



OHIO DEPARTMENT OF
TRANSPORTATION



EVERY
move
YOU MAKE
KEEP IT SAFE



Stay safe

and fit on your
way to school!

- 1 Know the traffic laws
- 2 Walk or bike in groups
- 3 Stay on sidewalks
- 4 Use crosswalks
- 5 Wear bright colors
- 6 Watch for cars before crossing
- 7 Leave your phone alone
- 8 Plan your route and follow it
- 9 Be aware of traffic sights and sounds
- 10 Look left, right, behind and in front while crossing
- 11 Make sure your parents always know where you are

Watch our video!

Go to everymove.ohio.gov
for activities and more!



Walk Safe

1. Use pedestrian signals and crosswalks
2. Walk directly across streets
3. Walk facing traffic so you can see drivers
4. Always cross at the safest place
5. Watch for parked cars that might move unexpectedly
6. Keep in mind, it's hard for big vehicles to see you

Bike Safe

1. Use proper hand signals
2. Wear proper gear: a bike helmet and bright clothing
3. Ride in the same direction as traffic
4. Check for traffic before you change lanes or cross the street
5. Ride 3 feet away from parked cars since doors might open
6. Use headlights, taillights and reflectors when it's dark
7. Ride in a straight line with both hands on handlebars, use a backpack or basket to carry books and lunches

Test Your Safe Routes to School IQ

1. When your mom drives you to and from school it creates enough carbon dioxide on average to fill ____ balloons.
a. 1 b. 10 c. 60
2. How many gallons of gas would your parents use if they drove you to school in a medium-size car 1 mile a day for a year?
a. 67 b. 25 c. 32
3. Walking a mile to school keeps you healthy by burning _____ calories a year.
a. 3,725 b. 250 c. 16,000
4. Walking or riding bikes to school makes you smart.
a. True b. False
5. You can learn to be self-reliant and independent when you practice traffic safety and walk or ride bikes to school.
a. True b. False



U.S. Department of Transportation
Federal Highway Administration

Answers

1. c. 60 balloons – which is a lot of air pollution.
2. a. 67 gallons a year which costs \$201 if gas is \$3 a gallon.
3. c. 16,000 calories – the same amount gained from eating 64 fast food hamburgers or drinking 107 sodas.
4. a. True – Research shows physically fit kids do better on reading, math, science and social studies standardized tests.
5. a. True – Plus, walking and bicycling to school is a fun way to spend more time with your friends.