

USING THE "HOW WE MOVE SAFELY" CARDS

INSTRUCTIONS

Each *How We Move Safely* Card represents a mode of transportation and highlights the factors that help people travel safely using that mode. The information on each card provides key details about that mode, including recommended equipment, safe behaviors, training and education, age considerations, and typical speed, along with important safety alerts.

Through investigation and discussion of the cards, students can explore how safety varies across different ways of getting around. Using the information provided, students can identify patterns, compare levels of risk, and consider how equipment, behavior, and training work together to reduce risk. These cards encourage students to think critically about how safety is shaped not only by the transportation systems and environments around them, but also by individual choices.



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Speed & Risk:

Line up the cards from slowest to fastest using the "Maximum Speed" field. Then, discuss:

- Are the fastest modes always the most dangerous?
- Which modes are fast but still relatively safe? Why?
- How do the other factors (i.e., equipment, behavior, education) change risk?

Independence & Risk:

Sort cards into categories:

1. requires adult supervision
2. can be done independently with training
3. requires a license or formal certification.

Then, discuss: How does safety responsibility shift as people get older? Why do some modes require licenses or formal training? What skills do people need before gaining independence?



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Systems & Shared Responsibility:

For each card, assign responsibility to: **Individual** (you), **Other Users** (drivers, riders, operators), **Government/Design** (roads, rules, infrastructure). You can mark cards with 1, 2, or all 3.

Then discuss:

- Which modes rely most on **system design** (e.g., trains, buses)?
- Which rely most on **individual decisions** (e.g., skateboarding, walking)?
- Where does shared responsibility matter most?
- *Bonus:* What could be changed to make this mode safer for everyone?

Same Speed, Different Risk:

Group cards with similar speeds:

- 5–15 MPH (e.g., scooter, skateboard, rollerblades)
- 25–65 MPH (e.g., bus, car, school bus)

Then discuss: Why is a skateboard riskier than a bus at similar speeds? What role do the different factors (e.g., equipment, training) play? What about the environment (i.e., where you are using it)?



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CARD LEGEND

Equipment to improve safety: Tools or gear that improve safety when using this mode.

Behavior to reduce risk: Actions that reduce risk when using this mode.

Training & Education: Knowledge and skills that are necessary or useful for safety when using this mode.

Age Requirement: The legal or recommended age (e.g., 16 years old) for using this mode.

Maximum Speed: How fast this mode can typically be used.

Safety Alert: Further details about using this mode safely.



1 Walking



Equipment to improve safety: Sneakers, water bottle, sun protection (day), reflective clothing (night)

Behavior to reduce risk: Be aware of your surroundings, look both ways before crossing, use crosswalks, avoid distractions (no phones while crossing).

Training & Education: Learn pedestrian safety rules, practice crossing streets with an adult.

Age Requirements: All ages (young children require supervision)

Maximum Speed: About 3–4 MPH

Safety Alert: Watch out for moving cars, bicyclists, and scooters. Always stay visible and alert.

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2 Balance Bike



Equipment to improve safety: Helmet, knee pads, sneakers

Behavior to reduce risk: Focus on balance and steering, ride in open areas away from traffic, avoid steep hills.

Training & Education: Ensure proper bike sizing, learn correct helmet fit, practice stopping with feet.

Age Requirements: Typically 18 months–6 years (varies by child development and supervision)

Maximum Speed: Typically 5–10 MPH (varies by terrain and rider ability)

Safety Alert: Falls can happen while learning balance. A properly fitted helmet helps reduce head injury risk.

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3 Bicycle with training wheels



Equipment to improve safety: Helmet, knee pads, elbow pads, closed-toe shoes

Behavior to reduce risk: Practice pedaling and steering in smooth, open areas. Avoid uneven sidewalks and obstacles.

Training & Education: Learn basic riding skills, understand how your bike works, always ride with an adult.

Age Requirements: 3–6 years old (varies by child size and development)

Maximum Speed: 8–12 MPH

Safety Alert: Watch for cracks, curbs, and obstacles. Protective gear reduces scrapes and impact injuries.

