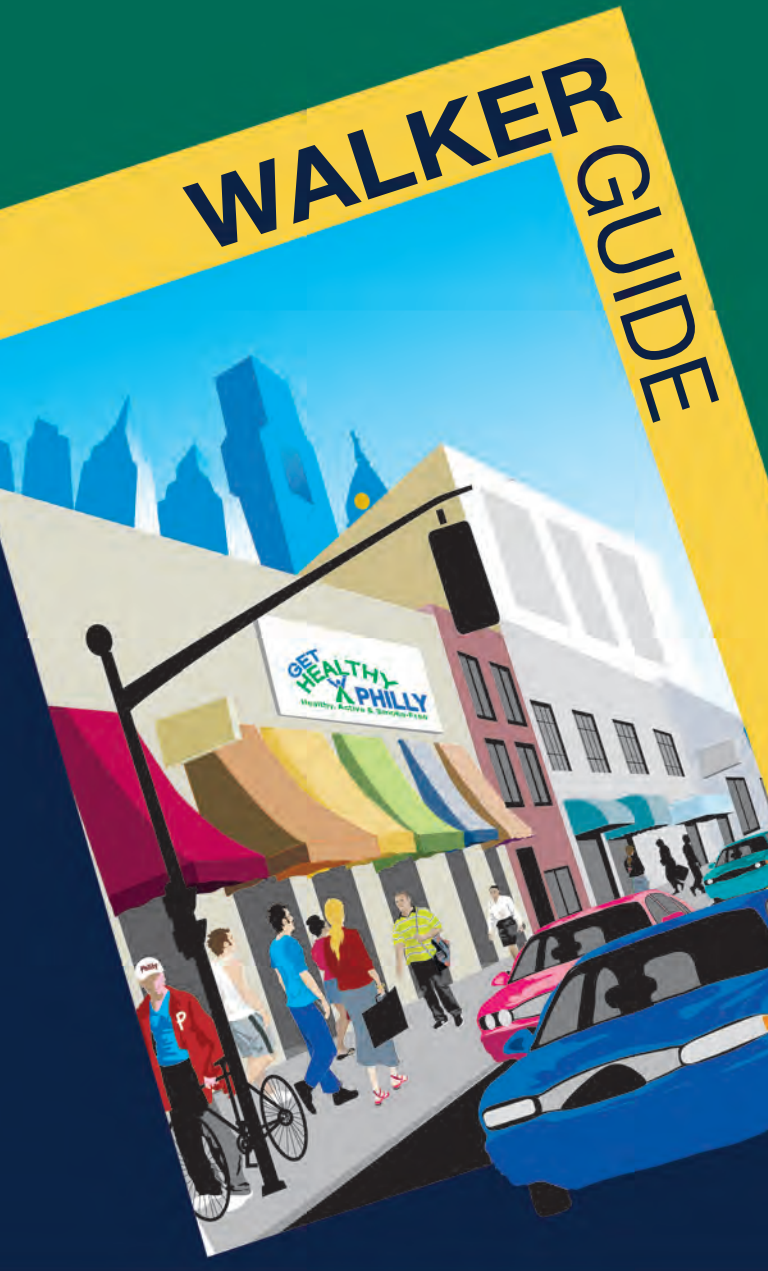


# GIVE RESPECT GET RESPECT

## WALKER

## GUIDE



For More Information  
Go to [www.foodfitphilly.org/walking](http://www.foodfitphilly.org/walking)  
or [www.walkinginfo.org](http://www.walkinginfo.org)

# GIVE RESPECT GET RESPECT

## Walk Smart & Stay Safe

Every year thousands of pedestrians in Philadelphia are involved in crashes with motor vehicles. Everyone loses in vehicle crashes, and walkers are more likely to be seriously injured or killed than drivers. Keep yourself safe by following these tips for navigating our city.

### Stay Alert

Don't assume that drivers or bicyclists will stop. Watch out — make eye contact to be sure they see you and proceed only when you know it is safe. **Look both ways and use extra care** when crossing wide roads and where visibility is poor.

