

Injury Prevention

Facts & Tips

Pedestrians have little to protect them when struck by a motor vehicle and have a high risk of death or hospitalization.

Many injuries happen in **predictable**, **preventable** ways.

Walk on sidewalks and cross at designated crosswalks whenever possible. Don't allow young children near roadways without adult supervision.

Pedestrian Safety

- Annually in the U.S., more than 4,500 pedestrians are killed and thousands more are injured in traffic crashes.
- In Oklahoma for 2015, 645 pedestrians were involved in traffic crashes; of these, 68 died.
- In 2014, 219 Oklahoman pedestrians were hospitalized due to injuries in traffic crashes.
- Persons under 20 years old made up the highest percentage of pedestrian incidents; however, older pedestrians were more likely to be hospitalized or die.
- Older people may need more time to cross a street and may have reduced ability to react if a vehicle fails to yield.
- Many of the pedestrians, or the drivers who hit them, were alcohol-impaired at the time
 of fatal incidents.
- Pedestrian incidents occurring between 8 p.m. and midnight resulted in the most deaths and hospitalizations.

Prevention

- Pedestrians should stay on sidewalks and cross at a designated crosswalk whenever possible.
- Never assume that a driver sees you; if possible, try to make eye contact with the driver before stepping into the roadway.
- Keep looking and listening as you cross a roadway.
- If you must walk on a roadway, walk facing oncoming traffic.
- Children can't judge speed or distance very well until at least age 10 and should only cross streets with the assistance of an adult.
- If walking at night, carry a flashlight and wear light colored or reflective clothing.
- Avoid talking or texting on your cell phone and don't wear headphones if walking near traffic.
- Be very cautious walking near traffic if impaired by alcohol and/or drugs.

Internet Resources

- National Highway Traffic Safety Administration: http://www.nhtsa.gov/nhtsa/everyoneisapedestrian/index.html
- National Safe Kids Campaign: http://www.safekids.org/
- Centers for Disease Control and Prevention: http://www.cdc.gov/Motorvehiclesafety/Pedestrian safety/index.html
- National Center of Safe Routes to School: http://www.saferoutesinfo.org/
- Pedestrian and Bicycle Information Center: http://www.pedbikeinfo.org/

Live Injury-Free!