



SAFETY BULLETIN

PEDESTRIAN SAFETY

California Department of Developmental Services



Is this bulletin useful?

It is important to be prepared when walking or moving along sidewalks and roadways. Talk to your support team about precautions to take as a pedestrian.

HELPFUL TIPS

Before You Leave: Plan Your Trip and Be Prepared

Plan your route in advance.

Choose routes that are well-lit and do not have a lot of vehicle traffic.

Use sidewalks whenever you can.

Ask your support team to help plan your route.

Wear bright and/or reflective clothing.

Avoid wearing dark clothing (black, brown, navy-blue), including your outer jacket.

When the sun is going up or down and at night, use a flashlight.



Wellness and Safety Bulletins are produced by the Department of Developmental Services to alert direct service providers, regional center staff, and others about specific risks identified with our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)

HELPFUL TIPS (continued)

Avoid being a pedestrian if you have been using alcohol or drugs.

Being near roads while under the influence of alcohol or drugs can impair your coordination, quick reaction, and clear thinking.

Know who to contact if something goes wrong.

Have the phone number of someone that you can call for help if you get hurt or lost.

If you have an emergency, call 911.

When Using Sidewalks or Near Traffic: Know What to Do

Use a sidewalk or path instead of walking on the road.

If a sidewalk is not available, walk on the road as far left as possible, directly facing traffic.

Follow street signs and obey traffic signs and signals.

Stop at stop signs and red traffic lights.



HELPFUL TIPS (continued)

Cross streets in the crosswalk or at an intersection. Do not jaywalk!

Before crossing a street, look in both directions: to the left, to the right, and to the left again.

Watch for traffic until you are safely across the street.

If possible, try to make eye contact with drivers before crossing.

Do not cross between parked cars or move or run out into the street between parked cars.

Watch for vehicles entering or pulling out of driveways or parking lots.

Never assume a driver sees you. They may be distracted. As they approach, make sure they can see you.

If you are not sure, then wait.

Stay off your cell phone.

Talking or texting can distract you from what is going on around you.

Avoid using earbuds or headphones. They decrease your ability to hear traffic.

Use of assistive technology, like tablets for communication, may be necessary to safely navigate in the community.

Make a plan for how to use them safely as a pedestrian.

Source: [CDC](#), [StrongGo Industries](#), [CA Office of Traffic Safety](#), [Pedestrian Safety Tips](#) | [Safe Kids Worldwide](#)



ADDITIONAL SOURCES

California Road Signs - Everything You Should Know - [Drive-Safely.net](https://www.drive-safely.net)