



# TREDwise

G E T T H E R E S A F E L Y

UC San Diego's Training, Research and Education for Driving Safety (TREDS) program offers

## **TREDwise: Get There Safely**

to promote pedestrian safety on California roadways

### **WHY WALK?**

Everyone needs physical activity and walking is an ideal way to get it. Walking provides opportunities to exercise, feel connected with the community, and serves as a means of getting around.

### **WHAT IS THE PROBLEM?**

Pedestrian safety is a growing public health concern with pedestrian fatalities rising for the last five years. It is estimated that a pedestrian is killed every two hours and injured every seven minutes in traffic collisions. Pedestrians who are distracted or don't follow the rules of the road are at greater risk.

### **WHAT IS 'TREDwise'?**

A free one-hour class for adult audiences is presented by safety experts from law enforcement and public health.

### **WHAT WILL PARTICIPANTS LEARN?**

- Dangers faced by pedestrians
- Traffic rules for walking
- Defensive walking strategies
- Increasing visibility for safety
- Personal risk factors

**For more information or to schedule a class,  
email [treds@ucsd.edu](mailto:treds@ucsd.edu) or call (858) 534-8386**

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**TREDS**  
TRAINING, RESEARCH AND EDUCATION  
FOR DRIVING SAFETY



**UC San Diego**  
SCHOOL OF MEDICINE