

TREDwise: Get There Safely — 23:12-Minute Video

UC San Diego TREDs | Accessible Transcript

About This Document

This document is an accessible transcript for “TREDwise: Get There Safely”, a pedestrian safety education video featuring host Skip Walker. This transcript meets UC San Diego digital accessibility standards (WCAG 2.1 AA).

Transcript

[Graphic Description: People walk near a crosswalk sign behind an orange-and-yellow title graphic displaying the TREDs logo and the text, “Transportation Research and Education for Driving Safety.”]

[Graphic Description: A person walks behind an orange-and-yellow title graphic displaying the text, “TREDwise Get There Safely with Skip Walker.”]

[Graphic Description: The screen is divided into three sections. Skip Walker walks from left to right across all three sections. The scene then transitions to an aerial view of cars traveling along a busy street.]

SKIP WALKER: You know, most people don't think twice about walking out the door. They just go — no plan, no system, no vest, nothing.

SKIP WALKER: I'm Skip Walker, self-proclaimed three-time winner of the Pedestrian of the Year award *[On-screen text reads, “Skip Walker. Pedestrian of the Year”.]*

SKIP WALKER: The only person I know who has a favorite crosswalk, and a backup favorite in case of resurfacing.

SKIP WALKER: And yes, I made a functional crosswalk between my kitchen and dining room at the age of eight.

[Graphic Description: Skip pulls a photo from his right pocket. The view shifts to Skip's perspective as he looks at the photo, which shows Skip as a child standing in his living room with a paper crosswalk taped to the floor. His mother sits at the kitchen table, looking toward him.]

SKIP WALKER: My mom thought it was a phase. It's not a phase. This is my life's work.

SKIP WALKER: Today I'm going to walk you through everything you need to know about staying safe on your feet. We're calling it TREDwise — which is just a way of saying let's get to where we're going, and get there safely, together.

What is a Pedestrian?

[Transition graphic: A pedestrian crossing signal and people walking through a crosswalk appear behind an orange-and-yellow title graphic. On-screen text: "What Is a Pedestrian?"]

SKIP WALKER: First thing's first, what's a pedestrian?

[On-screen text: "What Is a Pedestrian?"]

SKIP WALKER: You might be thinking "someone walking," and you're right — but it's broader than that. Pedestrians are people. If you walk,

[On-screen text: "Walk," with a pedestrian icon.]

SKIP WALKER: run,

[On-screen text: "Run," with a running icon.]

SKIP WALKER: use a wheelchair or walker,

[On-screen text: "Use a wheelchair or walker," with an accompanying icon.]

SKIP WALKER: or ride a non-motorized scooter or skateboard, you're a pedestrian.

[On-screen text: "Ride a non-motorized scooter or skateboard," with an accompanying icon.]

SKIP WALKER: Shoes optional. Awareness — absolutely required. Safety vest totally optional, but highly recommended.

SKIP WALKER: Every single one of us is a pedestrian at some point in our day.

[Graphic Description: A graphic titled "What Is a Pedestrian?" appears. An animated figure walks alongside the on-screen text, "Every one of us is a pedestrian."]

SKIP WALKER: Even people who think they're "car people." You park your car, you get out, and suddenly: welcome to my world, population: everyone.

SKIP WALKER: Now, I'm a fun guy. I have a dog named Chase. I once beat a cyclist to the corner on foot. And I placed in a 5K just by walking very purposefully. But I need you to pay attention here, because the numbers are not fun.

SKIP WALKER: On average, more than 7,000 pedestrians are killed each year in the United States.

[Graphic Description: A graphic titled "Pedestrian Fatalities" shows a yellow outline of the United States with the on-screen text, "7,000+ pedestrians killed each year."]

SKIP WALKER: That's 18% of all traffic deaths.

[On-screen text: "18% of all traffic deaths."]

SKIP WALKER: In California, the numbers are even more alarming. About 24%. Most of these are preventable.

[Graphic Description: A graphic shows a yellow outline of California with the on-screen text, "About 1,000 pedestrians killed each year" and "24% of traffic fatalities in CA are pedestrians."]

SKIP WALKER: What you learn today can help change that.

Three Types of Risk Factors

[Transition graphic: A woman and her dog cross a marked crosswalk behind an orange-and-yellow title graphic. On-screen text: "Three Types of Risk Factors."]

SKIP WALKER: Pedestrian safety comes down to three categories of risk. I call them the Big Three.

[Graphic Description: A title graphic reads "The BIG 3."]

