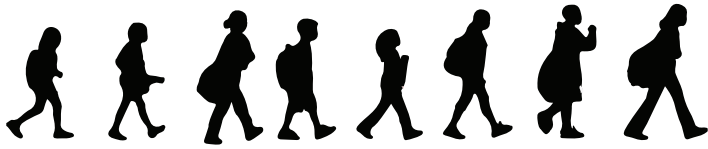


A guide to walking and biking

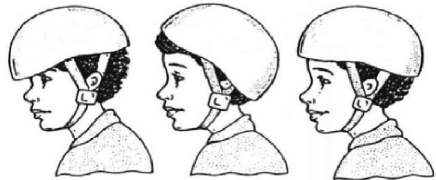
Stay alert. Stay alive.

# It's Up to All of Us



## Proper Fitting Helmet

Wear your helmet the right way. Do not tilt it too far forward or too far back. Your helmet should be snug. One finger should fit between the chin and chin strap. Shake your head. If the fit is right, your helmet will stay on tight.



Circle the helmet that is worn the right way.



For more information please contact:

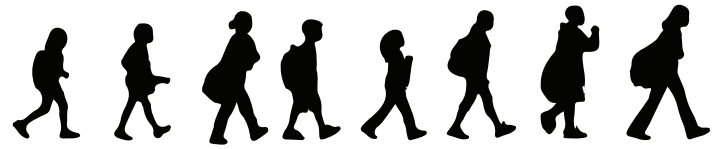
Monika Jansen, Project Coordinator  
mjansen@walksacramento.org  
916-446-9255

This material was developed by PedSafe, a program of the California Department of Public Health (CDPH). Funding for the duplication of this material is from an award from CDPH's Kids Plates program.

A guide to walking and biking

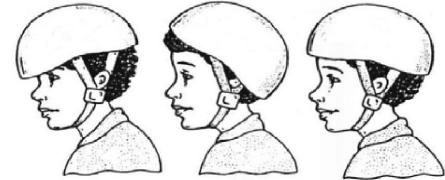
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# Walking Safely

## **STOP AT THE CURB.**

Look left, right, and left again before crossing. Keep looking as you cross.

## **WALK ON SIDEWALKS**

or paths. If there are no sidewalks, face traffic and stay left.

## **CROSS AT CROSSWALKS**

or at intersections. Use signals when they are there.

## **MAKE EYE CONTACT**

with drivers before crossing in front of them.

## **WATCH FOR CARS**

that are turning or backing up.

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# Biking Safely

## **CHECK YOUR EQUIPMENT**

before riding, inflate tires properly and check that your brakes work.

## **ALWAYS WEAR**

a properly fitted bicycle helmet.

## **RIDE RIGHT**

Bikes travel with traffic, not against it so ride on the right side of the road.

## **OBEY ALL TRAFFIC LAWS.**

When riding in the street, obey all traffic signs, signals and lane markings.

## **SEE AND BE SEEN**

wear something that reflects light and place reflectors on your bike.

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