



SAFETY TIPS FOR THE OLDER DRIVER AND PEDESTRIAN

Those of us 55 and over are disproportionately being killed in traffic crashes. There are things we should know and steps that we can take to prevent these tragedies. If you have a problem with any of THE FOLLOWING ACTIVITIES, you may be at risk.

READING STREET SIGNS IN TOWN

DRIVING ACROSS AN INTERSECTION

FINDING THE BEGINNING OF A LEFT-TURN LANE AT AN INTERSECTION

FOLLOWING PAVEMENT MARKINGS

RESPONDING TO TRAFFIC SIGNALS

CROSSING WIDE STREETS

If you have experienced difficulty with any of the above, and you are over the age of 55, you are simply experiencing the changes the aging process produces upon a person's vision, hearing, reaction time and decision making ability. You can avoid becoming a victim of a motor vehicle crash if you take some of these simple precautions before you driving or walk around on city streets.

Mature Driver Traffic Safety Tips

Before You Drive . . .

- Have your eyes checked regularly. Your vision may not be what it used to be.

- Don't add tint to your windshield if you do much night driving.
- Always research trips to unfamiliar locations before you leave the house. Locate street names and addresses on maps, note landmarks, and one way streets to make your trip easier and safer.
- Replace wiper blades regularly and keep windshield and headlamps clean.
- Make sure your mirrors are adequate and properly adjusted.
- Don't wear glasses with side pieces that block your view.
- **Always** wear your safety belt. Get into the habit of buckling up before the vehicle is in motion. This is important at every age but it is especially important for older persons because your body becomes more fragile as you age and you are more likely to be injured if you are in a crash.
- If your car has air bags, do not sit or lean unnecessarily close to the air bag, and do not place any objects over the air bag or between it and you. Always wear your seat belt whether or not your vehicle is equipped with air bags.
- If you are taking any medicine, even non-prescription drugs, ask your doctor or pharmacist if it might affect your driving.
- **While Driving . . .**
- Avoid driving at night if you can't see or are bothered by bright lights from other cars. If night driving becomes too difficult, don't drive a night.
- Drive on familiar roads and avoid driving during rush hours if you can. Make sure you know signs by their shape and what the standard symbols mean.
- Avoid driving during bad weather.
- Keep adequate space between you and the car in front of you – one car length for each 10 miles per hour.
- Drive the speed limit. Don't drive too slowly. This is unsafe! Drive in the right lanes whenever possible.
- If you are making a turn, go as slowly as necessary and stay in your lane. Use your turn signal, and make sure it's off after you complete your turn.
- Before leaving your vehicle, always put in the transmission in **Park**, set the parking brake, and shut off the engine. Make sure your foot is on the brake pedal before shifting out of **Park**.

PEDESTRIAN SAFETY TIPS

Walking in Traffic

Walk on the Sidewalk

- Stay on the sidewalk and crosswalks. Avoid walking in traffic where there are no sidewalks or crosswalks. If you have to walk on a road that does not have sidewalks, walk facing traffic.

Cross at Intersections

- Most people are hit by cars when they cross the road at places other than intersections.
- At intersections where there are traffic lights, wait until the light straight ahead turns green, or until **WALK** is illuminated. Pedestrians already in the street should continue walking and complete the crossing.
- If it takes you longer than normal to cross the street, or if it is a particularly wide thoroughfare, always wait for a **Fresh WALK Signal**.

Look Left, Right, and Left for Traffic

- Stop at the curb and look left, right, and left again for traffic. Stopping at the curb signals drivers that you intend to cross. Cross in marked crosswalks and obey the signal.

See and Be Seen

- Drivers need to see you to avoid you.
- Stay out of the driver's blind spot.
- Make eye contact with drivers when crossing busy streets.
- Wear bright colors or reflective clothing if you are walking near traffic at night. Carry a flashlight when walking in the dark.