**Be on the Safe Side**
Cross at the corner or crosswalk, and always look both ways before crossing. Make eye contact with drivers to make sure they see you.

**Wait for the Signal**
If there is a signal at the intersection, it is illegal to cross during a “Do Not Walk” signal.

**Put the Phone Away**
Ten percent of pedestrian injuries occur from distracted walking. When walking with headphones, keep the volume low so you can hear what is happening around you.

---

**Did You Know?**
14% of all trips in Southern California are one mile or less. These short trips are equivalent to a five-minute bicycle ride or a 20-minute walk.

Walking can help create a positive outlook on life by reducing stress and bolstering brain function. Research shows that commuting long distances by car can diminish overall well-being.

People who bike to work have lower obesity rates and a reduced risk of other chronic diseases.

---

**Streets for All Partners**
- City of Hermosa Beach
- City of Redondo Beach
- Redondo Beach Unified School District
- Hermosa Beach City School District
- Beach Cities Health District
- Beach Cities Cycling Club
- South Bay Bicycle Coalition
- Southern California Association of Governments
- Go Human

---

Greg Browning
Entertainment Director at Body Glove
Street Smarts for Drivers

Slow Your Roll
Speeding gives you less time to react to something or someone in your path. Just a fraction of a second can be the difference between life and death.

It’s Not Just a Sign
Watch for people in the crosswalk, including pedestrians, strollers, people with disabilities and skateboarders.

Give Bicyclists 3 Feet When Passing
The faster you are traveling, the more space you need to give bicyclists. If necessary, change lanes or wait until you have adequate space to pass.

Pay Attention
Keep your eyes on the road and avoid distractions — like checking your phone — while driving.

Street Smarts for Bicyclists

Go With the Flow
Always ride in the direction of traffic, and use signals when turning. These simple acts help bicyclists be more visible and predictable to those around them.

Stop Means Stop
Bicyclists must come to a complete stop at any stop sign or stoplight, and yield to those who arrive first.

Always Wear a Helmet
Helmets can reduce your risk of injury. State law requires children under 18 to wear a helmet when riding a bicycle, scooter or skateboard.

Same Road, Same Rules
Motorists and bicyclists are granted the same rights and responsibilities on public streets. Both must obey the laws and the rules of the road.