



**SENIOR  
CITIZENS**

wait while allowing traffic to pass from the opposite direction.

When walking at night, wear white or light colored clothing that can be seen easily by drivers. For added protection, apply retroreflective materials to clothing and carry a flashlight. Remember, just because you can see the vehicle does not mean that the driver can see you.

In urban areas, use crosswalks and start crossing on the "walk signal." Also, use an escort system—cross with another pedestrian and offer to help those who need your assistance.

Work actively in your community to increase

public awareness about pedestrian safety. Work with authorities to construct additional walkways, increase the "walk" signal length, improve lighting, and remove architectural barriers such as curbs and steps which impede travel.

Encourage hosts and other party planners to limit the consumption of alcohol by offering non-alcoholic "mocktails" and by emphasizing food and activities as the focus of the party.

If you know someone who has been drinking and is planning to walk, offer to drive or escort them, even if it is just a short distance.

*For more information,  
contact the Department of  
Transportation in your state  
or write:*

**U.S. Department of  
Transportation  
Office of Alcohol and  
State Programs  
National Highway Traffic  
Safety Administration  
Washington, D.C. 20590**



U.S. Department  
of Transportation

**National Highway  
Traffic Safety  
Administration**

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## An Alcohol and Pedestrian Safety Message

# SENIOR CITIZENS

## THE RISK

Drinking and driving has become a major safety concern in recent years. But walking after drinking can also have serious results.

Today's seniors are more active than ever.

Your age group generally has good safety habits when walking around roadways and motor vehicles. Even so, seniors still have the highest pedestrian death rates. In fact, starting at age 75, the rate is more than twice as high as it is for younger people.

Alcohol use is a major factor in pedestrian

injuries and fatalities.

**Each day more than 40 pedestrians are injured and nine more are killed in alcohol-related traffic incidents.**

Alcohol affects your safety as a pedestrian by affecting your balance and impairing your judgment. Like other drugs, it can also affect your vision.

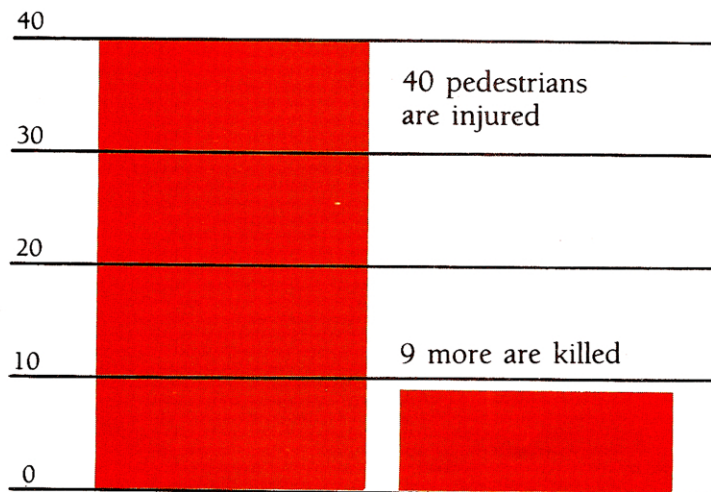
Alcohol use will also reduce alertness and coordination when combined with any prescription medicine you may be taking.

## TAKE THE CHALLENGE TO REDUCE THE RISK

**YOU CAN** take action to



## Daily Alcohol-Related Traffic Incidents



maintain your own safety and reach out to help others.

Limit the amount of alcohol you consume, especially if you plan to walk.

Plan ahead. Don't fool yourself about your ability to get home safely.

If you take medication, ask your physician or pharmacist before drinking alcoholic beverages.

Listen to your body. As

you age, alcohol may affect you more.

Use extra caution at intersections. Watch for vehicles turning from the other direction.

Be patient when attempting to cross a busy roadway. Wait for a break in traffic which will give you an opportunity to cross safely.

Take advantage of median strips in the roadway. Use them as a safe place to