



Pedestrian awareness



Take care when 'out and about' on foot especially within the central business district. Pedestrians should be aware of vehicles on the road and follow the key safety rules provided.

For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

SAFETY RULES FOR PEDESTRIANS

By observing these guidelines the number of pedestrians seriously injured may be reduced:

- > Cross roadways at approved locations such as pedestrian crossings.
- > Waiting for traffic lights will reduce the chances of injury.
- > Stop and look both ways before crossing the road.
- > Avoid using mobile phones while crossing the road.
- > Be careful in wet weather.
- > Be careful if you have consumed alcohol as it may impair your judgement.
- > See and be seen. Drivers need to see you to avoid you.
- > Stay out of drivers blind spots.
- > Make eye contact with drivers when crossing busy streets.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: