



North Carolina Wing Weekly Safety Blast



2018 - Topic #31 – Back to School Safety

Reason for this Blast:

We are back to school now, and we need to keep a few things in mind to make keep ourselves and our loved ones safe. When driving in school zones or if your kids ride a bike to school, there are hazards.



School Zone Driving Safety Tips:

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, be sure to slow down and obey all traffic laws.
- Always stop for school busses that are loading or unloading children.
- Watch out for school crossing guards and obey their signals.
- Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in school parking lots, etc.

Riding a Bike to School:

- Make sure your child always wears a bicycle helmet! Failure to wear one could result in a traffic citation. Furthermore, in the event of an accident, helmets reduce the risk of head injury by as much as 85 percent.
- Obey the rules of the road; the rules are the same for all vehicles, including bicycles.
- Always stay on the right-hand side of the road and ride in the same direction as traffic.
- Be sure your child know and uses all of the appropriate hand signals.
- Choose the safest route between home and school.
- If possible, try to ride with someone else. There is safety in numbers.

General Tips:

- To prevent injury, backpacks should have wide straps, padding in the back and shoulders, and should not weigh more than 10 to 15 percent of a child's body weight.
- When placing items in a backpack, place the heavier items in first. The closer the heavier items are to a child's back, the less strain it will cause.
- Children should use both backpack straps and all compartments for even distribution of weight.
- Remove drawstrings from jackets, sweatshirts, and hooded shirts to reduce the risk of strangulation injuries.

MAIN DISCUSSION POINT OF THIS SAFETY BLAST

When kids go back to school so many things change. Keep your eyes open and help keep the kids safe!