



## Fall Safety Tips

It's fall, and everyone is getting used to new schedules, routines, and activities. Pedestrians, bicyclists, and drivers are on the roads, rushing to school, work, and afternoon activities. As we adjust to the changes that come with the fall season, the Brain Injury Association of Massachusetts wants to keep everyone safe on the roads we share.

### Drivers:

- Expect increased vehicular and pedestrian traffic around local schools, particularly during morning rush hour and mid-afternoons.
- Make sure that you and your passengers are wearing seat belts, and, if appropriate, are in car or booster seats.
- Allow extra time to travel through school districts. Leave earlier so that you won't be rushed or become impatient with delays.
- Use caution when backing out of your driveway and move slowly. Many children and their parents are walking or bicycling to school and may be in your blind spot.
- Be doubly careful of pedestrians and cyclists when morning and afternoon sun glare is strongest. Keep speeds down, especially when visibility is hampered.
- Never pass a school bus when the "stop" sign is showing or when the bus lights are flashing. Traffic must stop in BOTH directions when a school bus is stopped to pick up or drop off students. Be aware of kids crossing in front of the school bus.

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## **Pedestrians**

- Cross in marked crosswalks only.
- Wait for the “walk” light to cross the street. Do not jaywalk.
- Look both ways before crossing the street. Be mindful of turning vehicles entering the intersection as you cross.
- Walk on the sidewalk, not on the shoulder or in the street.
- Make eye contact with the driver before crossing the street to ensure that you are visible.
- Be very careful of solar glare. Drivers are often blinded by low sun angles. If you cannot see the driver through the glare on their windshield, chances are they cannot see you. Wait until the driver comes to a full stop before safely crossing.
- Be aware of your surroundings and don’t get distracted. Do not talk on a cell phone, listen to music with headphones on, or text message anyone while walking.

## **Bicyclists:**

- Always wear a properly fitted helmet!
- Follow the rules of the road. Use proper hand signaling before making turns and ride with traffic. Obey all traffic lights.
- When riding across the street, stop and look both ways before crossing.
- Be very cautious of vehicles backing out of driveways. They may not see you.
- Make sure you are wearing reflective gear to enhance your visibility at dawn or dusk.
- Be courteous to pedestrians and drivers.

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