



**SAFETY MOMENT** Bulletin 10

**OUTDOOR ACTIVITIES AT DAWN/DUSK**

**October 2017**

Summary: With the fall season in full swing, many people, runners, walkers, pets riders and most important kids playing in the dark, off course campers too. Pedestrian injuries are the fifth cause of injury related to death in the United State for children ages 5 to 19.

**Key Information:**

- Wear Bright and Reflective Clothing.
- It's difficult for drivers to see in the dark, so don't make it harder on them by wearing dark, non-reflective clothing.
- Make sure to wear bright colors, preferably with reflective material or tape so that you stand out as you run.
- Use glow sticks or flashlights to help them see and be see by others.
- Watch for cars that are turning or backing up.
- Teach the youth to never dart out into a street and avoid crossing between parked cars.



**Additional resources:**

- [www.safekids.org](http://www.safekids.org)
- [www.parents.com](http://www.parents.com)
- [www.howstuffworks.com](http://www.howstuffworks.com)
- [www.mpdc.dc.gov](http://www.mpdc.dc.gov)