SKIP WALKER: My colleagues call them the risk factor framework. I think "Big Three" sounds better. We agree to disagree. They have a chart about it. I have a vest.

SKIP WALKER: Number one. Pedestrian behaviors — things we do or don't do.

[On-screen text: "1. Pedestrian behaviors."]

SKIP WALKER: Number two. Environmental conditions — what's happening around us.

[On-screen text: "2. Environmental conditions."]

SKIP WALKER: Number three. Drivers — people in cars, with a disproportionate impact on the safety of people outside of cars.

[On-screen text: "3. Drivers."]

SKIP WALKER: Let's walk through each one. Pun intended. Always intended.

Risk Factor #1: Behaviors – Right-of-Way

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text: "Risk Factor #1: Behaviors Right-of-Way."]

SKIP WALKER: Pedestrian behaviors. Let's start here, because this is where we have the most control.

SKIP WALKER: True or false: pedestrians always have the right of way?

[Graphic Description: A yellow diamond-shaped sign appears above the on-screen text, "Pedestrians always have the right-of-way." The sign reads, "TRUE OR FALSE."]

SKIP WALKER: False.

[Graphic Description: The yellow diamond-shaped sign changes from "TRUE OR FALSE" to "FALSE." A red X appears across the statement, "Pedestrians always have the right-of-way."]

SKIP WALKER: You only have the right-of-way when crossing legally at an intersection.

[Graphic Description: A new yellow diamond-shaped sign appears with the on-screen text, "Pedestrians have the right-of-way when crossing legally at an intersection."]

[On-screen text: Pedestrians must use reasonable care and should not suddenly enter the path of a vehicle.]

SKIP WALKER: Crossing where drivers expect you to cross protects you. Crossing mid-block does not. In fact, 76% of all people killed walking are killed outside intersections.

[Graphic Description: A graphic shows a road intersection with crosswalks and traffic signals. A red car and a blue car approach the intersection. On-screen text reads, "76% of fatalities occur outside of intersections."]

SKIP WALKER: The takeaway is simple: cross where drivers expect to see you — crosswalks, intersections, signals. Before stepping off the curb, make eye contact. A small wave can help make sure you're seen. It's not awkward — it's how you stay safe.

Risk Factor #1: Behaviors – Distractions

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text: "Risk Factor #1: Behaviors - Distractions"]

SKIP WALKER: Staying safe is not just about where you cross. You also need to pay attention while you cross. Distractions. My nemesis. Well, one of them — the other is unsecured garden hoses on public sidewalks, but that's environmental. We'll get there in a minute.

[Graphic Description: A title graphic reads "Distracted Walking"]

SKIP WALKER: Every day I watch people walking with their heads down, eyes locked on their phones, headphones cranked so loud you can hear the music from six feet away.

SKIP WALKER: Here's a quick test: if you're walking with headphones on, can you still hear yourself snap your fingers right next to your ear?

[Audio Description: Skip puts on headphones and demonstrates by snapping his fingers next to his ear.]

SKIP WALKER: If you can't hear that snap, the volume is too high — turn it down. You'll need all of your senses out there. Phone in your hand,

[On-screen text: "Phone in your hand."]

eyes on the screen,

[On-screen text: "Eyes on your screen."]

brain on your conversation.

[On-screen text: "Brain on the conversation."]

SKIP WALKER: That's three strikes before you even step off the curb. Put the phone away. The text will be there after you cross the street.

SKIP WALKER: This video shows you what can happen if you're not paying attention.

NEWSCASTER: This woman is texting as she strides across the street, oblivious to the danger she's about to face — she's wearing headphones, her face is buried in her phone, then she heads straight into oncoming traffic.

[Graphic Description: A video clip plays. A woman wearing headphones looks at her phone as she steps off a curb and begins entering the street. A man notices an approaching car and quickly pulls her back from the roadway.]

NEWSCASTER: I've got a frightening video to show you that proves the mantra of the street, "don't walk and text." A sixty-seven-year-old woman, seriously hurt in Plainfield, New Jersey, somersaulting over an open basement door. Here's news reporter Jim Dolan.

[Graphic Description: A news broadcast clip plays of a woman walking on the sidewalk looking at her phone, then falling into an open manhole.]

JIM DOLAN (EYEWITNESS NEWS): By the time first responders arrived — and it took a while — but they got the woman out of the hole and brought her to a local hospital.

