Aim: To get the participants to consider the contributory factors to road crashes involving elderly

Time: 30 minutes including 20 minutes small group work and 10 minutes group discussion

Method: Small group work, facilitated discussion

Materials: Interactive exercise – elderly pedestrian safety

Exercise:

The facilitator will split participants into 4 groups

Participants are to discuss the scenario on the handout and answer the questions. A tutor only handout is also provided with responses to the questions that reflect what the city council actually did in this situation

Working in groups of 4 delegates, read through the information below that describes the road safety situation in a major northern European city. Then answer the questions based on that scenario and feedback to the wider group.

At the end of October the clocks change which means that it is suddenly dark at 5pm, with darkness being common from 3.30pm onwards throughout the winter months of December and January. These hours of prolonged darkness pose a risk to pedestrians, particularly those over 60 who are over represented in the city's road accident statistics. Walking and using public transport are the main modes of transport for older people. Growing old is increasingly likely to affect hearing, vision, reaction times and mobility. Older people are statistically three times more likely than young people to die as a result of being hit by a car due to them being less agile and resilient. So far this year one elderly pedestrian has been killed and 14 have been seriously injured in collisions in the city.

The top five contributory factors in the incidents include:

• Pedestrian failing to look properly

• Driver of rider failing to look properly

• Pedestrian failing to judge the vehicle's path/speed

• Pedestrian impaired by alcohol

• Pedestrian crossed the road masked by a stationary or parked vehicle

The city's Road Safety Partnership is holding a two day event in the main city Square at the end of October, offering advice and giving away road safety materials.

Questions:

☐ What would you do to attract elderly pedestrians to the event?

☐ How would you contact elderly pedestrians?

☐ What tips would you provide for elderly pedestrians?

☐ What advice would you give to drivers?

☐ Finally, who do you think should be the stakeholders in the Road Safety Partnership?

Questions: (Answers in bold italic represent what actually happened)

What would you do to attract elderly pedestrians to the event? ***Vintage buses parked up with free tea and biscuits***

How would you contact elderly pedestrians? ***Through lunch clubs***

What tips would you provide for elderly pedestrians?

Make sure you're fit for the journey with any medication, glasses, hearing aid, etc. that might be needed, Be safe to be seen – wear bright clothing, Plan your journey and think about where you are going to cross the road. It may be tempting to cross away from a pedestrian crossing facility but this can be dangerous, Crossing facilities such as pelican crossings are the safest place to cross, if there isn't one nearby look out for traffic islands instead, If you have to cross at the front of a stationery bus or lorry keep a good distance between yourself and the vehicle. Look up at the driver and establish eye contact, if there is no crossing facility finds a safe place to cross where you feel comfortable and can be clearly seen. Avoid crossing for example between parked cars or near junction and bends.

What advice would you give to drivers?

Drivers must realise that older pedestrians may not see your vehicle, particularly if they're wrapped up against the weather and laden with shopping. Put your headlights on, even in daytime, slowdown in town, and allow pedestrians time to cross the road. Finally, anticipate the unexpected such as pedestrians suddenly stepping off the pavement without looking. Avoid collisions by driving defensively.

Finally, who do you think should be the stakeholders in the Road Safety Partnership?

City Council, Police, Fire and Rescue, Health Authority, Community Planning,