



UC San Diego Training, Research and Education for Driving Safety (TREDS) offers education 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.

The Problem

Pedestrian safety is a growing public health concern with pedestrian fatalities at their highest rate in 30 years. On average, a pedestrian is killed every 84 minutes, which equates to 17 people a day. Drivers who are distracted, impaired, speeding, or don't follow the rules of the road pose a greater risk to pedestrians, as well as pedestrians who are distracted or crossing where drivers do not anticipate them entering the road.

What is TREDwise?

A free one-hour class for the general public that is presented by professionals working in law enforcement, public health, and education.

Participants Will Learn

- Dangers faced by pedestrians
- Defense walking strategies
- Traffic rules for walking
- Personal risk factors

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