Risk Factor #1: Behaviors – Walking Speed

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text: "Risk Factor #1: Behaviors Walking Speed"]

SKIP WALKER: Walking speed. People don't think about it — they just assume they'll make it. "I'll be fine. I'm a fast walker." And then the light changes and suddenly they're doing a little jog through the intersection, which is not the vibe we're going for.

SKIP WALKER: And did you know that walking speed changes over time?

SKIP WALKER: Here's a test you can do at home

[Graphic Description: A video shows Skip performing the 20-foot walking test, timing his pace between two markers. A large timer appears on screen and counts down from "9" as Skip demonstrates the walking-speed test.]

SKIP WALKER: Place two markers 10 feet apart, walk from one to the other and back — that's 20 feet. Time yourself. If it takes you more than 9 seconds to cover those 20 feet, you may not clear a typical intersection before the light changes.

SKIP WALKER: Nine seconds — this is important to know. I clock in at 6.2 seconds, for the record. Personal best is 5.8, but I train. If your pace is slower, cross at an intersection where you know you have enough time,
[Graphic Description: An icon representing a stoplight before the on-screen text, "Cross where you know you have enough time."]

SKIP WALKER: or use the push-button signals — some give you an extended crossing window.
[Graphic Description: An icon representing a push-button signal appears before the on-screen text, "Use push-button signals" and an icon representing a finger pushing the button before the on-screen text: "Some activate the walk signal and extend crossing time."]

SKIP WALKER: And keep in mind. Your eyes, your ears, your reflexes — all of it matters for safe walking.

Risk Factor #1: Behaviors – Medications & Alcohol

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text: "Risk Factor #1: Behaviors – Medications & Alcohol"]

SKIP WALKER: Let's talk about something nobody warns you about: your medications.
[Graphic Description: A title graphic reads "Medications"]

SKIP WALKER: We talk a lot about impaired driving, but medications that affect your driving also affect your walking.

[On-screen text: "Medications that affect driving can also affect walking."]

Some cause drowsiness. Some affect your balance. Some impair your judgment in ways you might not notice until the sidewalk disagrees with you — and the sidewalk always wins. It's concrete.

[On-screen text: "Some cause drowsiness, balance, or impaired judgment."]

SKIP WALKER: If you're on a new prescription, just ask your doctor: "Does this affect my ability to walk safely?" It's not a weird question — it's a smart one.

[Graphic Description: An icon of a person holding up their hand appears with a speech bubble containing the on-screen text, "Does this affect my ability to walk safely?"]

SKIP WALKER: And alcohol. We must talk about alcohol. One in three people struck and killed while walking had a blood alcohol level at or above the legal limit.

[Graphic Description: A graphic titled "Alcohol" appears. Video clips show people stumbling across the street, including one who nearly gets hit by a truck. On-screen text reads, "1 in 3 pedestrians killed in traffic crashes had a BAC of 0.08 or higher," followed by "Walking impaired can be dangerous" and "Avoid traffic areas or get a ride from a sober driver."]

SKIP WALKER: And here's the trap: people think "I'm not driving, I'm just walking." But walking drunk is dangerous. Your balance is off, your reaction time is slow, your judgment about when it's safe to cross is deeply compromised. If you've been drinking, get a ride from a sober driver.

Risk Factor #2: Environment: Sidewalks

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text: "Risk Factor #2: Environment – Sidewalks"]

SKIP WALKER: Now let's talk about environmental risk factors, because the sidewalk...

PASSERBY: I love your work.

SKIP WALKER: Oh, thank you. ...is not always your friend, despite what you may have been told. Look at this. Uneven pavement. Right here. A trip hazard.

[Graphic Description: Video shows uneven sidewalk pavement as a person walks across it.]

SKIP WALKER: And there, the sidewalk just ends. Becomes dirt.

[Graphic Description: Video shows a sidewalk ending abruptly at a dirt path.]

SKIP WALKER: Wait, is that a hose? That's a hose on the public sidewalk.

[Graphic Description: Video shows a garden hose stretched across the sidewalk.]

SKIP WALKER: And those tree roots have been staging a slow-motion uprising for what looks like 30 years. They have won.

[Graphic Description: Video shows tree roots buckling and breaking through the sidewalk pavement.]

[Graphic Description: A graphic titled "Environmental Factors" appears with two examples and accompanying icons.]

SKIP WALKER: Any one of these could send you tumbling. If conditions are unsafe, take a different route.

[On-screen text: "If conditions are unsafe, take a different route," with an icon of a person turning around and going the other direction.]

