

Walk Safety Checklist

Make safety a top priority when you walk to work. If you want to start walking to work:

- ✓ Try a practice run on a weekend to find a route, identify safety considerations and see how long it takes.
- ✓ Select a good pair of walking shoes and appropriate clothing.
- ✓ Be safe and use sidewalks, crosswalks, and other pedestrian facilities wherever possible.
- ✓ Wear reflective clothing and/or wrist or leg bands; especially if you are walking at dawn, dusk, or in the dark.
- ✓ Start slowly, perhaps one or two days a week, and gradually build up to using this option more often.
- ✓ Find co-workers and friends who walk and commute with them.

