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Walking Safety Tips

Below are tips and helpful reminders for pedestrians to make your walks both fun and safe. Keep these tips in mind when walking in your neighborhood, to the store, or just across the parking lot.

The Top Ten Tips:

1. Use closed toe, comfortable shoes that will not slip.
2. Consider what you are wearing and choose clothes that drivers can easily see. Light or bright colors, reflective material and flashing lights are best.
3. If you have a choice about where you walk, choose a route with sidewalks or a shoulder to give yourself space away from traffic.
4. If there are no sidewalks, walk facing traffic.
5. Important things to carry with you are water, a driver's license or ID, and a cell phone.
6. Always look for cars before crossing a street or stepping off a curb.
7. Use crosswalks and follow traffic signals when crossing at street lights
8. Be predictable.
9. Before stepping in front of a car make eye contact with the driver. Make sure they see you, plan on stopping and have time to stop.
10. You might have the right-of-way, but walk like drivers do not know the rules.

Seasonal Walking Safety Tips

It is important to remember that much like driving conditions can change seasonably or due to the weather, the same goes for walking. Keep these safety tips in mind for different seasons and weather conditions.

Winter Walking:

- Dress in layers to keep warm and dry.
- Remember the hat and gloves.
- Use shoes that will not slip on snow and ice. Ice grippers for the bottom of shoes can help avoid slipping.
- You will have more balance if you walk with your hands out of your pockets.

Spring Walking:

- Check the weather and be prepared for sun, rain or even snow.



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- A hat, light jacket and umbrella are good items to carry for spring weather.

Summer Walking:

- Drink water before your walk and avoid alcohol and caffeinated drinks. Carry extra water with you to drink as you walk.
- Know the signs of heat sickness and seek shelter if you have symptoms.
- Signs of heat sickness include:
 - Heavy sweating
 - Weakness
 - Muscle cramps
 - Dizziness
 - Headache
 - Nausea/vomiting
 - Fainting

Fall Walking:

- Layer clothing for both warm and cold temperatures.
- A hat, light jacket and umbrella are good items to carry for fall weather.

Rules of Walking

Knowing the law can help you stay safe as a pedestrian. Below is additional information and facts to help keep you safe.

Be aware. Cross with care.

- Make eye contact with drivers turning right before you step into a crosswalk. Make sure they see you, plan on stopping, and have time to stop. Also, don't assume that because the car in the lane closest to you has stopped that other cars will stop too.

Don't be dead right.

- Pedestrians do have the right of way at marked and unmarked crosswalks; but be careful, some drivers might not know that rule or always follow it. Being right won't keep you from being hit.



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The fine print.

- Pedestrians only have the right of way when drivers can reasonably stop. Drivers can't read your mind. At 20 mph, the total stopping distance needed is 69 feet; at 30 mph it's 123 feet and at 40 pm it's 189 feet. Slippery roads and other factors can increase the distances needed to stop. At night, without additional street lighting, drivers may be only able to see as far as their headlights — 160 feet. Wear light or bright colors, reflective material and flashing lights to increase your visibility.

They're there for a reason.

- Always use sidewalks when they are available. If not, walk on the left side of the street facing traffic.

Obey traffic control devices.

- Red Light, Steady Hand, or “Don't Walk” – do not enter the intersection.
- Yellow Light, Flashing Hand or “Don't Walk” – do not enter, but people already in the intersection may finish crossing.
- Green Light, Walking Person or “Walk” – enter when it is safe. Look left, right, and left again. Keep looking.

Distracted walking can be deadly.

- UNPLUG headphones when crossing the street.
- HANG UP your cell phone until you are out of the intersection.
- TEXTING CAN WAIT until you know you are safe.
- LOOK UP! Make eye contact with the approaching driver and make sure the driver sees you!

Distracted walking tips courtesy of the “Speed and Pedestrian Safety Management on North Virginia and Sierra Streets” project by The Davidson Academy of Nevada and UNR Police Services.

For additional tips and other useful information go to www.StreetSmartNV.com.