

## Good Practices for Safe Walking at Night

Many residents are health conscious, and walking is a popular method of exercise. Darkness, however, comes earlier in the colder months, and some people don't get home from work until later in the day. Their evening walks don't begin until after sunset. Concerned residents have reported seeing people dressed in dark clothing walking in the streets after dark. This can be dangerous. Motorists cannot see walkers wearing dark clothing until it may be too late to prevent an accident. For safe walking, use the following guidelines:

- If there is a sidewalk, use it.
- If there is no sidewalk, walk as close to the curb as possible, facing oncoming traffic.
- Walk no more than two abreast. If the roadway is narrow, walk single file.
- ALWAYS wear light colored or reflective clothing.
- Carry and use a flashlight.
- Cross at corners or after carefully checking for traffic.
- Be aware of bikers and joggers.
- Keep your cell phones and earphones in your pocket. Concentrate on walking. Listen for oncoming cars. Talk or text later.
- Be aware of stranger danger. Keep alert and aware at all times by using well-lit routes frequented by other walkers.