



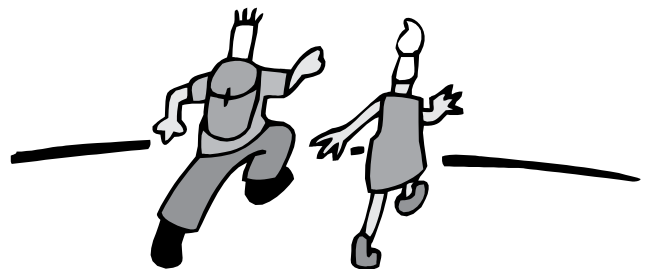
“BEE” SAFE

Back To School Safety

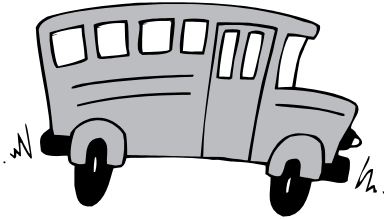
Presented by:
Safe Kids Grand Forks & Altru Health System

Pedestrian Safety:

1. Cross streets only at corners and in crosswalks. Do not cross until the light is in your favor.
2. Look left, look right, and left again before stepping into the street. Also make sure to keep looking left and right as you cross.
3. When stepping out in front of traffic, assure that the tires of the car have stopped moving and you have made eye contact with the driver.
4. Wear light colored clothing or a reflective devise if walking in low light conditions. 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. Walk facing traffic and as far to the left as possible when sidewalks are not available.
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!!!



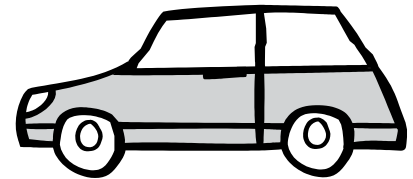
School Bus Safety



For Children:

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.
3. If you have to cross the street in front of a bus, walk in a crosswalk and be sure the driver sees you and you can see the driver.
4. When the bus approaches, stand at least 3 giant steps (6 feet) away from the curb.
5. Get to the bus stop about 5 minutes early so you are not in a hurry.
6. 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.

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 4'8" tall and between 60-80#. 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.
3. All people in the vehicle should be buckled-up on each and every 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. Safe Kids Grand Forks has monthly car seat check-up events where certified child passenger safety technicians will assist you with your car seat questions and inspect your seat for recalls and correct use.

7. To purchase a seat at a reduced price, stop by our monthly car seat check-up events held on the second Thursday of each month at Rydell GM Auto Center at 2700 South Washington Street from 4 – 7 p.m.

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.
3. Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
4. Slow down. Watch for children playing and congregating near bus stops.
5. Be alert. Children arriving late for the bus 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.
7. Be aware of crosswalks on the street and be sure to not stop IN the crosswalk but well before it.
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.

Bike Safety

1. The most important bike safety tip is to WEAR A HELMET at all times. Bike helmets are 85% effective in preventing head injuries that can injury or kill someone. Get a helmet that fits correctly and wear it on each and every ride.
2. Safe Kids Grand Forks distributes bike helmets for \$7.00 and multi-sport helmets for \$10.00. 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, call 780-1489.



3. A bicycle must be equipped with a reflector and a lighted headlamp for riding after dark.
4. The bicycle must have a permanent seat and the driver must sit on that seat when they are driving.
5. A bicycle should not carry more people than it was designed for, such as on handlebars or rear fenders.
6. Bicycles have all the rights of a vehicle on the roadway and must obey the laws for vehicles. Use bike paths when available.
7. Never hang onto a car or let someone tow the bike and rider with a car.
8. 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.
9. 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.
10. Use proper hand signals when turning or stopping.

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 Carma Hanson, Safe Kids Coordinator at 780-1489 or chanson@altru.org



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