

# Living Safely

with disabilities and special health needs

## Parking Lot Safety



Children's  
Specialized Hospital®

An RWJBarnabas Health facility



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



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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.



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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.





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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.



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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.



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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.



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





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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.



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

These can include “Stop,” “No Crossing,” and “Crosswalk” signs.



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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](http://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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