Environmental Health and Safety

September 2015



Commute Trip Reduction

Did You Know?

1,600 pounds of greenhouse gases can be saved by carpooling twice a week.

Currently, there are 28 operating bus routes in Clark County.

With a Clark County
C-Zone bus pass, you
can travel to
Ridgefield, Salmon
Creek, Battle Ground,
Camas/Washougal,
Jantzen Beach, and
Parkrose.

One person can save 4,800 pounds of CO2 each year, by using public transportation instead of driving a car.



There are many different options for commuting around Clark County and Portland. Considering different options can potentially help the environment as well as yourself. Choosing a different mode of transportation can also be used as your 1 thing.

Options such as walking and biking to work can be both mentally and physically healthy as well as environmentally friendly.

When you bike or walk to work instead of driving, you cut out fossil fuels and greenhouse gases. As well as being environmentally friendly, both of these forms of transportation are an excellent source of exercise.

Other common options include, but are most certainly not limited to, carpooling and taking the bus. You could also combine two modes of transportation, such as walking or biking to a bus stop.

Bike

Biking can be a great source of exercise.

Plan your route before biking to work.

Check weather conditions and dress appropriately.

Ensure that your bike is in working condition.

Bike Safety Bulletin

Walk

Walking to work or a bus stop provides exercise.

Make sure to wear comfortable shoes.

Plan your route before walking to work.

Wear weather appropriate clothing and stay visible.

Carpool

Carpooling can be a good alternative to driving alone.

Plan your route ahead of time.

Exchange contact information with group members.

Discuss who will drive and how often.

Distracted Driving Bulletin

Bus

Let someone else drive while you relax.

Arrive at the bus stop 10 minutes before pick up.

Wear weather appropriate clothing.

Wear visible clothing if traveling at dusk or dawn.

Alternative Transportation Bulletin



Resources

Washington State Commute Trip Reduction Program

Clark County Commute

Benefits of Public Transportation

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Sustainable is Attainable: Promote Green Education and Practices