



# 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!**