

PARSH NURSE HEALTHY NOTES – October 2020

Overview: The Fall and Winter months bring less daylight and darker commuting hours, which can lead to more crashes between cars and pedestrians and bicyclists. According to the National Highway Traffic Safety Administration, 76% of pedestrian fatalities occur after dark.

STREET SAFETY TIPS:

If you're driving.....

- Slow down and obey the speed limits
- Stop for pedestrians at crosswalks
- Be careful when passing buses or stopped vehicles
- When turning, yield to people walking and biking
- Look for bicyclists before opening your door
- Avoid using your cell phone and **never text while driving**

If you're walking.....

- Cross the street at the corner and use marked crosswalks when they're available
- Use the pushbuttons
- Wait for the walk signal to cross the street
- Watch for turning vehicles
- Before crossing look both ways
- Be visible. Wear something light or reflective after dark
- Watch out for blind spots around trucks and buses
- **Avoid using your cell phone while you are crossing the street**
- On an off-street trail, obey all posted signage and approach intersections with caution

If you're biking.....

- Obey all signs and signals
- Never ride against traffic
- Ride in a straight line at least 3 feet from parked cars
- Use hand signals to tell drivers what you intend to do
- **Wear a helmet**
- Use lights at night and when visibility is poor
- On an off-street trail, obey all posted signs and approach intersections with caution