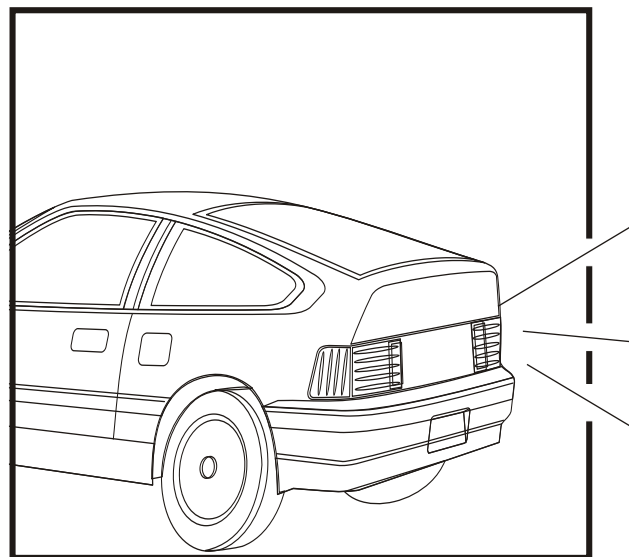
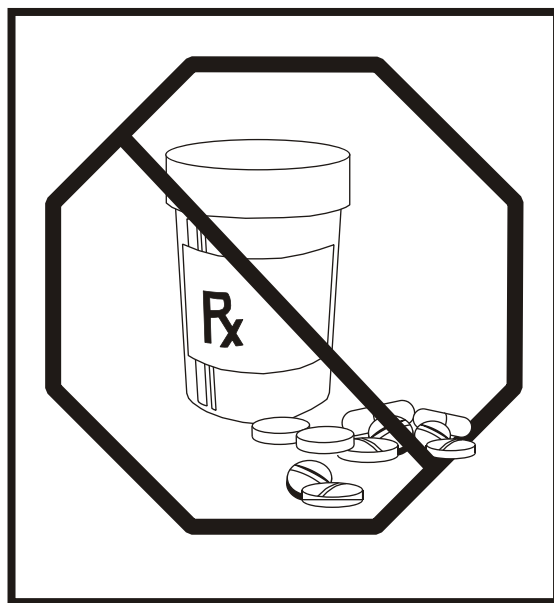


## Don't Walk Near Traffic After Taking Medication or Drinking Alcohol

The hazards of drinking or using medications combined with driving are well known. But alcohol and drugs can also impair a person's ability to walk safely. Stay away from traffic after drinking alcohol, or when taking medications that may cause dizziness or blurred vision.



## Watch for Cars Backing Up

Watch for cars backing out of parking lot spaces and driveways.

## Walk Facing Traffic

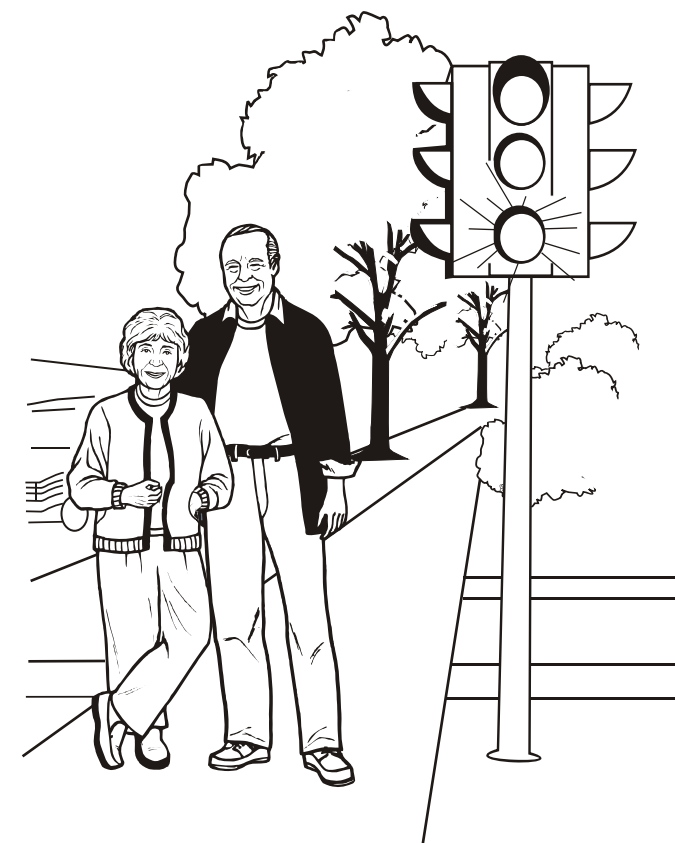
When walking along a road where there are no sidewalks, walk facing traffic and keep as far to the left of the road as possible.

