

# Are you walking safely?

**In Canada Bay, 10 pedestrians were killed over the past five years and 6 of these were aged 65 and over.**

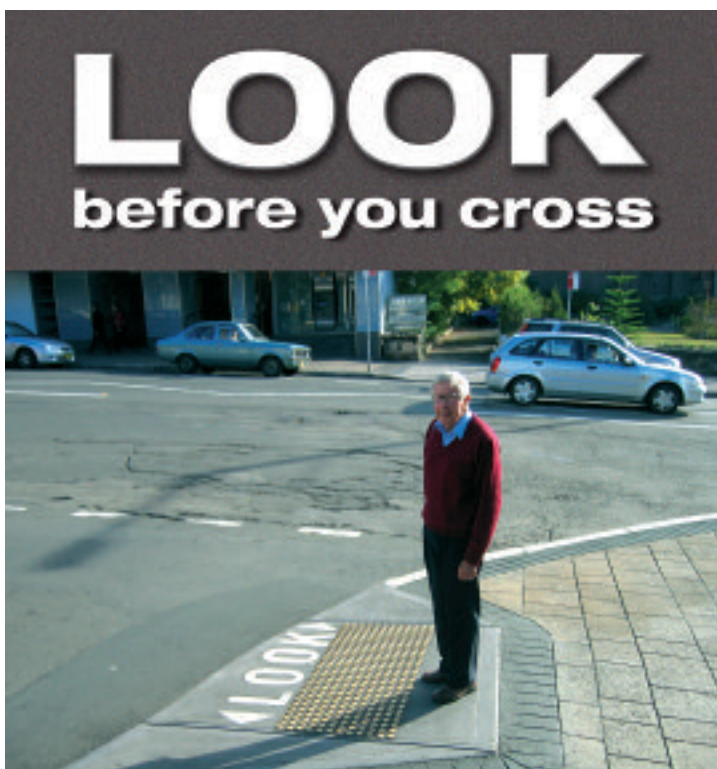
- What risks can be avoided?
- What practical steps can be taken to walk safely?

## When can walking be risky?

- In places where it is busy and hard to cross.
- When it is hard for pedestrians to see traffic coming.
- When it is difficult for cars to see a pedestrian.
- Avoid crossing on crests or from between parked cars.
- Walking can be risky if changes in a person's hearing, sight or mobility require changes in that person's usual road crossing habits.

## What practical steps can be taken to cross the road safely? Be alert.

- **Look** before you cross. Look right, look left, look right.
- Watch out for cars in driveways.
- Make eye contact with drivers before crossing.
- Make crossing the road your own decision – other people may make mistakes.
- Crashes often happen during a person's usual daily walk – people take more care in new places. Look for traffic every day.



**In Canada Bay**, the word "LOOK" has been stenciled on the pavement at major road crossing points. Use this to remind yourself to look for traffic.

**Mayor Angelo Tsirekas**  
City of Canada Bay

## Be visible

- Cross at pedestrian crossings and traffic lights when possible.
- Cross where you can easily see cars coming.
- Cross where car drivers can easily see you.
- At night and in rain, wear light coloured clothes so drivers can see you clearly.

## Be realistic

- Cross in a safe place, even if it is a longer walk.
- When tired, taking a short cut may seem easier, but it is a safety risk.
- Busy or fast traffic can be confusing: choose the easiest place to cross.
- Can you cross in time? Wait for a longer gap rather than taking a risk.

## Bags can be heavy

- Consider home delivery
- Use a wheeled bag
- Walk to the shops and use public transport to take shopping home.

## Respect your health needs

- Confident walkers have good balance and are steady on their feet.
- Regular medical checks of hearing, sight and health can manage health changes before they cause difficulty.
- If you use glasses or hearing aids, always wear them.
- Choose shoes with flat soles and good grip.
- Private podiatry can now be funded under medicare at no cost to the patient. Ask your General Practitioner about Enhanced Primary Care Plan.

## Do you walk with children?

- Council has a free brochure to help teach road safety skills to children.
- For more information please call Council's Road Safety Officer on 9911 6332 or visit Council's website [www.canadabay.nsw.gov.au](http://www.canadabay.nsw.gov.au). You can also call into the Canada Bay Civic Centre Drummoyne or the Five Dock, Concord or Concord West Libraries for further information.

