

THE CASE FOR ACTIVE TRANSPORTATION - Safety

Getting around our neighborhoods, commuting to work and running errands are part of daily life. More and more people are walking and biking for these daily activities. As more people become regular walkers and bicyclists, they should be able to do so safely.

Walking and Bicycling can be fun, safe activities, but caution is necessary, particularly where walkers or bicyclists come across each other or motorists.

Bicycle Commuting in the SCAG region increased 60% between 2007 and 2012

(California Household Travel Survey, 2012)

Pedestrian Safety

On Roadway:

- If no sidewalk, walk on shoulder, facing traffic

At intersections:

- cross at the corner, wait for the walk signal, and use crosswalks, when available
- Look both ways. Don't assume drivers will stop
- Most collisions with pedestrians happen during evening rush hours. Watch out especially during these hours.

At Mid Block Crossings:

- Even if one car stops at a crosswalk, don't assume other motorists can see you.

When jogging, walking or hiking on trails or bike paths:

- Always let someone know your route, destination and expected return time
- Look behind you for bicyclists before making sudden turns

See more at <http://gohumansocal.com/Pages/Walk.aspx>

Bicyclist Safety

On Roadways:

- Follow all the rules of the road. It is the law
- Always ride in the same direction as traffic in a predictable manner
- Avoid riding "in the door zone" where car doors being flung open can cause a crash
- Use lights, both front and back when riding at night
- Most collisions with bicyclists occur during evening rush hours. Watch out especially during these hours

On Sidewalks, where legal:

- Ride with traffic, watching for motorists exiting driveways and parking lots.
- Slow to a walking speed around pedestrians. If necessary walk your bike on the sidewalk around pedestrians or ride on the roadway.
- Ride at a walking or jogging pace to increase reaction time for you and motorists. Drivers aren't anticipating fast moving bicyclists on sidewalks.

See more at <http://gohumansocal.com/Pages/Bike.aspx>