

# Safety Tips for Pedestrians



Always remember that the roads are dangerous and you have to take care and pay attention at all times



Stop, look and listen - have a good look around you and make sure you can see the traffic in both directions. Use your eyes and ears. Look in all directions and listen carefully for approaching traffic.



Where possible only use designated crossing places (Pelican Crossings, Zebra crossings, subways, footbridges, traffic islands, school crossing patrols). Make sure you wait at all crossings until traffic has stopped.



Don't cross roads while listening to an MP3 players (or similar devices) or operating a mobile phone.



Try not to cross a road from between parked cars - they will make it harder to see oncoming vehicles and drivers will find it harder to see you.



Do not cross on a bend (you won't be able to properly see oncoming traffic).



When walking always stay on pavements and footpaths. Do not just step out into the road - stop, look and listen.



If you have to cross between parked cars, make sure you:



When walking at night, always use well lit routes. Use designated crossing places where possible. Don't cross between parked cars (pedestrians are more likely to be hidden in shadows, or blocked from the drivers view by parked vehicles).

-check for occupants in the driving seat. They may be about to reverse or drive forward.



When walking at night, wear or carry something white or reflective (stick on strips, arm bands or fun reflectors). Carry a torch if possible.

-avoid crossing between high vehicles (vans/lorries). You need to be able to see and be seen clearly.

-Move to the edge of the parked cars without stepping out into the road.



Try out a route to school (when making the transition from primary to secondary). A parent could go through your route with you pointing out potential dangers and highlighting the safest places to cross.

-Look in both directions. When it is safe to cross, move into the road.



## Statistics

**In 2012** 88 children and young people were killed or seriously injured on the roads of Essex. This represents 12% of all RTC KSIs.



**In 2013** 69 children and young people were killed or seriously injured on the roads of Essex. This represents 10% of all RTC KSIs.



Essex County  
Fire & Rescue Service

Our Values: Respect, Accountability, Openness and Involvement

