

Parents Can Make a Difference

Facts About Pedestrian Injuries

- ◆ In the U.S., a child is killed in a pedestrian crash every 90 minutes.
- ◆ In San Diego County, pedestrian injuries are a leading cause of death to children in all age groups, but children from five to nine years of age are at highest risk.
- ◆ The number of pedestrian injuries is highest during September and October when kids are returning to school.



Supervision, Supervision, Supervision

- ◆ Always hold a child's hand when crossing the street.
- ◆ Never let a child under 10 years old cross the street alone.
- ◆ Do not expect older children to watch younger children. A responsible adult needs to be with a young child **AT ALL TIMES** when the child is outside.
- ◆ Find safe areas for your children to play, away from cars.



What to Expect from Children

- ◆ Children under the age of 10 are not able to make good decisions about their safety. *They need help from an adult.*
- ◆ Children cannot judge speed, direction or distance very well.
- ◆ If children see a car, they think that the driver sees them.
- ◆ Children don't think before they act, especially when they are playing.



- ◆ Children are small. It's harder for them to see traffic and for drivers to see them.

Set a Good Example

- ◆ Children learn from what they see.
- ◆ Always cross in a crosswalk or at an intersection. Do not cross between parked cars.
- ◆ Use signals correctly, walk only on the green "walk" sign.
- ◆ Teaching your child to look both ways before crossing is **NOT** enough. Talk to your child about making eye contact with the driver to make sure that the driver has seen him.



Center for Healthier Communities for Children
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**Know the Rules of the Road, and
YOU can keep yourself safe!**



The Big 8 Rules of the Road:



1 Walk on the sidewalk. If there is no sidewalk make sure to walk on the side of the road where you can see the cars coming.

2 Always cross in a crosswalk or at an intersection. Do not cross in the middle of the block.

3 Always **STOP** at the edge of the street, look left, right and left again before you cross. **NEVER** run into the street without looking.



4 Follow all traffic rules, street signs, signals and markings on the road.

5 Make sure the driver's eyes are looking at you. *See and be seen.*

6 It is easier to see a group of kids than just one. Walk safely together.



7 Playing in the street or in driveways is not safe! Drivers may not see you.

8 If a ball or toy or animal goes into the street, do not chase it. Ask an adult for help.

Respect and follow the rules of the road for your own safety.



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Don't Risk the Life of a Child: Drive Safely

Be a Responsible Driver

- Always stop for pedestrians. They have the right of way:
 - In a crosswalk
 - At an intersection
 - At a stop sign
 - At a traffic signal with a “walk” sign
- Travel at or below posted speed limits and allow enough time to stop safely.



- If children see a car, they think that the driver sees them.
- Older adults may not see or hear cars coming towards them or be able to cross quickly.



Tips for Drivers



- The streets are for pedestrians, bicyclists and cars to use.
- ALWAYS be aware of the possible danger of pedestrians.
- When making a right hand turn on a red light, always stop and look for pedestrians crossing.
- Use major streets instead of residential streets as much as possible.

Slow Down and Watch Out

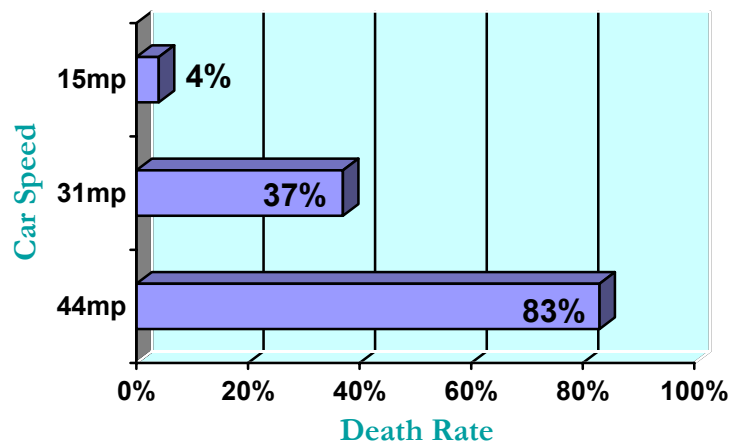
- Children are too young to make safe decisions in dangerous traffic situations. Be ready to make quick stops where there are children.
- Children cannot judge speed, direction or distance very well.

How Much Does Speed Matter?



A driver's speed means a world of difference for pedestrians and bicyclists. A person hit by a car traveling at 15 miles per hour will be hurt but probably won't die. A person hit by a car traveling at 44 miles per hour will most likely die! The person has more chance of dying if the car is going faster.

Pedestrian Death Rate VS. Car Speed



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