



# PREVENTING PEDESTRIAN INJURIES

**Did you know,  
pedestrian injuries represent...?**

## Hospitalizations

## Deaths

### For BC:

- 600 cases annually
- 12 each week
- 15-24-year-olds have greatest risk with 100 cases annually
- 57 children at BC Children's Emergency Department

### For BC:

- 65 cases annually
- 1 each week
- 75-84 year olds have greatest risk with 12 cases annually

### For Canada:

- 2,400 children are seen annually
- Most incidents occur during 3 - 6 pm when drivers are returning from work and children are walking home from school
- Most common causes of pedestrian collisions include driver inattention and pedestrian error and/or confusion

### For Canada:

- 30 cases annually

## Pedestrian Safety Tips

- Be a role model for children - model safe pedestrian crossing behaviour
- Obey the rules of the road - do not cross between parked cars
- Avoid distractions such as loud music and cell phones
- Make eye contact with drivers
- Use designated crossing points and pedestrian traffic signs and signals
- Before stepping off the curb, look left and right for oncoming vehicles, then look left again
- Wear bright or light coloured clothing - wear reflective materials in dark or bad weather
- If there are no sidewalks, walk facing traffic so you can see oncoming vehicles and they can see you

## Driver Safety Tips

- Reduce speeds on residential roads
- When dropping children off at school, do not make u-turns, stop in no-stopping zones, back up into cross walks, roll through stop signs, ignore school safety patrollers or let your child out from the driver's side and into oncoming traffic
- Stop for school buses with flashing lights
- Drivers must yield to pedestrians (it's the law) and stay focused on the roadway
- Be alert and scan all ways for pedestrians, especially when approaching an intersection
- Make a habit of walking around your vehicle to scan for small children before you get into your vehicle

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**BC INJURY** research and prevention unit

For more information, visit us at  
[www.injuryresearch.bc.ca](http://www.injuryresearch.bc.ca)

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## Successful Initiatives Involve:

- Parents and caregivers as role models
- Children travelling with a buddy
- Use of familiar safe walking routes
- Traffic reduction programs in school zones including signage, patrolled intersections, 30km/h school zone speed limits
- Eye contact between pedestrians and drivers
- Reduced driver speeds
- More walkable and traffic calmed communities



### Safe Kids Canada *Walk this Way* program recommends the following tips for safety:

- Teach your child to stop at the curb, look left, right and left again, and to listen for oncoming traffic
- Children under the age of 9 lack the developmental skills to cross the street on their own and should be accompanied by an adult or responsible older child
- Be a role model by walking with your children to school and demonstrating safe pedestrian practices
- Drivers need to slow down. The higher the speed, the higher the risk of injury
- Distractions are dangerous – remind children to put away their cell phones and take off their ear buds before crossing the street

## Useful Resources in British Columbia

- BCAA Traffic Safety Foundation ([www.tsfbcaa.com](http://www.tsfbcaa.com))
- BCAA Traffic Safety Foundation's School Safety Patrol Program ([www.schoolsafetypatrol.ca](http://www.schoolsafetypatrol.ca))
- BC Injury Research and Prevention Unit ([www.injuryresearch.bc.ca](http://www.injuryresearch.bc.ca))
- Insurance Corporation of BC (ICBC) ([www.icbc.com](http://www.icbc.com))
- BC RCMP (<http://bc.rcmp.ca>)
- Safe Kids Canada ([www.safekidscanada.ca](http://www.safekidscanada.ca))
- Safe Start ([www.bcchildrens.ca/SafeStart](http://www.bcchildrens.ca/SafeStart))
- Smartrisk ([www.smartrisk.ca](http://www.smartrisk.ca))
- The Community Against Preventable Injuries ([www.preventable.ca](http://www.preventable.ca))



### Examples of Cases seen at BC Children's Emergency Department

- A 3-year-old girl was being pushed by her mother in the stroller. A car hit the stroller and although mom grabbed the child's hood, she incurred a systemic injury.
- A 6-year-old boy was riding his bike and was hit by a car. He was pinned under the car and sustained injuries to the abdomen, face and thorax.
- A 9-year-old boy was crossing at a crosswalk when he was struck by a car. He fell to the ground injuring his knees. The driver drove away.
- A 17-year-old female was hit by a car travelling at 40km/h. She broke the windshield and was thrown 20-30 feet and landed on asphalt. She sustained multiple injuries.
- An 18-year old was crossing the street listening to his ipod when he was struck by a car. He hit the windshield and was thrown 20 feet onto concrete. He sustained a head injury and injuries to his lower body.