SKIP WALKER: And these things can be reported to the city or county.

[On-screen text: "Report unsafe conditions to the city or county," with an outlined speech bubble containing an exclamation mark.]

SKIP WALKER: There's an actual department for this. I don't know exactly which department handles rogue garden hoses, but I'm going to find out.

[Graphic Description: A graphic titled "Other Road Users" displays small photos of a cyclist, scooter rider, skateboarder, motorcyclist, person walking dogs, and e-bike user.]

SKIP WALKER: Also, you may be on the sidewalk with cyclists,

[Graphic Description: A photo of a cyclist appears.]

SKIP WALKER: scooter riders,

[Graphic Description: A photo of a scooter rider appears.]

SKIP WALKER: skateboarders,

[Graphic Description: A photo of a skateboarder appears.]

SKIP WALKER: motorcyclists,

[Graphic Description: A photo of a motorcyclist appears.]

SKIP WALKER: people walking dogs of every conceivable size,

[Graphic Description: A photo of a person walking three dogs appears.]

SKIP WALKER: and e-bike riders.

[On-screen text: "E-Bike Riders," with a corresponding photo.]

SKIP WALKER: E-bikes can move fast, very fast. Most places don't allow them on the sidewalk, but give them space — don't assume they'll slow down just because you're there.

Risk Factor #2: Environment— Time & Weather

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Risk Factor #2: Environment– Time & Weather."]

SKIP WALKER: True or false: most pedestrian fatalities occur during daylight hours?

[Graphic Description: A yellow diamond-shaped "TRUE OR FALSE" sign appears, with the statement "Most pedestrian fatalities occur during daylight hours" below it.]

SKIP WALKER: False.

[Graphic Description: The words in the yellow diamond change from "TRUE OR FALSE" to "FALSE," and a large red X appears across the statement "Most pedestrian fatalities occur during daylight hours."]

SKIP WALKER: More pedestrian deaths occur when it's dark outside.

[Graphic Description: A new yellow diamond-shaped sign replaces the previous graphic. On-screen text reads, "More pedestrian deaths occur when it's DARK outside."]

SKIP WALKER: Being a pedestrian in the dark is especially dangerous.

[Graphic Description: A graphic titled "Time of Day" appears. On-screen text reads, "Walking in the dark increases risk." An icon of a moon and stars appears.]

SKIP WALKER: Keep this in mind if you go out in the early morning or evening after sunset.

[Graphic Description: An icon of the sun setting behind water appears with the on-screen text, "Be extra careful if you go out early or late."]

SKIP WALKER: Add fog, rain, or overcast skies, and it's harder for drivers to see you.

[Graphic Description: A graphic titled "Weather" appears with a photo of a dark, rainy, foggy street scene where pedestrians are barely visible.]

SKIP WALKER: The good news: this is one of the most controllable pedestrian risk factors when it comes to walking. Wear bright colors by day

[Graphic Description: The left half of a circular graphic appears, showing Skip wearing bright yellow clothing with the words "Bright clothes by day."]

SKIP WALKER: and reflective gear at night.

[Graphic Description: The right half of the circular graphic appears, showing Skip wearing a reflective vest with the words "Reflective clothes by night."]

SKIP WALKER: We'll be revisiting that frequently — it's my jam.

Risk Factor #3: Drivers

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Risk Factor #3: Drivers"]

SKIP WALKER: Alright, let's talk more about Drivers as a major risk factor for pedestrians. Now, I don't want to alarm anyone, but drivers are not always fully paying attention.

[Audio Description: Dramatic piano music begins and continues throughout this segment.]

[Graphic Description: An orange-and-black information graphic appears. On-screen text reads, "Even when pedestrians have the right-of-way, distracted drivers can put them at risk..."]

[Graphic Description: A video clip of a near-miss pedestrian crash plays twice. A car nearly hits a child crossing a crosswalk on a scooter.]

[Graphic Description: An orange-and-black information graphic appears. On-screen text reads, "An alert pedestrian avoids getting hit..."]

[Graphic Description: A video clip shows a pedestrian stopping mid-crosswalk to avoid a car running a red light. The clip then shows pedestrians being struck while crossing the street.]

[Graphic Description: An orange-and-black information graphic appears. On-screen text reads, "Not everyone is so lucky..."]

[Graphic Description: A video clip shows two pedestrians being struck by a car while crossing the street.]

[Graphic Description: The orange-and-black graphic returns with the on-screen text, "Being alert can save your life" and "Remember: Drivers can put you at risk, even when you're being a careful pedestrian."]

