



TMA SF



CONNECTS



THE FACTS

Walking: Update 2018



Walk to Work Day: April 5, 2018

Celebrate the most healthy and sustainable form of transportation by participating in Walk to Work Day! Walk all the way to work, or get off a few stops earlier than your regular station to walk even just 15 minutes of your commute. Every commute starts and ends with walking, and the day brings more awareness to the fact that we all are pedestrians and would benefit from more pedestrian-friendly streets.

Benefits of Walking



Health

- ▶ Improve mood and concentration
- ▶ Lower blood pressure
- ▶ Lower cholesterol
- ▶ Promote weight loss or weight maintenance
- ▶ Increase endorphins that improve mental and physical health
- ▶ Increase flexibility
- ▶ Increase bone density
- ▶ Balance insulin production
- ▶ Strengthen cardiovascular system
- ▶ Increase production of growth hormones that counteract the effects of aging



Environment

- ▶ Reduce greenhouse gas emissions
- ▶ Reduce local air pollution



Social

- ▶ Reduce congestion
- ▶ Improve safety by less motorized transportation



Economic

- ▶ Save on transportation costs
- ▶ Save on parking costs
- ▶ Decrease costs for healthcare

For more resources and guides for pedestrians: [click here](#).



TMASF

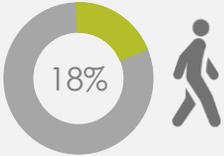


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Pedestrian and Driver Safety



Almost a fifth of the 4 million trips per day in San Francisco are walk-only.¹ All other trips start and end with walking, too.



On average, 20 pedestrians lose their lives every year and 800 more are injured in collisions with motor vehicles in San Francisco.¹



< 1 mile

40% of trips in San Francisco are under a mile, about 20 minutes by foot.¹ Walking these short distances greatly helps to alleviate worsening traffic congestion, improve air quality, and support public health.



Only 6% of San Francisco City Streets are high-injury corridors where 60% of severe and fatal injuries occur.²



In March 2018, SFMTA received \$2 Million Grant to launch "Safer Intersections" Campaign.⁴

San Francisco City Goals¹

1. Reduce serious and fatal pedestrian injuries by 40 % by 2021
2. Reduce serious pedestrian injury inequities among neighborhoods
3. Increase walking and reduce short trips (< 1 mile) taken by car by 25% by 2021
4. Provide high-quality walking environments

San Francisco Pedestrian Strategy¹

The City of San Francisco has identified the following measures to reduce the number of severe accidents in the city and make the streets more walkable. A comprehensive list is available [here](#).

- ✓ Upgrade 44 miles of streets where injuries are most concentrated until 2021.
- ✓ Give extra crossing time at 800 intersections citywide, at least 160 annually.
- ✓ Improve safety around schools and senior centers with high pedestrian injury.
- ✓ Plan Green Connections, a citywide network of 140 miles of green streets to help people walk safely to parks and the waterfront.

Walk First Initiative

How would you spend \$17 million on pedestrian safety?

[Click here to participate³](#)

Sources:

- 1 [Pedestrian Strategy](#)
- 2 [Safety Streets](#)
- 3 [Walk First](#)
- 4 [SFMTA](#)

Images:
[Pedestrian](#)
[Distance](#)
[People](#)



March 2018



Know the Law

Crosswalks: The driver of a vehicle shall yield the right-of-way to a pedestrian crossing the roadway within any marked crosswalk or within any unmarked crosswalk at an intersection. ([California Vehicle Code Section 21950a](#))¹

Intersections: Between adjacent intersections controlled by traffic control signal devices or by police officers, pedestrians shall not cross the roadway at any place except in a crosswalk. ([California Vehicle Code Section 21955](#))¹

Outside of Crosswalks: Every pedestrian upon a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right-of-way to all vehicles upon the roadway so near as to constitute an immediate hazard. ([California Vehicle Code Section 21954a](#))¹

Walking on a Roadway: No pedestrian may walk upon any roadway outside of a business or residence district otherwise than close to his or her left-hand edge of the roadway. ([California Vehicle Code Section 21956a](#))¹

Tips for Walking

- 1 Be alert, especially at intersections.
- 2 Minimize the use of mobile phones and music players.
- 3 Look twice into oncoming traffic before using the crosswalk, walking with the traffic signal.
- 4 Make eye contact with drivers before you cross paths.

Tips for Driving

- 1 Slow Down!
- 2 Yield to Pedestrians
- 3 Make Left Turns Carefully

Facts from San Francisco's Pedestrian Strategy²

- ▶ Speed is responsible for ten times the number of pedestrian injuries in San Francisco as driving under the influence.
- ▶ A small increase in speed results in a large increase in the likelihood of death for a pedestrian in case of an accident.
- ▶ 41% of pedestrian collisions at intersections were due to drivers failing to yield to pedestrians in the crosswalk (2011).
- ▶ On average, twice as many collisions at intersections with pedestrians involve left-turning vehicles compared to right-turning vehicles.

Sources:

¹ [California Vehicle Code](#)

² [Pedestrian Strategy](#)