

GET AN ASSESSMENT AND TRAINING

- Guide Dogs Victoria and Vision Australia provide Orientation and Mobility assessment and training. Orientation and Mobility specialists can assist you in the skills, techniques and the use of mobility aids to assist you to get around safely



**I MIGHT NOT
SEE YOU
BUT YOU CAN
ALWAYS
SEE ME**

For further information:

Vision Australia

1300 847 466

www.visionaustralia.org

Guide Dogs Victoria

9854 4444

www.guidedogsvictoria.com.au

- **TIPS for people who are blind or have low vision:**



**BECOMING A
CONFIDENT
ROAD USER**



GENERAL RULES FOR PEDESTRIANS

- Be visible; wear clothing that other road users can see
- Avoid stepping out between parked cars, near bends or at the crest of a hill
- Cross in safe locations such as pedestrian lights and marked crossings
- Allow enough time to cross the road; don't rush
- Once on the road do not hesitate; act predictably so that drivers can anticipate what you are about to do
- Have your vision and hearing checked regularly

- The most important rule to remember when crossing a road is to stop, look, listen and think

TYPES OF ROAD CROSSINGS

- Uncontrolled road crossings can be unsafe to cross because traffic does not have to stop
- Marked pedestrian crossings (also known as zebra crossings) are simple to identify as they have white lines which contrast with the road and often have a yellow sign identifying the crossing
- Traffic light controlled crossings are safer

than pedestrian and uncontrolled crossings, because they control traffic and indicate when it is safe to cross

- Audio tactile traffic light crossings are the safest road crossings to use because they provide audio, visual and tactile signals (felt by placing your hand on the button)
- When choosing the safest place to cross a road, look for marked pedestrian crossing lines or a pedestrian crossing with audio signals
- Where possible, keep to known routes, where you are familiar with the conditions