SKIP WALKER: You've heard "don't text and drive" — good advice. But you also shouldn't call and drive.

[Graphic Description: An orange-and-black information graphic appears with a yellow caution icon and the message, "Don't call and drive!"]

SKIP WALKER: Here's what most people don't know: even a hands-free call cuts a driver's field of vision in half — 50%.

[Graphic Description: A graphic titled "Talking on the Phone + Driving" shows a driver icon with the message, "Cuts a driver's field of vision by 50% Even when talking hands-free."]

SKIP WALKER: They're looking at the road, but their brain is in the conversation. We call this tunnel vision. They are, scientifically speaking, seeing only half of everything — including you.

[Graphic Description: A split-panel graphic illustrates driver "tunnel vision." The top panel, labeled "Driver not on cell phone," shows a wide red box indicating the driver's field of focus. The bottom panel, labeled "Tunnel Vision" and "Driver talking hands-free," shows a narrower red box indicating the driver's field of focus. Both panels show similar street scenes with a pedestrian crossing a crosswalk lined with greenery.]

SKIP WALKER: And then there's something called inattention blindness. When the brain is distracted, it literally fails to process visual information.

[Graphic Description: A graphic titled "Inattention Blindness" appears with a yellow diamond-shaped sign stating, "The brain fails to process visual information."]

SKIP WALKER: A pedestrian can step directly into the driver's path, and the driver takes longer to register that there's someone walking in front of them — not because they're a bad person, but because their brain checked out.

[Graphic Description: The graphic changes to show two views of a pedestrian scene. An enlarged circular area highlights a pedestrian who may be missed when the driver's attention is diverted.]

SKIP WALKER: There's also the distraction hangover. After the driver ends a call and puts down the phone, their brain stays distracted for up to 25 seconds. That's a long time — you could be crossing in front of a driver whose brain is still thinking about the call, and not about you, right there in front of them.

[Graphic Description: A graphic titled "Distraction Hangover" shows a head-and-speech-bubble icon with text stating that a driver's brain can remain distracted for up to 25 seconds after ending a call or text.]

Strategies: Be Visible

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Strategies: Be Visible"]

SKIP WALKER: So, what do we do about all of this? The California Highway Patrol has a slogan I fully endorse: Be safe. Be seen.

[Graphic Description: A photo shows Skip wearing an orange safety vest with reflective lettering on the back that reads, "Be Safe. Be Seen."]

SKIP WALKER: I put it on all my vests. Take a look at this video.

[Graphic Description: A video shows a pedestrian wearing dark clothes walking along a shady street. A car passes close to the pedestrian, nearly hitting them.]

VIDEO VOICE-OVER: A pedestrian wearing dark clothes on a shadowy street might become invisible. An otherwise safe driver could cause a crash.

SKIP WALKER: During the day: bright colors.

[Graphic Description: The title "At Night" appears at the top of the screen.]

SKIP WALKER: Neon yellow — great.

[Graphic Description: A checkmark icon appears next to the on-screen text, "Neon yellow."]

SKIP WALKER: Neon orange — excellent.

[Graphic Description: A checkmark icon appears next to the on-screen text, "Neon orange."]

SKIP WALKER: Tasteful beige — it will not help you.

[Graphic Description: An X-marked box appears next to the on-screen text, "Beige."]

SKIP WALKER: At night or in low light — reflective gear, every time.

[Graphic Description: The title "At Night" appears at the top of the screen, with the text "Reflective gear" and a moon and stars icon.]

SKIP WALKER: Personally, my dog wears a reflective collar.

[Graphic Description: A photo of Skip and his dog appears. In the photo, Skip holds a small flashlight and wears a beanie with a built-in light. Skip's dog wears a reflective collar.]

SKIP WALKER: I carry a small flashlight, and I wear a beanie with a built-in light. Is it a fashion statement? I think so. Is it also a safety statement? Yes — both things can be true. If you use a cane, wheelchair, or scooter, you can add a reflective strip or small light to those.

[Graphic Description: A photo shows a couple walking along a sidewalk at dusk. One person uses a cane with horizontal reflective strips. The other uses a wheelchair with reflective strips on the back and around the wheels.]

SKIP WALKER: A reflective strip costs almost nothing. So does being visible.

[Graphic Description: A title graphic reads "Be Safe. Be Seen."]

SKIP WALKER: Use sidewalks whenever they're available.

[Graphic Description: A plus-sign icon appears before the on-screen text, "Use the sidewalk when possible."]