## Grandparent Alert

If you have grandchildren, work with them until they know how to cross the street. You can help them learn these essential skills which will help them deal with traffic throughout their lives.

# WALK ALERT

**PEDESTRIAN SAFETY  
FOR SENIORS**



**Florida Atlantic University**  
Toll Free 1-866-831-2873

[www.cure.fau.edu/pedcenter](http://www.cure.fau.edu/pedcenter)

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## When You Decide to Walk

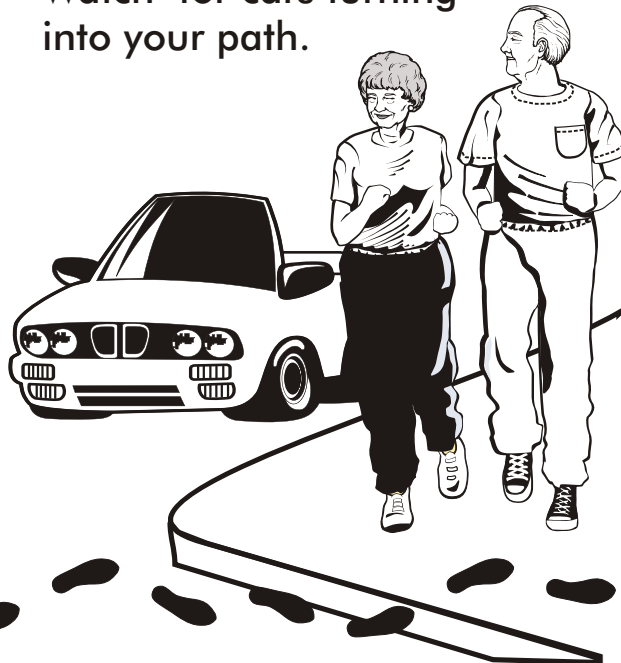
**W**alking is one of the healthiest ways for adults to keep in shape. It is also something everyone does daily, even people who own cars.

Living in a rural or an urban area, pedestrians must cope with traffic. There are many areas where traffic flow is heavy and complex; signs and signals in these areas will require your full attention.

Older people are usually law-abiding and familiar with signals controlling crosswalks at intersections. But traffic signals and crosswalks don't guarantee pedestrian safety. That's why a crossing pedestrian must always be alert.

## Cross The Street With These Easy-to-Remember Rules

- Always stop at the curb or the edge of the road.
- At an intersection with a traffic light, wait for the "WALK" signal. If there is no "WALK" signal, wait for the green light for your direction. Place one foot into the crosswalk. It may be helpful to extend your arm to alert drivers. Wait for drivers to stop. Cross and keep looking for approaching cars. Watch for cars turning into your path.



- If the orange hand "DON'T WALK" signal begins to flash, continue crossing, don't stop. This signal means not to start crossing.
- Look before stepping past stopped vehicles. An approaching driver may not have seen you. Again, it may be helpful to extend your arm to alert drivers that you are crossing.



## See And Be Seen

- During the day wear bright colored clothing to help drivers see you.
- Walking at night has extra risk because it is more difficult to see and be seen. If you choose to walk at night, carry a lighted flashlight and wear jackets, armbands or other clothing made with retro-reflective materials. This can be seen from a much greater distance than white clothing.