

# Safe Kids Walk This Way<sup>SM</sup>



Presented by:  
Safe Kids Grand Forks & Altru Health System

## **Pedestrian Safety:**

1. Cross streets only at corners and at crosswalks. If there is a traffic light, do not cross until the signal is in your favor.
2. When preparing to cross look left, look right, look left for traffic. Before stepping out in front of traffic, assure that the tires of the car have stopped and you have made eye contact with the driver.
3. Make sure to keep looking left and right as you cross.
4. If walking in low light conditions, wear light colored clothing or a reflective device. Carrying a flashlight is also a good idea if it is getting dark.
5. Never run across the street. This decreases the chance that a driver will see you. If you have to run to get across, the car is too close.
6. When sidewalks are not available, walk facing traffic and as far to the left as possible.
7. Provide children under age 10 supervision while walking and crossing streets. They also require supervision while playing, especially near a street or the driveway.
8. Always model safety behaviors to children.
9. Remind children to NEVER walk out into the street between two parked cars.
10. Remember walking is a healthy, fun way to get places. Keep safe and keep walking!!!

## **Wheeled Sports Safety**

1. The most important safety tip is to **WEAR A HELMET** when participating in any wheeled sport like bike riding, inline skating, scootering or skateboarding. Helmets are 85% effective in preventing head injuries that can harm or kill someone. Get a helmet that fits and wear it each and every time.
2. Safe Kids Grand Forks distributes bike helmets and multi-sport helmets at a reduced price. Bike helmets are worn only for riding a bike, but a multi-sport helmet can be used for riding a bike, scooter, in-line skates or a skateboard. To obtain a helmet from Safe Kids e-mail [safekids@altru.org](mailto:safekids@altru.org).
3. Walk your bike on school property and when using school crosswalks.
4. A bicycle must be equipped with a reflector and a lighted headlamp for riding after dark.
5. The bicycle must have a permanent seat and the driver must sit on that seat when they are riding.
6. A bicycle should not carry more people than it was designed for, such as on handlebars or pegs. One seat, one rider.
7. Bicycles have all the rights and responsibilities of a vehicle on the roadway and must obey traffic laws for vehicles. Use bike paths when available.
8. Never hang onto a car or let someone tow the bike and rider with a car.
9. When driving on the roadway, stay as far to the right hand side of the road as possible, but watch out for parked cars and for cars going the same direction as you on the roadway. Pass carefully.
10. When driving a bicycle, don't carry anything in your hands or on the bicycle that will prevent you from keeping at least one hand on the handlebars.
11. Use proper hand signals when turning or stopping.
12. Please note, the use of motorized scooters on Grand Forks sidewalks is prohibited by city code. Check city code regarding laws on motorized scooters as some are illegal to use without a license.



## **Motor Vehicle Safety**

1. Children should ride in a booster seat for the **SAFEST** ride until all of the following occur:
  - Child sits with back up against the vehicle seat back.
  - Knees are bent comfortably at the edge of the seat.



- The child's feet are on the floor.
  - The lap belt fits properly across the hips/lap and not the abdomen.
  - The shoulder belt fits properly across the middle of the chest and shoulder and not the neck.
  - This usually occurs around 4'9" tall. This means most children well into grade school should be in a booster seat for the SAFEST ride.
2. Children ages 12 and under should ride in the rear vehicle seat so they are not in front of an active air bag. Air bags can kill or injure children when they are deployed.
  3. All people in the vehicle should be buckled-up on each and every ride no matter how short the ride.
  4. There should only be one person per seat belt.
  5. A lap and shoulder belt is much safer than just a lap belt alone.
  6. 4 out of 5 car and booster seats are used incorrectly. Be sure to read the seat's owner's manual and the vehicle instruction manual to assure that you are using the seat correctly.
  7. To have your seat inspected or to purchase a booster seat at a reduced price, stop by our car seat check-up events held throughout the region. Certified child passenger safety technicians will assist you with your car seat questions and inspect your seat for recalls and correct use.
  8. To find a car seat check-up event in your area, check out our website: [www.safekidsgf.com](http://www.safekidsgf.com).

### **Vehicle reminders for drivers:**

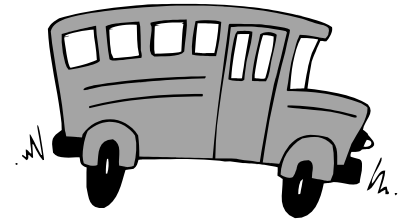
1. When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
2. When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely. Remember, school-aged children are impulsive.
3. Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood. Follow posted school speed limit signs.
4. Watch for children playing and congregating near bus stops.
5. Be alert. Children arriving late for the bus or school may dart into the street without looking for traffic.
6. Learn to obey the school bus laws in the community. Obey the flashing signal light system on the buses. You must come to a complete stop when the stop sign on the bus is extended. This pertains to vehicles approaching the bus from all

directions.

7. Be aware of crosswalks on the street and stop well before the crosswalk, not IN them.
8. Grand Forks has a city ordinance that prohibits people operating motor vehicles from dropping children off in front of a school where the child has to cross the street other than at a marked crosswalk.
9. Children should exit the vehicle on the “grass” or “curb” side so they do not get out directly into oncoming traffic.
10. Be sure to not park your vehicle in the “no parking” zone near crosswalks. It makes it difficult to see children preparing to cross.

## School Bus Safety

1. When the bus approaches, stand at least 3 giant steps (6 feet) away from the curb.
2. Wait until the bus stops, the door opens and the driver says it is okay to get on the bus.
3. If you have to cross the street in front of a bus, use a crosswalk and be sure the driver sees you and you can see the driver.
4. Get to the bus stop about 5 minutes early so you are not in a hurry.
5. Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get caught in the handrails or doors.
6. When the bus is moving, sit on the seat and do not stand or walk in the aisle.



These important **Back-To-School Safety Tips** are provided by **Safe Kids Grand Forks**. **Altru Health System** is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on these or other childhood safety topics, contact Safe Kids grand Forks at [safekids@altru.org](mailto:safekids@altru.org). You can also visit our website at [www.safekidsgf.com](http://www.safekidsgf.com).



Proud Program Sponsor

