



Watch for vehicles entering or exiting driveways and backing out of parking spaces. If you cannot see the driver, they cannot see you.

- Make yourself visible. Wear light-coloured clothing and consider using reflective materials or flashing lights, especially in low-light conditions.
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## More Walking Safety Tips

- Always walk facing traffic so you can see approaching vehicles.
- Walk with a buddy when possible. Children under 10 should not cross streets alone; teach them safe crossing practices with the help of a responsible person over the age of 12.
- Stop, look, and listen. Use your eyes and ears to stay alert. Look for moving wheels, even if vehicles are quiet. Never assume it is safe just because others are crossing.
- Avoid distractions such as mobile devices, particularly when crossing streets. Walk—do not run—across roadways and continue watching for vehicles while crossing.
- Always look both ways before crossing to get on or off a school bus. This simple habit is one of the most effective ways for children to prevent pedestrian crashes.



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## Safety Tips for Drivers

- Slow down. Speeding endangers everyone on the road, especially pedestrians. Be alert at all times and minimize blind spots. Use extra caution at night or during poor weather when pedestrians may be harder to see.
  - Yield to pedestrians at crosswalks. Stop well back from the crosswalk to allow other vehicles to see pedestrians and stop safely. Never pass a vehicle that has stopped at a crosswalk.
  - Obey speed limits, particularly in school zones and residential areas. Be especially cautious when backing up and always scan for pedestrians.
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## Common Crash Types Between Pedestrians and Vehicles

- **Vehicle Turning at an Intersection:** A driver turns or merges without yielding to a pedestrian.
- **Pedestrian Darts or Steps Out:** A pedestrian enters the roadway unexpectedly in an unmarked area.

- **Pedestrian Walking or Jogging Along the Road:** Walking in the same direction as traffic prevents pedestrians from seeing approaching vehicles.
  - **Backing Vehicle:** A driver backs out of a driveway or parking space without noticing a pedestrian.
  - **Crossing Against the Signal:** A pedestrian ignores traffic signals or fails to check for vehicles before crossing.
  - **Pedestrian Trapped:** A pedestrian is in a crosswalk when signals change and a driver fails to yield.
  - **Multiple Threat:** One vehicle stops for a pedestrian while another vehicle passes without seeing them.
  - **Commercial Bus Related:** A pedestrian crosses after exiting a bus without checking for traffic.
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## The Circle of Safety

- **Safe People:** Encourage responsible behaviour among all road users so everyone reaches their destination safely.
  - **Safe Speeds:** Promote appropriate speeds through education, outreach, and enforcement.
  - **Safe Roads:** Design roadways that accommodate human error and reduce the severity of injuries.
  - **Safe Vehicles:** Support vehicle designs and technologies that help prevent crashes and protect all road users.
  - **Post-Crash Care:** Improve access to emergency medical care and support first responders while preventing secondary crashes.
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## Did You Know?

- Pedestrians are extremely vulnerable and are far more likely to be killed or seriously injured in a collision than vehicle occupants.
- Motor vehicle collisions are a leading cause of injury hospitalization and unintentional injury deaths in Canada.
- Between 2018 and 2020, nearly 24,000 pedestrians were hospitalized due to serious injuries, with over 1,700 fatalities.
- Injury and fatality rates increase with age, particularly among adults over 70.
- Most pedestrian collisions are preventable—up to 90% with safer behaviours and environments.
- Rural pedestrian collisions are more likely to be fatal due to higher speeds, fewer walkways, and longer distances to trauma centres.
- Youth pedestrian injuries most often occur between 3 p.m. and 7 p.m., especially in the fall and late spring.

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## Social Factors Affecting Pedestrian Safety

Where you live matters. Urban or rural settings, neighbourhood design, income levels, and access to services all influence pedestrian safety. Dog walking is a form of employment for many people, including youth; both dogs and walkers should wear reflective gear.



Improving access to healthcare, education, employment, safe housing, and supportive social environments—while reducing vehicle-pedestrian interactions—can significantly reduce injury rates.

Together, we share the responsibility for improving our communities. As Women’s Institute members, we continue working to create safer environments for our families, friends, and neighbours.

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## Quiz

### **Pedestrians always have the right of way**

- 1. When in the crosswalk with the appropriate signals
- 2. When a flagger stops the traffic
- 3. When they are at their mailbox
- 4. When they have been authorized by the vehicle driver

### **Always cross at cross walks**

- 1. Where there are crosswalks
- 2. Make your own if none is available

### **How has Women’s Institute made our roadways safer?**

- 1. Cleaning up the trash with the Roadside Cleanup
- 2. Encouraging road safety around community centers
- 3. Focusing on safety legislation

### **What are some considerations for clothing?**

- 1. Wearing dark clothes from head to toe
- 2. Have flashing shoes like young people
- 3. It is more important to be fashionable than visible
- 4. Have reflective strips on clothing

### **When are pedestrians safe crossing a parking lot?**

- 1. When they choose the designated walkways
- 2. When they are dashing to get the best deals
- 3. When they walk in the car lanes
- 4. When they are pushing loaded carts

## How are group mailboxes safer than personal mailboxes.

- 1. Less foot traffic especially in rural areas
- 2. More foot traffic in urban areas
- 3. Less injuries to postal workers
- 4. Group boxes tend to have designated pull-over areas

## Youth collisions with vehicles most often occur when

- 1. Chasing a runaway family dog.
- 2. Playing street hockey.
- 3. Jetting across the road to share good news
- 4. Walking down the middle of the road as part of a parade

## References

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