



NSW Police Force

# Safe Choices for Older Adult Pedestrians

As we get older, we don't always notice that everyday things we do can take extra time, including getting out and about. It is an unfortunate fact older people (70+ years) have a higher risk of being killed or injured in car crashes.

To keep yourself as safe as possible on the road, follow these tips to stay safe when walking and crossing the road.



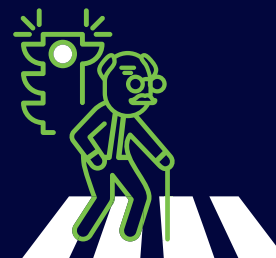
At intersections, always **CHECK FOR TURNING VEHICLES** before you leave the kerb and while you are crossing the road.

**WALK TO YOUR ABILITY**, when crossing the road be aware of how long it may take to walk across it safely and don't put yourself (or others) in danger. Be mindful of vehicles on the road or reversing from driveways that you may not expect. If you use a mobility aid such as a walking stick, frame or mobility scooter be comfortable with the aid before setting out on your walk.



When crossing the road, **NEVER ASSUME A DRIVER CAN SEE YOU OR WILL STOP**. Their vision may be affected by sunlight, other cars or they may be distracted.

**USE PEDESTRIAN CROSSINGS** to cross the road or traffic lights with pedestrian signals. If you can't find a crossing nearby, always look for the safest place to cross, even if you have to walk further down the road.



Always **WAIT FOR VEHICLES TO STOP COMPLETELY** before you begin crossing the road. Do this at traffic lights with green walk signals and at pedestrian crossings.



When crossing the road, **TAKE THE SHORTEST ROUTE** to get to the other side. If there is a pedestrian refuge island, use it to safely cross the road in two stages.

**WEAR BRIGHT COLOURS** to increase your visibility.



Always **USE THE FOOTPATH** when available.

**WATCH OUT FOR CYCLISTS** using roads, footpaths or pathways in parks. When you're on a shared path, keep to the left side of the pathway to allow room for cyclists to pass.





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# Don't Let Your Drive Affect Lives - Look out for pedestrians



When pedestrians are about slow down! Don't assume that a pedestrian has seen you and will wait for you to go past.



Drivers must always give way to pedestrians crossing the road, even if there is no marked pedestrian crossing.



Be mindful that vulnerable pedestrians may need extra time to cross – older people may be slower, and children can be difficult to see and may act unpredictably.



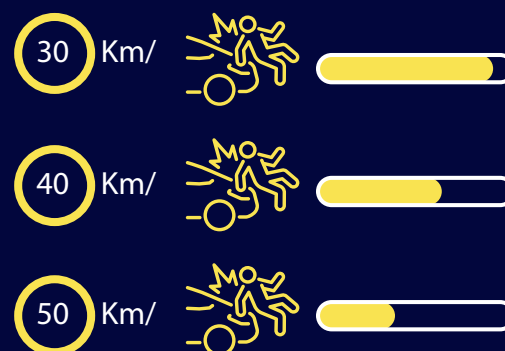
Be aware that pedestrians are hard to see at night and in poor weather.

Slow down, be aware of your surrounding and sudden changes on roads where there are likely to be a lot of pedestrians, especially near schools, shopping centres and licenced premises where pedestrians may be intoxicated.

Slow down and focus when parking or performing manoeuvres such as U turns, be mindful of and minimise distractions.

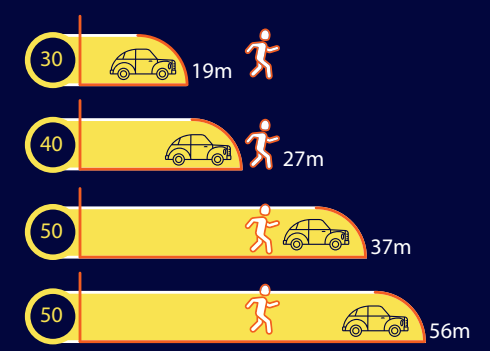
To reduce the risk of a crash, drivers should stay under the speed limit and drive to the conditions, such as slowing down in wet weather or poor visibility. A small increase in speed can make a significant difference to the seriousness of a crash and can be the difference between life and death.

## Chance of survival for a pedestrian being hit by a car



\*Based on young adult pedestrians

## The faster you go, the longer it takes to stop



\*Typical stopping distances when driving on a reasonable road surface