

Older road users – pedestrian safety

Staying safe on the road isn't just for drivers - pedestrians need to be careful too. As we get older, changes in mobility and reaction time can make crossing roads a little harder. The good news? A few simple habits can help keep you safe.

The Road Safety Centre offers free sessions for older road users anywhere in South Australia. These sessions are a great way to refresh your knowledge and feel confident when walking near traffic.

Tips for safer walking

Crossing the road can take a little longer as we get older, so it's important to stay alert and aware of what's happening around you. Here are some easy tips to help keep you safe:

- **Stick to footpaths** whenever possible. If you must walk on the road, face the oncoming traffic.
- **Use pedestrian crossings and refuge islands** when they're available.
- **Wait until traffic has completely stopped** before stepping off the kerb.
- **Follow 'Walk/Don't Walk' signals** at intersections.
- **Look right, left, and right again** before crossing - and keep scanning for moving vehicles.
- **Start crossing on a fresh green or walk signal** to give yourself the most time.
- **Avoid crossing near bends or hill crests** where drivers can't see you easily.
- **Don't cross between parked cars** - it's hard for drivers to spot you.
- **In car parks**, make eye contact with drivers before walking in front of their vehicle.
- **Listen for engine noise and watch for reversing lights** near driveways or car parks. Don't forget electric vehicles are extremely quiet.
- **Keep checking for traffic while crossing** - don't assume vehicles will stop.

For more tips and information, visit www.mylicence.sa.gov.au and [Moving-right-along-Obligations-opportunities-for-older-drivers.pdf](#)

The SA Police Road Safety Centre is a leader in road safety education, playing a vital role in reducing road trauma through enhancing the awareness, knowledge and skills of all road users through lifelong learning.

For more information on our range of programs visit www.police.sa.gov.au/road-safety or use the QR code below to take you straight to SAPOL's road safety page. To book a FREE road safety session email SAPOL.RoadSafetySection@police.sa.gov.au



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THINK!

ROAD SAFETY



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