

Walking Risk Assessment

Potential Risk	Answer	If you answered YES...
1. Do you cross the street outside of intersections or crosswalks?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Stop! Crossing outside of intersections or crosswalks account for most pedestrian fatalities.
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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Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.