

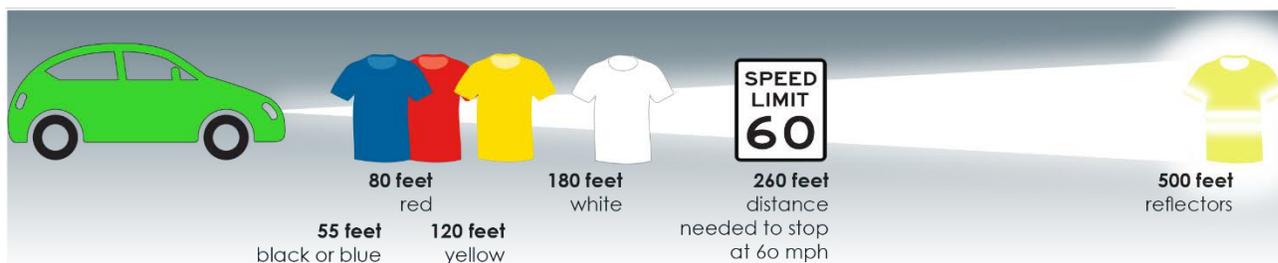
## Take Care to Be Seen by Drivers While Walking

No matter your age, walking is a healthy way for North Texans to get to work, school and other destinations. Walking also helps improve air quality and promotes friendly neighborhoods. Since the benefits of walking are shared across communities, everyone should help make streets safe by looking out for people who are walking or bicycling along the road.

Pedestrians, people who travel by foot, wheelchair or similar means, are among the most vulnerable users of the road. According to the Centers for Disease Control and Prevention, on average, nationwide 445 people are treated in an emergency room for a traffic-related pedestrian injury every day.

To make yourself visible and help drivers see you in the dark, wear white or bright clothing (avoid dark clothing) and reflective materials. Drivers using headlights can see reflective materials from up to three times farther away.

### Clothing colors and distance at which a driver first sees someone walking



When walking, always use the sidewalk. If a sidewalk is not available, walk on the left side of the street against the flow of vehicle traffic.

Before crossing the street, make eye contact with drivers. The safest place to cross is at a marked crosswalk or intersection. Crossing elsewhere increases the risk that a driver will not see you. Similarly, pay attention to traffic signals that indicate when it is safe to cross.

Avoid crossing the street between parked vehicles or vehicles waiting at traffic signals, and be extra careful when exiting buses. Parked cars and buses can block a driver's view.

In the past five years, the number of crashes between people driving and people walking and bicycling has been increasing in North Texas. Understanding how everyone should interact together is important to improving safety on area streets. Learn more tips for bicycling, walking and driving safely at [www.LookOutTexans.org](http://www.LookOutTexans.org).

Tell us what you are doing to be safe and look out for North Texans. The first 25 people who publicly post on Twitter or Instagram with the **#LookOutTexans** hashtag will be contacted to receive a free light-up armband, bicycle light set, or repair kit.