



**2,300** BC  
pedestrians  
are **injured**  
in car  
crashes  
every year.

What can  
**you** do to  
**stay safe?**

doctors  
of **bc**



## BE SEEN

Wearing reflective gear such as a vest or armband will help drivers see you when visibility is an issue. Use a flashlight in poorly-lit areas and at night.



## KEEP YOUR HEAD UP

Take a break from your cellphone and music when crossing the street. Distracted walking is a major cause of pedestrian accidents.



## USE CROSSWALKS

Even if you're in a hurry, don't jaywalk and always look both ways for oncoming cars.



## EYE CONTACT IS KEY

Eye contact can help avoid accidents. Never assume a driver has seen you step off the curb.

BC doctors care about your safety. By working together, we can make the province safer for everyone. **Ask your family doctor for a free reflective armband** so you can be seen this winter.