



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health AWAREness, at the Center for Health and Well-Being April 21, 2014

-- Pedestrian Safety --

The National Highway Traffic Safety Administration (NHTSA) said it best, "Everyone has different preferences when it comes to transportation, but there's one that all road users share - everyone is a pedestrian. This version of the S.T.A.H.L. News will provide tips on how to stay safe on the road—both as a driver and a pedestrian.

Why is this important?

In 2010, 70,000 U.S. pedestrians were injured in traffic crashes and 4,380 were killed. A pedestrian is **injured every eight minutes** and **one is killed every two hours**. That's why this is important!



Bicyclists and motorcyclists have the right to share the road with those traveling in motor vehicles, but cyclists have less protection from a traffic crash. Follow the tips below to help reduce the risk of accidents.

Drivers

- Reduce speed when encountering a cyclist
- Never tailgate, especially in poor weather

Cyclist

- Obey all traffic laws and use hand signals to indicate stops and turns
- Always wear a helmet
- Ride predictable— don't swerve in and out of traffic

Campus and Community Resources

University Police.....724-357-2141
 Off-Campus Police.....9-1-1
 Indiana Regional Medical Center724-357-7121
 Highway Safety Center724-357-4050

IUP Center for Health and Well-Being (CHWB)

- Health AWAREness
- Alcohol, Tobacco, and Other Drugs (ATOD)
- Visit www.iup.edu/chwb to learn more about CHWB services and programs

Health AWAREness at the Center for Health and Well-Being
 Suites on Maple-East, G59 | 724-357-4799 | @IUPAWARE
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When you're walking

- Walk on the sidewalks *(if sidewalks aren't available, walk facing traffic)*
- Stay alert— avoid being distracted by your cellphone, iPod, or any other device that takes your eyes and ears off of your surroundings
- When possible, cross the street at designated crosswalks
- **Never assume a driver sees you**— it's best to make eye contact with the driver to ensure they have seen you
- Wear bright clothing during the day and reflective clothing at night
- Avoid alcohol and/or drugs — they impair your abilities and judgments

When you're driving

- Always look out and be prepared for pedestrians
- Use extra caution when driving in poor weather and at night
- Slow down and/or stop at crosswalks
- Yield for pedestrians in crosswalks
- Never pass vehicles stopped at a crosswalk— you may not be able to see that people are crossing in front of them
- Follow the speed limit
- Keep your windshield clean and your headlights on— this will improve visibility
- NEVER drive under the influence of drugs and/or alcohol— they impair your abilities and judgments

Have you ever thought about writing a S.T.A.H.L. News?

Do you want to help plan and implement campus events like RAINN Day, World AIDS Day, Love Your Body Week, Stalking Awareness Week, and Take Back the Night?

Are you an advocate for wellness?

If you answered yes, apply to be an AWARE Peer Educator

For more information, visit the Health AWAREness website at www.iup.edu/healthawareness. Click on "Join Our Team" to read more about the position and to complete an application.

Sources: <http://www.cdc.gov>
<http://www.nhtsa.gov>
<http://www.safeny.ny.gov>

