

Pedestrian Safety for Seniors

Seniors at Risk

Any time a vehicle strikes a pedestrian, the result is injuries. Seniors are particularly at risk of being injured fatally. From 2010-2014 in Edmonton, there were **35 pedestrian fatalities** and 49% of them were pedestrians age 55 and older.

As people get older, their vision may diminish, reflexes may slow and the ability to move quickly and agilely may decrease. It can take longer to cross roads and becomes harder to deal with situations that require evasive action.

Tips for Elderly Pedestrians

- Use crosswalks at all times
- Make eye contact and wait until the drivers stop before you cross
- Give yourself more time to cross by waiting for a newly turned walk or green signal
- Don't start walking when the walk signal has ended
- Watch for drivers turning
- Wear suitable footwear to increase your balance
- Use walking canes or other aids as needed
- Watch for vehicles backing out of driveways
- Be extra careful in parking lots
- Don't hesitate to ask for help if you are not confident

When Walking After Dark

- Wear bright-coloured or reflective clothing
- Use a flashlight, especially as you cross a road (It will help you see and help others see you)

Winter walking

Be extra careful in poor weather conditions and on icy roads!

Ice Grippers

Ice grippers on footwear can help you walk on hard packed snow and ice. But be careful! Grippers become dangerously slippery and must be removed before walking on smooth surfaces such as stone, tile and ceramic.

Ice Tips

If you use a cane, attach a retractable ice pick to the end. But be careful! Cane picks will be slippery on hard surfaces so be sure to flip it back as you get indoors.

Walking Sticks

Even if you don't use a cane, a pointed walking slick can prevent falls. But don't use a pointed walking stick indoors.