

Drive less. Save more.

Drive Less How-To's

Walking Safety Tips

Hi. My name is Caleb Winter, and I'm from Metro's Regional Travel Options Program. And I'm here today to tell you about the five simple steps to have fun walking and stay safe.

Step #1: make eye contact

Make eye contact with bicyclists and drivers before you leave the sidewalk – that way you'll never cross paths.

Step #2: wear reflective gear at night

At dusk or at night, wear something bright, reflective or even a blinking light so drivers can see you from far away. You can find this inexpensive gear at an outdoor store, running store, walking store, even a local hardware store.

Step #3: cross at intersections

Walk and cross the street where cars expect pedestrians:

- Cross at intersections or well marked crosswalks that are in-between intersections.
- Also, when you're on a road that doesn't have a sidewalk walk against traffic so that you're on the left hand side of the road. And that's so you can see oncoming cars and you can give yourself a left safety buffer by moving left. And you're controlling the situation much easier than if you're on the right side and cars are approaching from behind you.

Step #4: take a break

If you get tired or thirsty on your walk, stop and take a break. Chances are there's a place to drink within a few blocks. And if you keep transit routes and transit agency phone numbers handy you'll be able to take a bus back to where you started.

Step #5: wear comfortable shoes

You can buy shoes especially for walking but even better is to always choose shoes that are your fashion and comfortable to walk in. That way, you'll never miss an impromptu walk.

Well, now you have the five simple steps to taking a comfortable and safe walk. If you're looking for a walk, I would recommend the Metro Walk There guide book. It has guides to 50 different walks around the Portland and Vancouver region.