-4331

Lighted armband

Where can I find more information about pedestrian safety?

Pedestrian Safety: AAA Exchange

exchange.aaa.com/safety/pedestrian-safety/

Pedestrian Video Series: Perils for Pedestrians

pedestrians.org/webcasts.htm

Understanding Pedestrian Signals: BikeWalk NC

bikewalknc.org/2015/04/understanding-pedestrian-signals

Everyone is a Pedestrian Program: National Highway on Traffic Safety Administration

(888) 327-4236

nhtsa.gov/nhtsa/everyoneisapedestrian/

Walk This Way! Taking Steps for Pedestrian Safety:

Centers for Disease Control and Prevention

(800) 232-4636

cdc.gov/features/pedestriansafety/

Pedestrian and Bicycle Safety Initiative: U.S. Department of Transportation

(202) 366-4000

transportation.gov/safer-people-safer-streets

Pedestrian Safety: California Department of Motor Vehicles

(800) 777-0133

dmv.ca.gov/portal/dmv/detail/about/pedestrian

Training, Research and Education for Driving Safety

University of California San Diego

Website: treds.ucsd.edu • Email: treds@ucsd.edu • Phone: (858) 534-9330