NOTE: A tricycle is safer than a balance bike but balance bikes promote independence from day one.

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4 Scooter



Equipment to improve safety: Helmet, gloves (better grip), closed-toe shoes, protective clothing

Behavior to reduce risk: Follow traffic rules, ride in bike lanes when appropriate, avoid busy streets.

Training & Education: Strap helmet properly, choose an age-appropriate scooter, start in flat open areas like parks.

Age Requirements: 3-wheeled scooter for younger kids (2–5 years old) and 2-wheeled for older children (5+ years old)

Maximum Speed: 5–15 MPH (varies by rider skill)

Safety Alert: Watch for cracks, rocks, and cars pulling out of driveways. Loss of control can cause falls and scrapes.

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5 E-bike



Equipment to improve safety: Helmet, eye protection, gloves, reflective gear, closed-toe shoes, protective clothing, lights, security lock, a repair pump kit, bell horn

Behavior to reduce risk: Must act as vehicle operators by following all traffic laws, prioritize safety gear, be predictable (avoid weaving in and out of traffic).

Training & Education: Take the Electric Bicycle Safety Training (11 module online manual CA Highway Patrol).

Age Requirements: 16+ to operate Class 3. (varies by state; helmets required for riders under 18 in many states)

Maximum Speed: 20–28 MPH (Class 1 and 2; Class 3)

Safety Alert: E-bikes travel faster than traditional bicycles. Higher speeds require increased attention, longer stopping distances, and consistent helmet use to help prevent serious harm.

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6 Front Passenger in a Car



Equipment to improve safety: Seatbelt, adjustable head rest, and proper seating, sun shades

Behavior to reduce risk: Do not distract the driver. Always wear your seatbelt.

Training & Education: Pay attention to the road and your surroundings.

Age Requirements: Varies by state. In California: minimum 8 years old or 4'9" tall.

Maximum Speed: 65–70 MPH (controlled by driver)

Safety Alert: Always buckle up before the car moves. Seatbelts help prevent serious injuries in sudden stops or crashes.

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7 Skateboard



Equipment to improve safety: Helmet, wrist guards, knee pads, skate shoes

Behavior to reduce risk: Maintain balance, avoid crowded streets, and stay alert.

Training & Education: Practice controlled turns and stopping safely.

Age Requirements: 5+ with supervision

Maximum Speed: 5–12 MPH

Safety Alert: Falls are common. Protective gear reduces risk of wrist and head injuries.

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8 Roller Skates / Rollerblades



Equipment to improve safety: Helmet, wrist guards, knee/elbow pads

Behavior to reduce risk: Skate in smooth, open areas away from traffic.

Training & Education: Practice balance and safe stopping techniques.

Age Requirements: 4+ with supervision

Maximum Speed: 5–15 MPH

Safety Alert: Loss of balance can cause falls. Always use protective padding.

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9 School Bus Rider



Equipment to improve safety: Belongings secured, seatbelt (if available)

Behavior to reduce risk: Stay seated and follow driver instructions.

Training & Education: Learn safe boarding and exiting procedures.

Age Requirements: 5+ (school-age children)

Maximum Speed: 25–65 MPH

Safety Alert: School buses are one of the safest travel modes. Stay seated and avoid distractions.

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10 Public Transit (City Bus)



Equipment to improve safety: Transit pass, belongings secured

Behavior to reduce risk: Hold rails while standing and remain aware of stops.

Training & Education: Learn routes and safe boarding procedures.

Age Requirements: All ages (young children supervised)

Maximum Speed: 25–65 MPH

Safety Alert: Sudden stops can cause falls. Hold onto rails at all times.

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11 Passenger in Rideshare (Uber/Lyft)



Equipment to improve safety: Seatbelt, proper child safety seat if applicable

Behavior to reduce risk: Confirm driver identity and always buckle up.

Training & Education: Know how to verify ride in app.

Age Requirements: 18+ to request ride (children with adult)

Maximum Speed: 65–70 MPH (controlled by driver)

Safety Alert: Always wear a seatbelt and confirm driver and license plate before entering vehicle.

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12 Drive a Car (Teen/ Adult Driver)



Equipment to improve safety: Valid license, seatbelt, mirrors properly adjusted

Behavior to reduce risk: Follow traffic laws and avoid distractions.

Training & Education: Complete driver's education courses and behind-the-wheel training.

Age Requirements: 16+ (permit/license stages vary)

Maximum Speed: 65–70 MPH

Safety Alert: Distracted driving increases crash risk. Stay focused and alert.

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13 Motorcycle



Equipment to improve safety: DOT-approved helmet, gloves, boots, protective clothing

Behavior to reduce risk: Use defensive driving and high visibility positioning techniques.

Training & Education: Complete a safety course

Age Requirements: 16+ with motorcycle license endorsement

Maximum Speed: 80+ MPH

Safety Alert: Less physical protection than cars. Protective gear is essential.

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14 Horseback Riding



Equipment to improve safety: Helmet, breeches or jodhpurs, tall riding boots with a heel, and gloves to improve grip

Behavior to reduce risk: Remain calm, alert, confident demeanor, and maintain a balanced, centered, and upright posture.

Training & Education: Complete safety courses or training.

Age Requirements: 6-8 years old minimum

Maximum Speed: 25-30 MPH

Safety Alert: Never ride alone; match rider skill to the horse; and avoid riding too fast on unfamiliar terrain.

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15 Light Rail / Train Passenger



Equipment to improve safety: Ticket/pass

Behavior to reduce risk: Stand behind the platform line, hold the rails, and follow operator instructions.

Training & Education: Learn platform safety rules.

Age Requirements: All ages (young children should be supervised)

Maximum Speed: 35-80 MPH

Safety Alert: Stay clear of tracks and platform edges.

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16 Airplane Passenger



Equipment to improve safety: Seatbelt during takeoff/landing

Behavior to reduce risk: Follow crew instructions.

Training & Education: Review safety card before takeoff.

Age Requirements: All ages (young children should be supervised)

Maximum Speed: 500-600 MPH

Safety Alert: Air travel is statistically very safe. Always follow safety announcements.

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17 Golf Cart / Neighborhood Electric Vehicle



Equipment to improve safety: Seatbelt (if available)

Behavior to reduce risk: Drive slowly and avoid main roads.

Training & Education: Understand local regulations.

Age Requirements: Usually 16+ to operate

Maximum Speed: 15–25 MPH

Safety Alert: Smaller vehicles are less visible to cars. Stay alert.

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18 Rideshare Bike (Shared Bike Programs)



Equipment to improve safety: Helmet (bring your own), phone for app unlock

Behavior to reduce risk: Follow bike lane rules and local ordinances.

Training & Education: Review app instructions and city bike laws.

Age Requirements: 16+ (varies by provider)

Maximum Speed: 15–20 MPH

Safety Alert: Inspect brakes and tires before riding.

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19 Boat (Shared/ Rental Small Watercraft)



Equipment to improve safety: U.S. Coast Guard-approved life jacket (required), phone for app unlock (if applicable), appropriate footwear

Behavior to reduce risk: Follow all local boating laws and right-of-way rules, maintain safe distances from other vessels, obey no-wake zones, and dock responsibly.

Training & Education: Review rental/app instructions, understand local waterway regulations, and complete any required boating safety orientation.

Age Requirements: 18+; minors may ride with adult supervision (varies by provider and state law)

Maximum Speed: 5–25 MPH (varies by vessel type and local regulations)

Safety Alert: wear a life jacket, check weather conditions before departure, inspect engine/fuel levels (if motorized).

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20 Gondola (Enclosed Aerial Cable Car)



Equipment to improve safety: No special equipment required; ticket or app pass for entry

Behavior to reduce risk: Remain seated or stand as directed, keep doors clear, do not rock the cabin, and follow operator instructions at all times.

Training & Education: Review posted safety signage and listen to operator announcements before boarding.

Age Requirements: All ages permitted; minors should be supervised by an adult (policies may vary by operator)

Maximum Speed: 10–18 MPH (controlled by operator)

Safety Alert: Keep hands and belongings inside the cabin, secure loose items, and wait for the cabin to come to a complete stop before exiting.

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