SKIP WALKER: If there's no sidewalk, walk facing oncoming traffic so you can see what's coming and respond.

[Graphic Description: A plus-sign icon appears before the on-screen text, "No sidewalk? Walk FACING oncoming traffic."]

SKIP WALKER: In shadows and low-light areas, assume drivers can't see you.

[Graphic Description: A plus-sign icon appears before the on-screen text, "In low light areas, assume drivers can't see you."]

SKIP WALKER: Don't step into the road until you know you are visible to drivers.

[Graphic Description: A plus-sign icon appears before the on-screen text, "Don't step into the road until you know you are visible to drivers."]

Strategies: Walk Defensively

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Strategies: Walk Defensively."]

SKIP WALKER: Defensive walking means never assuming you've been seen. Speaking of not being seen, I want you to watch this video with me.

[Graphic Description: A demonstration video shows a street scene from four distances—1,000 feet, 500 feet, 250 feet, and 100 feet—to show how many pedestrians are visible at each distance.]

SKIP WALKER: How many people do you see at 1,000 feet? Looks like three, right? At 500 feet, still three. Getting closer — at 250 feet, maybe four. At 100 feet, there are seven people out there. Seven. Some were wearing only white shirts, nothing reflective — they would not be seen clearly until they were just 100 feet away. At 100 feet, that is not enough distance to stop in time, making a crash unavoidable.

SKIP WALKER: And I want to be honest with you about what happens when a car hits someone walking. The faster the car is going, the more likely the pedestrian will be hurt badly or killed.

SKIP WALKER: At 20 mph, 9 out of 10 people survive.

[Graphic Description: A graphic titled "Speed vs. Survival" appears showing "20 mph" and "9 out of 10 survive." Pedestrian figures illustrate the survival rate.]

SKIP WALKER: At 30 mph, it drops to 5 out of 10.

[Graphic Description: The graphic changes to show "30 mph" and "5 out of 10 survive." Fewer pedestrian figures are shown as surviving.]

SKIP WALKER: At 40 mph, just 1 out of 10 survive.

[Graphic Description: The graphic changes to show "40 mph" and "1 out of 10 survives." Only one pedestrian figure is shown as surviving, with the remaining figures shown in red.]

SKIP WALKER: Speed is not your ally. Being visible is.

Strategies: Use Safety Features

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Strategies: Use Safety Features."]

SKIP WALKER: The crosswalk — my home away from home. My mom says this is a concerning thing to say. I maintain it's a compliment to the crosswalk. Let's make sure we're using it correctly.

SKIP WALKER: True or false: It is legal to enter a crosswalk when the signal shows a flashing red hand with no countdown numbers?

[Graphic Description: A yellow diamond-shaped "TRUE OR FALSE" sign appears with the statement, "It is legal to enter a crosswalk when the signal shows a flashing red hand with NO countdown numbers."]

SKIP WALKER: The answer is False.

[Graphic Description: The yellow diamond-shaped sign changes from "TRUE OR FALSE" to "FALSE," and a large red X appears across the statement.]

SKIP WALKER: A blinking hand without a countdown means it's illegal to start crossing.

[Graphic Description: An orange-and-black information graphic appears with the text, "A blinking hand without a countdown means it's illegal to start crossing." A video demonstration shows a pedestrian signal with a flashing hand.]

SKIP WALKER: A blinking hand with a countdown means you may cross if you can safely make it before time runs out.

[Graphic Description: The graphic changes to an orange-and-black information graphic with the text, "A blinking hand with a countdown means you may cross if you can safely make it before time runs out." A video demonstration shows a pedestrian signal with a countdown.]

SKIP WALKER: And you're crossing a wide, multi-lane road, look for a pedestrian island — a raised refuge in the middle where you can stop and wait for a gap in traffic.

[Graphic Description: A graphic titled "Pedestrian Islands" shows a photo of a raised pedestrian refuge island in the center of a multi-lane roadway.]

SKIP WALKER: These reduce the number of cars that hit pedestrians by up to 56%.

[Graphic Description: The "Pedestrian Islands" graphic displays the text, "Can reduce crashes up to 56%."]

SKIP WALKER: One note: drivers aren't expecting to see someone standing in the middle of the road, which is fair — so don't assume they see you. Stay alert. I like to make eye contact, so I know they know I'm there.

