Living Safely

with disabilities and special health needs

Parking Lot Safety





It is not safe for me to stand, sit, or play around cars, even when they are parked.



If using a shopping cart, I should be careful that I put it in an area made for shopping cart storage or a place where the cart cannot roll and hit a person or car.





Walking or rolling slowly and cautiously is the safest way to move around a parking lot.

To prevent getting hurt, I should avoid running, speeding, or moving in unexpected ways.

It's unsafe for me to chase after a rolling shopping cart or other item in a parking lot.



When crossing lanes or aisles in a parking lot, I look left, then right, then left again before crossing.

I need to be aware that vehicles can move suddenly across the parking lot or out of a parking spot.



I carefully walk or roll in the center of the parking lot to be more visible.

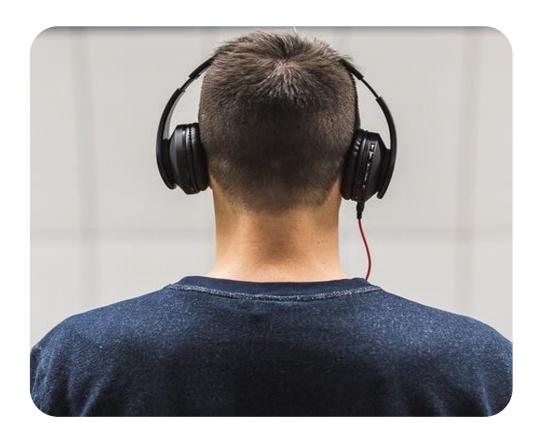
I avoid walking or rolling between vehicles. Instead, I use parking lot aisles because vehicles faced toward me can see me more clearly when pulling out of a parking spot.





When walking or rolling in a parking lot, it is important for me to be aware of things all around me.

Before walking or rolling into a parking lot, I look for the quickest and most accessible path to get there. I need to try to use parking lot crosswalks and pedestrian paths as much as possible.



I should avoid wearing headphones or using the phone when moving through a parking lot. These can distract me from potential dangers.



Even though I can see a driver, it doesn't mean the driver can see me.

I pay attention to where cars are driving and call attention to myself by waving or raising my arm if I think the car is moving toward me.

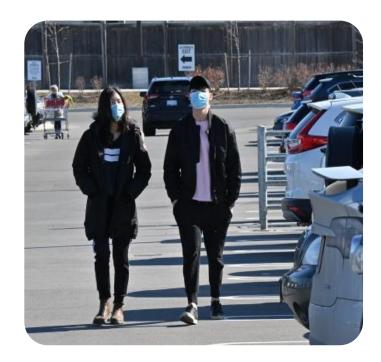




I pay attention and obey signs posted in the parking lot.

These can include "Stop," "No Crossing," and "Crosswalk" signs.





When walking or rolling at night, I try to wear bright or light-colored clothes and use night reflectors.

When possible, I walk or roll with another person.

If I feel uncomfortable walking alone in a parking lot, I should call for someone who can help me.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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This initiative was funded in part by an Inclusive Healthy Communities Grant from the Division of Disability Services, New Jersey Department of Human Services.



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