

# HOW TO SAFELY CROSS STREETS AND [ AVOID HAZARDS ]



## AFTER THIS COURSE



Trainers should be able to both describe and demonstrate safe pedestrian crossing behavior and describe common pedestrian hazards and safe walking practices.



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## [ WHEN CROSSING THE STREET REMEMBER THESE IMPORTANT TIPS ]

### CROSSING SAFELY

- ▶ Stop at the curb before entering the street.
- ▶ Only cross at street corners, and use a marked crosswalk when possible. Do not cross mid-block unless there is a marked crosswalk, and do not cross between parked cars.
- ▶ Activate the pedestrian push button (when available) and wait for the pedestrian "Walk" signal. If there is no pedestrian signal, wait for a green light in your travel direction and for the crosswalk to be clear.
- ▶ Look left, right and left again before crossing and be aware of any turning vehicles.
- ▶ Make eye contact with drivers before you cross in front of them. This is one of the best ways to ensure that drivers are aware of you.



*It is safe to cross when this signal is lit and the intersection is clear.*



*Do not begin crossing the intersection when this signal is lit or flashing. If this signal is flashing and you are already in the intersection, continue crossing quickly and carefully to the other side of the street.*







# PEDESTRIAN CROSSING HAZARDS

## [ EXAMPLES ]

**DISTANCE:** Long crossing distances mean that the pedestrian is in the road - and at risk - for a longer time. This is a particularly important factor for children and seniors crossing the street. ●



**CROSSWALK MARKINGS:** The markings for this crosswalk are very faded and may not be seen by drivers. Pedestrians must keep this in mind when attempting to cross and take extra caution at poorly marked or unmarked pedestrian crossings.



**TURNING VEHICLES:** Vehicles turning left into the crosswalk may be travelling at high speed and not see you. Take extra care at intersections with left turning vehicles.



**HIGH TRAFFIC VOLUME :** Busy roads require extra caution to cross. Be aware of vehicle turning movements and allow sufficient time to cross. Assume that drivers are not aware of you and prepare accordingly.





## [ OTHER RISK FACTORS ]



**MISSING SIDEWALKS:** Always walk on a sidewalk if one is available. If there is no sidewalk, walk on the shoulder and always walk **facing traffic**.

### VISIBILITY • HIGH TRAFFIC SPEEDS • BARRIERS

**VISIBILITY:** Pedestrian visibility is a major factor in many pedestrian accidents. Avoid walking in poorly lit areas at night or in bad weather, and wear bright or reflective clothing so that you are more visible to drivers. \*Statistics show that pedestrians are over seven times more likely to be killed in the dark than in daylight.

**HIGH TRAFFIC SPEEDS:** \*According to recent statistics, 85% of pedestrian fatalities occur on roads with speed limits greater than 30 miles per hour. A pedestrian is also 16 times more likely to be killed crossing a road with a speed limit over 49 miles per hour, than crossing a road with a speed limit under 30 miles per hour. Take extra care when crossing high speed roadways, because the consequences of a crash are extremely serious.

**BARRIERS:** Do not jump the barrier! Cross divided roads only at marked crosswalks. A longer walk is worth your safety.

*\*According to NHTSA National Pedestrian Crash Report, 2008.*





# Pedestrian Safety Guide



**Pedestrian fatalities are 16 times more likely to happen on roads with speed limits over 49 miles per hour, and over 7 times more likely at night than in daytime.**

- (NHTSA) National Highway Traffic Safety Administration

## HOW TO CROSS SAFELY

**STOP:** Stop at the curb before entering the street.

**USE CROSSWALKS:** Cross at marked crosswalks.

**PUSH THE BUTTON:** Push the pedestrian push button to cross, or cross with the green light.

### OBEY SIGNALS:



**SAFE TO CROSS**

*It is safe to cross when this signal is lit and the intersection is clear.*



**DO NOT CROSS**

*Do not begin crossing the intersection when this signal is lit or flashing. If this signal is flashing and you are already in the intersection, continue crossing quickly and carefully to the other side of the street.*

**LOOK:** Look left, right and left again before crossing and watch for turning cars. Make eye contact with drivers before you cross in front of them.

**CROSS:** Cross the street quickly and safely.

## CROSSING TIPS

**BE VISIBLE:** Wear bright or reflective clothing.

**WALK FACING TRAFFIC:** If sidewalks are not available, walk facing traffic.

**DO NOT JUMP THE BARRIER:** Only cross divided roads at marked crosswalks.

**HIGH SPEED, HIGH VOLUME, HIGH DANGER:** Take extra care in crossing roads with a lot of fast moving cars.



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## FURTHER READING

### ► SOURCE

#### **New Jersey Division of Highway Traffic Safety**

[www.njsaferoads.com](http://www.njsaferoads.com)

#### **Federal Highway Administration, Education & Outreach**

[safety.fhwa.dot.gov/ped\\_bike/education/](http://safety.fhwa.dot.gov/ped_bike/education/)

#### **The Pedestrian and Bicycle Information Center**

[www.walkinginfo.org](http://www.walkinginfo.org)

#### **NHTSA. National Pedestrian Crash Report, 2008.**

[<http://www-nrd.nhtsa.dot.gov/Pubs/810968.pdf>](http://www-nrd.nhtsa.dot.gov/Pubs/810968.pdf)