Strategies: Follow the Rules

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Strategies: Follow the Rules"]

SKIP WALKER: Out here you'll see signs telling you exactly what you can and cannot do. I love these signs — I have framed prints of several of them at home. My guests find them unsettling. I find it clarifying.

[Graphic Description: A graphic titled "Pedestrian Signs" displays examples of pedestrian signs, including "Cross on green light only," "Press button to cross street," "Walk on left facing traffic," "No ped xing," "Cross only at crosswalks," and "Cross only on signal," along with a no-pedestrian-crossing symbol.]

SKIP WALKER: This one: "No Ped X-ing" — no pedestrian crossing.

[Graphic Description: The pedestrian signs disappear except for "No PED XING." An image of an officer writing a ticket appears with a speech bubble that reads, "A citation can cost you \$150-\$250!"]

SKIP WALKER: Cross here, and you can receive a citation. The law is not a suggestion. Neither is this sign: pedestrians do not always have the right of way — you have to be lawfully in the roadway to claim it.

[Graphic Description: An orange-and-black information graphic appears with a yellow caution icon and the message, "Follow the rules."]

SKIP WALKER: Follow the rules. The rules are in place to protect you.

SKIP WALKER: Let's put it all together:

[Graphic Description: A graphic titled "Street Safety" appears.]

SKIP WALKER: Use sidewalks whenever possible.

[Graphic Description: The first safety tip appears: "Use sidewalks whenever possible."]

SKIP WALKER: Cross at marked crosswalks or intersections where it is safe.

[Graphic Description: The second safety tip appears: "Cross at marked crosswalks or intersections where it is safe."]

SKIP WALKER: Use pedestrian push buttons to alert drivers.

[Graphic Description: The third safety tip appears: "Use pedestrian push buttons to alert drivers."]

SKIP WALKER: Make eye contact before you cross.

[Graphic Description: The fourth safety tip appears: "Make eye contact with drivers before you cross."]

SKIP WALKER: And follow the posted signs and signals every single time.

[Graphic Description: The fifth safety tip appears: "Follow the posted signs and signals every single time."]

Strategies: Assess Your Risk

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Strategies: Assess Your Risk"]

SKIP WALKER: We're almost at the finish line. Before you go, I want to leave you with something I call the Walking Risk Assessment.

[Graphic Description: An orange-and-black title graphic reads "Walking Risk Assessment"]

SKIP WALKER: 12 questions, honest answers only. I'll know if you're fibbing. I've been watching people walk for a very long time. Every "yes" is just information, not a judgment. Well, a little bit of a judgment, but a helpful one. Take a moment to assess yourself.

SKIP WALKER (VOICE-OVER): Question one. Do you cross outside intersections or crosswalks?

[Graphic Description: A photo of a pedestrian crossing a street outside a marked crosswalk appears with the question, "Do you cross outside intersections or crosswalks?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Stop. Most pedestrian fatalities happen outside crosswalks and intersections.

[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Stop. Most pedestrian fatalities happen outside crosswalks and intersections."]

SKIP WALKER (VOICE-OVER): Question two. Do you ignore pedestrian signals?

[Graphic Description: A photo of a pedestrian signal appears with the question, "Do you ignore pedestrian signals?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Walk with care. Following signals is the safest way to cross.

[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Walk with care. Following signals is the safest way to cross."]

SKIP WALKER (VOICE-OVER): Question three. Do you use your cell phone while walking?

[Graphic Description: A photo of a pedestrian looking at a cell phone while walking appears with the question, "Do you use your cell phone while walking?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Put the phone down. It only takes a second to miss a car or other hazard.

[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Put the phone down. It only takes a second to miss a car or other hazard."]

SKIP WALKER (VOICE-OVER): Question four. Do you wear headphones while walking?

[Graphic Description: A photo of a pedestrian wearing headphones appears with the question, "Do you wear headphones while walking?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Keep the volume low. Stay alert to your surroundings.
[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Keep the volume low. Stay alert to your surroundings."]

SKIP WALKER (VOICE-OVER): Question five. Do you wear dark clothing when walking at night?
[Graphic Description: A nighttime photo shows a pedestrian wearing dark clothing with the question, "Do you wear dark clothing when walking at night?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Make yourself visible. Wear reflective clothing or safety lights.
[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Make yourself visible. Wear reflective clothing or safety lights."]

SKIP WALKER (VOICE-OVER): Question six. Do you walk after consuming alcohol?
[Graphic Description: A photo of an alcoholic drink appears with the question, "Do you walk after consuming alcohol?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Don't risk it. If alcohol is affecting your balance or judgment, avoid walking and find a safer way home.
[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Don't risk it. If alcohol is affecting your balance or judgment, avoid walking and find a safer way home."]

