



## Walking Safety

- **Face the traffic.** If there isn't a sidewalk or walking path, always walk facing oncoming traffic.
- **Keep right.** If you are walking on a pedestrian path, walk on the right side so that others on bikes or rollerblades can pass on the left.
- **Carry an ID.** This is important in case of an accident or medical emergency.
- **Drink plenty of water.** Drink water before you start your walk and carry a water bottle with you if it's warm or if you are going on a long walk.
- **Walk in the daytime.** If you choose to walk while it's dark use well-lighted areas and/or wear reflective clothing.
- **Stay safe at night.** If you do walk at night, wear a reflective safety vest or reflective strips and carry a flashlight.
- **Be aware of your surroundings.** If you use headphones, be sure you can hear what is going on around you.
- **Carry a cell phone.** You may also want to have a whistle to call for help.
- **Protect yourself from the sun.** Wear a hat, sunglasses, and/or sunscreen.

*This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.*

## Walking Safety

- **Face the traffic.** If there isn't a sidewalk or walking path, always walk facing oncoming traffic.
- **Keep right.** If you are walking on a pedestrian path, walk on the right side so that others on bikes or rollerblades can pass on the left.
- **Carry an ID.** This is important in case of an accident or medical emergency.
- **Drink plenty of water.** Drink water before you start your walk and carry a water bottle with you if it's warm or if you are going on a long walk.
- **Walk in the daytime.** If you choose to walk while it's dark use well-lighted areas and/or wear reflective clothing.
- **Stay safe at night.** If you do walk at night, wear a reflective safety vest or reflective strips and carry a flashlight.
- **Be aware of your surroundings.** If you use headphones, be sure you can hear what is going on around you.
- **Carry a cell phone.** You may also want to have a whistle to call for help.
- **Protect yourself from the sun.** Wear a hat, sunglasses, and/or sunscreen.

*This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.*



## Walking Safety

- **Face the traffic.** If there isn't a sidewalk or walking path, always walk facing oncoming traffic.
- **Keep right.** If you are walking on a pedestrian path, walk on the right side so that others on bikes or rollerblades can pass on the left.
- **Carry an ID.** This is important in case of an accident or medical emergency.
- **Drink plenty of water.** Drink water before you start your walk and carry a water bottle with you if it's warm or if you are going on a long walk.
- **Walk in the daytime.** If you choose to walk while it's dark use well-lighted areas and/or wear reflective clothing.
- **Stay safe at night.** If you do walk at night, wear a reflective safety vest or reflective strips and carry a flashlight.
- **Be aware of your surroundings.** If you use headphones, be sure you can hear what is going on around you.
- **Carry a cell phone.** You may also want to have a whistle to call for help.
- **Protect yourself from the sun.** Wear a hat, sunglasses, and/or sunscreen.

*This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.*

## Walking Safety

- **Face the traffic.** If there isn't a sidewalk or walking path, always walk facing oncoming traffic.
- **Keep right.** If you are walking on a pedestrian path, walk on the right side so that others on bikes or rollerblades can pass on the left.
- **Carry an ID.** This is important in case of an accident or medical emergency.
- **Drink plenty of water.** Drink water before you start your walk and carry a water bottle with you if it's warm or if you are going on a long walk.
- **Walk in the daytime.** If you choose to walk while it's dark use well-lighted areas and/or wear reflective clothing.
- **Stay safe at night.** If you do walk at night, wear a reflective safety vest or reflective strips and carry a flashlight.
- **Be aware of your surroundings.** If you use headphones, be sure you can hear what is going on around you.
- **Carry a cell phone.** You may also want to have a whistle to call for help.
- **Protect yourself from the sun.** Wear a hat, sunglasses, and/or sunscreen.

*This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.*