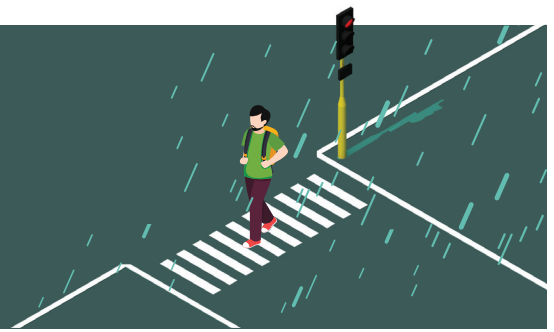


# WALKING IN BAD WEATHER



The weather will soon begin to change, and that means how we behave in the colder weather needs to change, too. As the winter months roll in, we will begin to see more rain, wind, and snow. These conditions can make it more challenging for pedestrians, and can make it easier for you to slip and fall, and get injured. Here's what you can do to stay safe:

## BEING VISIBLE IN FOGGY CONDITIONS

- > Avoid walking during heavy fog.
- > If you don't have a choice, make sure to walk on sidewalks, obey all crosswalk signals, and try to make yourself more visible to drivers by wearing light or reflective clothes.
- > Don't be distracted by your phone or listen to loud music. Those distractions can take you away from being aware of your surroundings.

## WALKING IN THE RAIN

- > Use a sidewalk whenever possible and cross at a crosswalk when the signal indicates that it's ok to do so.
- > Wear a bright raincoat or use a bright umbrella to stay dry, and help drivers see you.
- > Choose non-slip shoes to help you walk more safely when it's wet.
- > Put away distracting items like smart phones. Don't listen to loud music. When it's raining, approaching cars may be harder to hear.

## BIKING IN THE DARK

- > Reflective tape is an effective and inexpensive way to add visibility to yourself. Add it to your fenders, frames, bags, and helmets to make yourself more visible.
- > There are three main lights you should have on your bike: the handlebar light, rear light, and a helmet light. The handlebar light illuminates the ground in front of you, the rear light keeps you visible from behind, and the helmet light helps you see better.
- > Layer it up! Choose clothing that will keep you warm but also keeps you visible for drivers.

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Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

