H guide to walking and biking

Stay alert. Stay alive. It's Up to All of Us H guide to walking and biking

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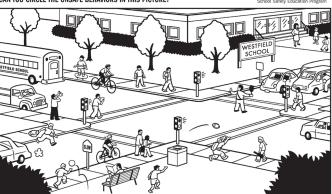
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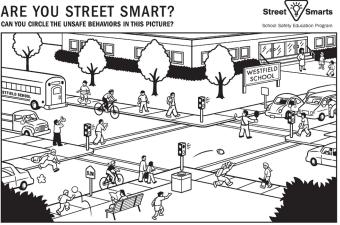
Street Smarts













For more information please contact:

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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.



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Walking Safely

STOP AT THE CURB.

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

CROSS AT CROSSWALKS

or at intersections. Use signals when they are there.

WATCH FOR CARS

that are turning or backing up.

WALK **ON SIDEWALKS**

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

MAKE EYE CONTACT

with drivers before crossing in front of them.

Biking Safely

ALWAYS WEAR

a properly fitted bicycle helmet.

CHECK YOUR EQUIPMENT

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

OBEY ALL TRAFFIC LAWS.

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

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

RIDE RIGHT

SEE AND BE SEEN

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

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