



Walking for Health?

# Step Safely

NDSU Extension Service • NDSU Ag Communication

**Walk on the left side of the roadway (against traffic) when there's no sidewalk.**

**Wear light-colored clothing. Reflective tape or appliques make you more visible.**

**Keep as close to the edge of the road as possible.**

**Keep children close by.**

**Look both ways before crossing roads or highways.**

**Carry a lit flashlight at dusk or after dark.**

**Wear sturdy footwear with good tread to enhance traction.**

**Be aware of surroundings and potential hazards.**