

Be Safe! Be Seen!

Pedestrian safety is important not only for pedestrians to remember, but for drivers as well. Being safe means being seen, no matter what time of day. Every year, thousands are injured in pedestrian related incidents, particularly involving children. Practicing safety measures with your family will help everyone to stay safe.

Below are a few things to remember, especially when children are present.

- **Know the rules of the road.** Cross the street at marked intersections and be sure to obey all traffic signals. Remember to look left, right, and then left again for traffic.
- **Be on the correct side.** Walk on the sidewalk. If there isn't one, walk on the left side of the road, facing on-coming traffic.
- **Never leave a child unattended.** Children should always be accompanied by an adult. Be sure to hold the child's hand, especially when crossing the street.
- **Be seen.** If walking in the dark, remember to wear light-colored clothing and or clothing with reflective material so that drivers can see you. It is also a good idea to have a flashlight.
- **Watch for toys.** If a toy or pet goes into the street, children should learn not to run out to retrieve it. Have them ask an adult for help. Drivers should be aware of small children playing and to drive slowly, especially in residential areas.
- **Play in the right place.** If your children are playing outside, it is safest for them to play in the backyard or away from the street.
- **Pull over.** If you are tired or your driving is impaired for any reason, do not drive. This increases risk for drivers and pedestrians.

It is important for everyone to know and follow the rules of the road for their own safety. Practicing these rules as a family strengthens their message and brings awareness to the importance of pedestrian safety.

For more information on pedestrian safety, please visit the Safe Kids Worldwide website at www.safekids.org. Additional information is also available at the National Fire Protection Association's website at www.nfpa.org.

