

# Walk Aware

New York State Department of Health



## Pedestrian Safety Tips for Older Adults

- Always cross at the crosswalk or corner. When crossing at an intersection, look behind you for vehicles turning the corner.
- Obey all traffic signs and signals.
- Always walk on the sidewalk. If sidewalks are not available, walk on the left side of the roadway or its shoulder facing traffic.
- Avoid walking at night. If you must walk at night, always wear bright or light-colored clothing.
- Always wear appropriate footwear (flat, rubber-soled, proper fitting, comfortable and preferably a shoe that ties).
- Don't be afraid to ask for assistance when crossing!
- If you walk with a cane... apply reflective tape to it; this may make you more visible.
- Be aware of high curbs and uneven sidewalks.
- Be aware of icy and slippery pavement.