



Safety Tips for Walkers, Joggers and Bikers

April 11, 2014 – With the weather turning nice, Norwalk Public Safety would like to take this opportunity to remind everyone of a few things to make sure they stay safe while enjoying the outdoors:

- Wear a reflective vest or light colored clothes, especially when outside in the dark or during low light conditions. Avoid dark colors that may make it difficult to be seen. If you are riding a bike, scooter, etc. please make sure you have a light on the front and rear.
- When riding a bike, scooter or other wheeled vehicle remember to wear a helmet. This includes mom and dad. We need to set a positive example for our children. Most preventable head injuries happen from heights no taller than the victim is normally standing.
- Always make eye contact with the driver of a vehicle when crossing the street or being passed. This will help ensure that they see you.
- When using the bike path, please remember to follow the traffic signs on the bike path. These are legal signs which need to be observed. In a lot of the intersections we have that cross the bike path, vehicles need to pull out a little further, often into the cross walk, so they can safely determine if they can pull out into traffic.
- If possible, carry a cell phone so that in an emergency you can call for assistance.
- Always notify a friend or a family member of your planned route and an approximate time of your return.

We hope these quick reminders help you and your families have an accident free summer.