SKIP WALKER (VOICE-OVER): Question seven. Do you take medications that cause drowsiness or imbalance?
[Graphic Description: A photo of pills and a medication bottle appears with the question, "Do you take medications that cause drowsiness or imbalance?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Use extra caution. Wait until you feel alert, and consider asking someone to accompany you.
[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Use extra caution. Wait until you feel alert, and consider asking someone to accompany you."]

SKIP WALKER (VOICE-OVER): Question eight. Is your vision impaired?
[Graphic Description: A photo of an eye exam chart appears with the question, "Is your vision impaired?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Stay current on exams, catch vision changes early, and learn about services that can help you get around safely.
[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Stay current on exams, catch vision changes early, and learn about services that can help you get around safely."]

SKIP WALKER (VOICE-OVER): Question nine. Do you wear bifocals or progressive lenses?
[Graphic Description: A photo of two people wearing eyeglasses while walking appears with the question, "Do you wear bifocals or progressive lenses?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Be careful. Watch your step on stairs and curbs.
[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Be careful. Watch your step on stairs and curbs."]

SKIP WALKER (VOICE-OVER): Question ten. Do you have trouble hearing?
[Graphic Description: A photo of a person wearing a hearing aid appears with the question, "Do you have trouble hearing?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Get regular hearing tests. Some traffic hazards can be heard before they're seen.

[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Get regular hearing tests. Some traffic hazards can be heard before they're seen."]

SKIP WALKER (VOICE-OVER): Question eleven. Have you fallen, or been told you're at risk for falling?

[Graphic Description: A photo of a person using a walker appears with the question, "Have you fallen, or been told you're at risk for falling?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Use a balance aid. Consider a cane or walker to improve your stability.

[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Use a balance aid. Consider a cane or walker to improve your stability."]

SKIP WALKER (VOICE-OVER): Question twelve. Are you a slow walker?

[Graphic Description: A photo of a slower-moving pedestrian with a cane walking on the sidewalk appears with the question, "Are you a slow walker?"]

SKIP WALKER (VOICE-OVER): If you answered yes: Choose the safest route. Use intersections that give you enough time to cross safely.

[Graphic Description: The screen changes to an answer graphic with the message, "If you answered yes: Choose the safest route. Use intersections that give you enough time to cross safely."]

SKIP WALKER (VOICE-OVER): Walking is one of the healthiest ways to get around. Just remember to do it safely.

[Graphic Description: Video shows a picture of someone's feet, with on-screen text reinforcing the message, "Walking is one of the healthiest ways to get around. Just remember to do it safely."]

Final Thoughts

[Transition graphic: Pedestrians cross a city street behind an orange-and-yellow title graphic. On-screen text reads, "Final Thoughts."]

SKIP WALKER: Alright. Here's the whole thing in four lines: Be aware and alert.

[Graphic Description: An orange-and-black information graphic appears with the text, "Be aware and alert."]

SKIP WALKER: Follow the rules of the road.

[Graphic Description: The graphic changes to display, "Follow the rules of the road."]

SKIP WALKER: Assume drivers don't see you, because sometimes, genuinely, they don't.

[Graphic Description: The graphic changes to display, "Assume drivers don't see you"]

SKIP WALKER: Use smart, safe walking strategies every single time you step outside.

[Graphic Description: The graphic changes to display, "Use smart, safe walking strategies."]

SKIP WALKER: That's it. That's TREDwise. Be safe, be seen, and maybe consider a vest.

[Graphic Description: The graphic changes to display, "Be Safe. Be Seen."]

SKIP WALKER: Eight-year-old me would be very proud right now.

[Graphic Description: Skip takes a photo from his pocket. The view shifts to Skip's perspective as he looks at the photo, which shows him as a child standing in his living room beside a paper crosswalk taped to the floor. His mother sits at the kitchen table looking toward him.]

SKIP WALKER: I'm Skip Walker. Tread wisely, my friends.

[Graphic Description: A black title card with orange and white diagonal accents displays the title, "TREDwise Get There Safely with Skip Walker."]

[Graphic Description: A black title card on a yellow background with white diagonal accents displays the TREDs logo and the words, "Transportation Research and Education for Driving Safety."]

[Graphic Description: An orange background with black diagonal accents displays the OTS logo and the text, "California Office of Traffic Safety" and "Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration."]



End of Transcript