

DO YOU WALK SMART?



It's important to walk smart to stay safe. If you don't focus when you walk, you could trip (embarrassing), bump into someone or something (more embarrassing and possibly painful), or get hit by a car (painful and possibly deadly). It's simple—look up and keep your eyes open so you can see and your ears open to hear what's going on around you when you walk.

Are you a safe pedestrian? In the chart below, track your behavior for three days. Each time you walk outside, put a ✓ for each safety rule you follow, and an X for those you don't. (Fill in the chart when you're safely at your destination!) At the end of the three days, evaluate the chart to determine how you can walk more safely.

	Walk on sidewalks or paths.	Cross the street at crosswalks or intersections.	Stop and step aside to text or talk on the phone.	Be cautious of surroundings if wearing headphones.	Make eye contact with drivers so you know they see you.	Don't let friends distract you when in a group.	Follow all street and traffic signs.
Day 1							
Day 2							
Day 3							

How did you do?

Were you distracted when walking? If so, what distracted you and what changes can you make to be a safer pedestrian? Write tips for yourself on a separate sheet of paper.

Remember:

If there's no sidewalk available, walk facing traffic on the shoulder as far from traffic as possible. If there's no crosswalk, find a well-lit area and wait for a gap in traffic that will give you enough time to get across the street safely, and keep your eyes on the traffic as you cross.