



Walk to School Day October 2013

Walking Safety Tips

Be Visible

Wear bright colors in daytime. When dark, wear light-colored clothing and something with reflective material.

Be Predictable

Walk single file and stay on the sidewalk.

Cross Safely

Use designated crossing locations. Be respectful of crossing guards. Always stop at the curb edge; look left, right, and then left again; when it is clear, walk cautiously and deliberately, looking around the whole way.

Be Alert

Make eye contact with drivers who may be turning. Watch for cars backing up.

Keep the Volume Down

If listening to music through headphones, keep the volume at a level where you can still hear cars, bike bells, and warnings from other walkers and runners.

Don't Walk & Talk (On a Cell Phone)

If you must use a cell phone, stop walking and find a safe area to talk.

Be Aware of Stranger Danger

Choose a walking route that is often used by other walkers, joggers and cyclists. If you see someone suspicious, be prepared to change your course or go into a store or public building to avoid them.

Learn more at:

walktoschoolday-la.org

