



Keeping kids safe at **HOME**, at **SCHOOL**, at **PLAY** and **ON the WAY!!**

October. . . . “Walktober”

A focus on pedestrian safety for school and at Halloween



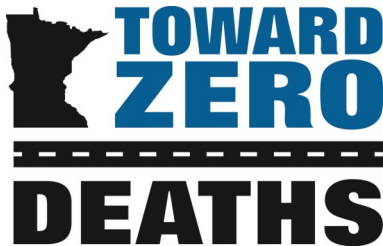
As the days start to get shorter and it is darker while kids are going to and from school, be sure they are visible. Wearing all dark clothing makes them hard to see to add a light colored hat or gloves if they are wearing a dark coat and pants. We have **FREE** reflective zipper pulls that can be added to a coat zipper or backpack. Contact us at safekids@altru.org and we will send some to your students.

While it is important to use crosswalks all the time, it is especially so in the winter where snow piles up or when it is getting darker outside as winter months draw near. Corners with crosswalks are likely to have lighting above them, making pedestrians more visible to drivers and these areas are also kept free of snow in the wintertime. Corners and crosswalks are also places drivers expect more to see a pedestrian so get in the habit of crossing at the crosswalks.



When walking or riding bike, take extra caution to look both ways **BEFORE** crossing the street and **KEEP LOOKING AS YOU CROSS**. It matters not if the pedestrian has the right away, when a car meets a pedestrian, the car “wins” each time and injuries, even with a car at low speeds, can be life threatening. Assure you make eye contact with the driver of the car so they see you as well and allow you to cross.

Don't walk distracted by looking at your phone, having earbuds in or even something so simple as talking on the phone. While drivers need to watch out for pedestrians, those walking also need to be alert to their surroundings. Keep your phone in your pocket or backpack until you are in a safe place to use or look at it.



This message is shared by Safe Kids Grand Forks and our partners with Minnesota Toward Zero Deaths.

Pedestrians are twice as likely to be hit on Halloween than any other day of the year. Here are some tips to keep your Halloween celebration a safe one:

- ⇒ Carry a flashlight or wear a glowstick or other reflective material with your costume.
- ⇒ Make sure your clothing isn't made of all dark fabric.
- ⇒ Cross at street corners and look carefully for on-coming cars.
- ⇒ Use face paint instead of a mask to help you see better.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.