

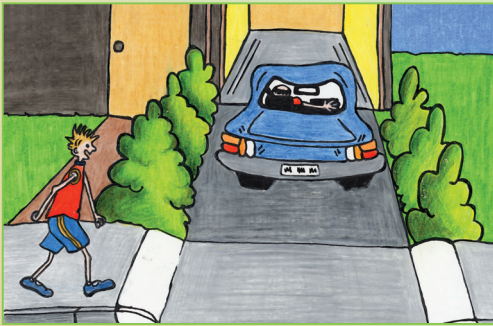
# Be A Safe Walker

Walking is a healthy and fun way to get where you are going.  
Here are some tips so you can walk safely.



## 1 Look and Listen

"Always Look All Ways" when walking  
use your eyes and ears to watch for cars and trucks



## 2 See and Be Seen

- It can be difficult for drivers to see you walking – wear bright, white, or light-colored clothing
- Watch for cars backing or pulling out of driveways, alleys, or near snow banks, where it is especially difficult for drivers to see.
- Carry a flashlight if walking at night

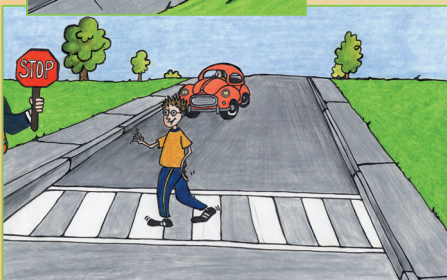
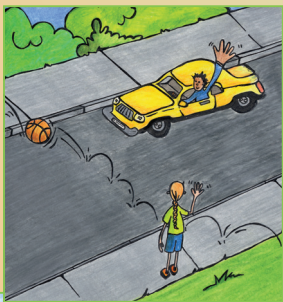
## 3 Walk Safely

- Use sidewalks whenever you can
- If there is no sidewalk, walk on the left side of the road facing traffic
- Plan safe walking routes with your parents or another adult



## Cross the Road Safely

- Stop, look left, look right, and look left again, before crossing any road
- Cross at a crosswalk whenever you can
- Cross with a crossing guard's help when there is one
- At traffic lights, wait for the white "WALK" sign to light up and then look left, right and left again before crossing
- Watch for turning cars at all intersections, even if the walk signal is lit
- "Wait, Watch, and Wave" – be certain to wait until ALL cars have stopped in ALL the lanes, and the drivers have seen you before you cross
- Be predictable – don't run into the street after a ball or for any reason
- When crossing with others, make your own decision if it is safe for you to cross



When we all practice safe walking it is easy to be safe, get good exercise, and have fun!

For information about Maine Safe Routes to School, the "Walking School Bus," and other opportunities, contact the Maine Safe Routes to School Program at 623-4571 or [saferroutes@BikeMaine.org](mailto:saferroutes@BikeMaine.org) or visit [www.MaineSafeRoutes.org](http://www.MaineSafeRoutes.org)

# Ways to Improve the Safety of Your Kids!

## A Message to Parents

Walking is a great way for you and your children to have fun and get basic exercise. Walking to school is also a great way for your kids to get exercise regularly, which is proven to help kids be more alert throughout the day. Please review the other side of this flyer and then share your knowledge with your kids. Your guidance and example are the best ways to make walking in your community safer.

### Plan Out and Walk Safe Routes with Your Kids

One of the most important things you can do is walk with your kids around your neighborhood. You can determine the safest walking routes for them and show them how to navigate any difficult spots along the way.

Walk to school together on a weekend morning and afternoon when lighting conditions are similar to when they will be walking to and from school. Teach them the best routes and how to safely walk on those routes, then ask them to use those routes every time they walk. You might need to choose different routes for day time and night time. Use this method with other destinations such as friend's houses, stores or playgrounds.

### Be a Safe Driver

We all know we are safe drivers, but did you know that the vast majority of school zone crashes are caused by parents dropping off and picking up their kids at school? And most neighborhood speeding violations are caused by drivers who live in that neighborhood? Role modeling safe driving habits in your community helps all of us. Here are the most common ways to avoid vehicle / pedestrian conflicts near schools.

- Don't rush things – that is when crashes happen!
- Avoid distractions like cell phones, eating or drinking while in school zones.
- Obey crossing guards and yield to pedestrians in crosswalks. In Maine law, drivers must yield when someone enters a crosswalk.
- Drop off kids on the school side of the street and have kids get out on the curb side of the car to avoid dangerous street crossings in the morning rush.
- Double check for approaching bicyclists before opening your car door.
- Watch for kids crossing the road when you are pulling out, backing out, or turning. Pay special attention to your blind spots.
- Avoid making right turns on red lights near school zones.
- Do your community a favor and drive the posted speed limit, which also ensures everyone behind you is, too.



The Maine Department of Transportation is pleased to offer this handout on safe walking to parents and students as part of our commitment to providing Safe Routes to School. We have secured Federal funding to develop and promote safe bicycling and walking routes to school. This new effort on walking safety combines well with our commitment over the last five years to provide bicycle safety education in schools through collaboration with the Bicycle Coalition of Maine. This is part of our overall program at MaineDOT to encourage all people in Maine to use bicycling and walking as modes of transportation whenever feasible. I am happy to receive any feedback you might have on our walking and bicycle safety program or questions on how to improve bicycling and walking transportation in your community.

Please contact me at 624-3252 or [dan.stewart@maine.gov](mailto:dan.stewart@maine.gov)

Dan Stewart, Bicycle/Pedestrian Coordinator  
Maine Department of Transportation



[www.MainesafeRoutes.org](http://www.MainesafeRoutes.org)



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