### Use Crosswalks - Save Your Life

Vehicle operators including bicyclists are required to yield right-of-way to pedestrians at intersections and marked crosswalks. **It is safer to cross streets at marked crosswalks and intersections** because drivers are able to predict your movements. Crossing intersections diagonally is illegal and dangerous at most locations.

### Be Responsible and Courteous

It is the **pedestrian's responsibility to yield to cars and bicycles when there is no crosswalk**. Do not start crossing when the red hand is flashing, or the countdown timer shows you will not be able to make it across the intersection.

### Eyes on the Road

That text message or phone call can wait until you've reached the other side of the street. Distracted walking can be just as dangerous as distracted driving--be attentive in the roadway.

### Listen Up

Keep the music down when crossing the street. Your ears can alert you of danger from all directions. Use them!

For More Information

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or [www.walkinginfo.org](http://www.walkinginfo.org)



# GIVE RESPECT GET RESPECT

## DRIVER GUIDE



For More Information  
Go to [www.foodfitphilly.org/driving](http://www.foodfitphilly.org/driving)  
or [www.aaa.com/safety](http://www.aaa.com/safety)

# GIVE RESPECT GET RESPECT

## Respect is a Two-Way Street

### Stay Alert

Bicycles are legal vehicles with the same rights and responsibilities as cars. In Philadelphia, **riders over the age of 12 are required to ride in the street.** Motor vehicles must share the road with cyclists and walkers: It's the law!

### Yield to Pedestrians

Vehicle operators, including bicyclists, are required to yield the right-of-way to pedestrians at all intersections and marked crosswalks.

### Watch Behind You

Check for bicycles and walkers when turning or opening car doors. Bicyclists and walkers can sometimes not be seen in a side or rear view mirror. When exiting your car, check behind you for safety - **motorists are responsible for any accident caused by opening doors in traffic.**

### Drive Safely, Drive Predictably

Driving in a predictable manner means that other road users will be able to react to your movements. Predictable driving is safe driving.

### Eyes on the Road

It is dangerous and **against Philadelphia traffic code to text or use hand-held cell phones while driving.** If you have to use your phone on the road, use hands-free devices.

### Lay Off the Horn

Don't honk at walkers and bicyclists unless they are in immediate danger. Horns are for emergencies; their overuse distracts other road users and contributes to road rage.

For More Information  
Go to [www.foodfitphilly.org/driving](http://www.foodfitphilly.org/driving)  
or [www.aaa.com/safety](http://www.aaa.com/safety)



# GIVE RESPECT GET RESPECT

## BICYCLE GUIDE



For More Information  
Go to [www.foodfitphilly.org/bicycle](http://www.foodfitphilly.org/bicycle)  
or [www.bicycleambassadors.org](http://www.bicycleambassadors.org)

# GIVE RESPECT GET RESPECT

## Respect is a Two-Way Street

### Stay off Sidewalks

If you are over the age of 12, sidewalk riding is illegal and unsafe.

### Yield to Pedestrians

Bicyclists and car drivers are **required to yield the right-of-way to pedestrians at all intersections** and marked crosswalks.

### Ride With Traffic, Not Against It

When you ride the wrong way on the road you are **three times as likely to get into a crash.** Wrong-way riding is illegal and unsafe.

### Obey Traffic Signs and Signals

The same traffic rules that apply to automobiles hold true for cyclists. Bicycles and cars must come to a stop at stop signs and stoplights.

### Ride Smart, Ride Predictably

Other road users need to know how you will move. Sudden changes of direction can cause a collision between a bicyclist and a car- the cyclist is always the biggest loser.

### Use Your Head, Wear a Helmet

Helmets can **save your life** and prevent serious brain trauma. Children under 12 must wear a helmet when riding, and adults are encouraged to do the same.

### Be Seen, Be Safe

Visibility is the key to safety when riding at night. In Pennsylvania bikes are required to have working front and rear lights when riding at night.

For More Information  
Go to [www.foodfitphilly.org/bicycle](http://www.foodfitphilly.org/bicycle)  
or [www.bicycleambassadors.org](http://www.bicycleambassadors.org)

