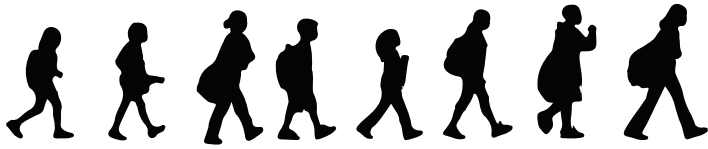


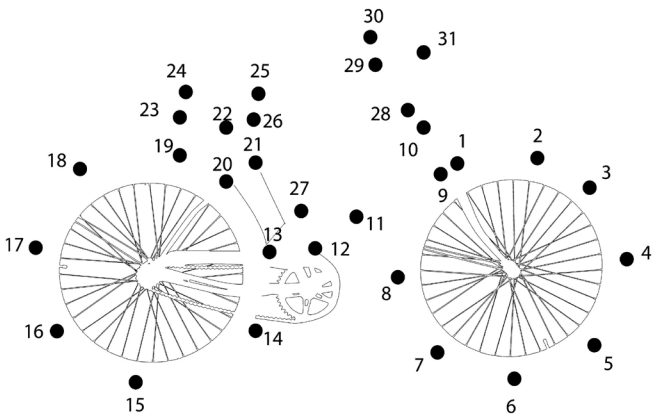
A guide to walking and biking

Stay alert. Stay alive.

It's Up to All of us



Connect the dots!



For more information please contact:

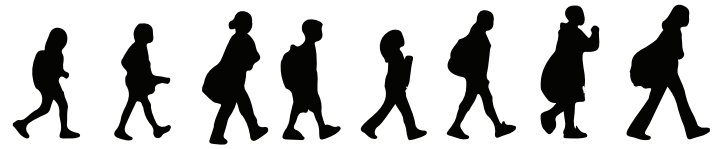
Monika Jansen, Project Coordinator
mjansen@walksacramento.org
916-446-9255

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.

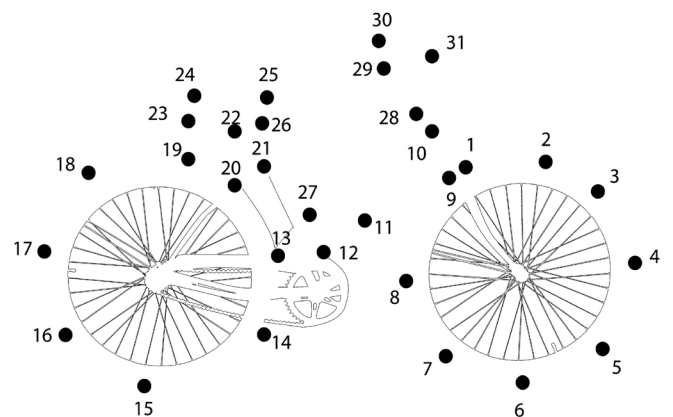
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Walking Safely

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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