

Living Safely

with disabilities and special health needs

Walking or Rolling in the Community

There are many tips to help you stay safe while walking or rolling to school, work, in your neighborhood, or other trips.

Identify the signs and symbols along your route. Some common signs are stop signs, pedestrian crossing, railroad crossing, no trespassing, do not enter, danger, hospital, and caution.

When walking at night, wear bright clothes and accessories that are reflective or glow-in-the-dark so it is easier for drivers and others to see you. You can put glow-in-the-dark tape on your clothes, on your hat, and on your shoes.

Use a flashlight or headlamp when walking or rolling at night. This helps to guide you along the way. It also helps others to see you and where you are going.

Try to walk or roll in areas that have sidewalks, walking pathways, or crosswalks.

When walking or rolling near a roadway, walk or roll in the opposite direction of the vehicles so drivers can see your face.

When there are people you don't know, you can walk or roll past them.

Always stay alert to identify any dangers around you such as uneven sidewalks, holes in the ground, or garbage on your path.

When you walk or roll, it is unsafe to text or use your phone because you need to be aware of what is around you.

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Community Safety Skills, a NJ Self-Advocacy Project. NJSAP@ARCNJ.org.

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