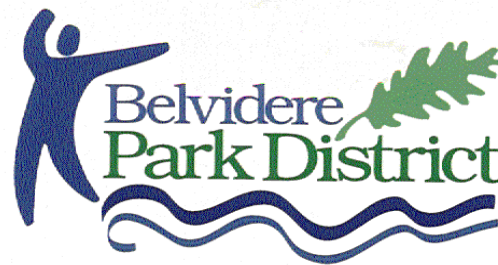


Back to School...



September means back to school for the children in our community. Not only is safety important to think about for children, but we also need to keep their safety in mind. Many concerns come up in regards to children's safety: Playground Safety; Bicycle Safety; Exercise Safety; and Bus Safety. We all need to work together in order to keep The children safe! These are important for adults, too!

Playground Safety

Playgrounds are great places for children to have fun, fresh air, and exercise. Safety hazards may also come with playgrounds. Each year, more than 200,000 children are treated in hospital ER's for playground related injuries. Most of these injuries could have been prevented with the proper supervision. The most important factors in evaluating the safety of any playground are surface, design and spacing, and equipment inspection and maintenance. Safe playground equipment and adult supervision are extremely important, but children must also know how to be safe and act responsibly at the playground.

Bike Safety

Every year, about 300,000 kids go to the emergency room because of bike injuries. Some of these are so serious that children die because of head injuries. Always encourage them to wear a helmet. Wearing bright colors or clothing with reflectors will also make them visible to other people on the road.

Other tips....

look both ways before crossing the street; cross at intersections; ride on the right-hand side of the street to travel in the same direction as cars (never ride against traffic); and stop at all stop signs and traffic lights just like cars. Just like driving a car, never pass a vehicle or bus on the right side.

Exercise Safety

Back to school also means that some of our favorite fall sports are back...including football, soccer, volleyball, tennis, cross country and basketball...even for adults too! Always warm-up by stretching to prevent injury. Wear proper shoes. Mouth guards and knee, wrist, and elbow guards may be beneficial as well. Learn the rules and regulations that have been put in place for your safety and the safety of others. If you choose to go walking, biking or rollerblading, make sure to follow basic traffic laws when on public sidewalks, bike paths, or streets. Always announce that you are passing before doing so. Then it is ok to pass on the person's left side.

School Bus Safety

What is the most dangerous part of the school bus ride? Children are at the greatest risk when they are getting on or off the school bus.

Most of the children killed in bus-related crashes are pedestrians, five to seven years old, who are getting off the bus. They are hit by the school bus or motorists illegally passing a stopped school bus.

So...what is the law on passing a school bus?

- No passing a stopped school bus on a two-lane roadway—always stop at least 20 feet before reaching the school bus.
- Never pass a bus on the right. Violating the law could lead to a citation, fine and loss of your license.
- If there are four-lanes with at least two lanes traveling in the opposite direction, only those lanes of traffic traveling in the same direction must stop.
- All school buses must stop at railroad crossings and display flashing red lights and an extended stop arm. All other motorists must stop when these are displayed, too. It's the law!

September Safety Question:

Vehicles, bicyclists, and pedestrians all have what important safety rule in common?