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# Back to School Safety



There are a number of ways to keep safe when going **Back to School**:

• **Phone Numbers:** *With today's technological world, kids need to know more phone numbers than ever before. A good idea is to take a blank business card and type the important numbers on it and have it laminated. For older kids, they can place it in a wallet and for your younger ones, you can punch a hole in it and lace it into their school backpack so they will not lose it.*

• **Car Safety:** *Please ensure that everyone is properly seat-belted in your vehicle before putting the car into gear. Kids under the age of 12 should be in the back seat and in a car seat or booster seat.*

• **Bike Safety:** *Please teach your kids that bikes have rules to follow, just like cars. Each year children are injured or killed because they are riding on the wrong side of the street, they fail to at a stop sign, or fail to follow some of the other rules for bike riding. Please make sure your kids are wearing a helmet. **It's not only safer, it's the law!***



• **Walking to School the Safe Way:** *Plan the route your kids are going to take if they are walking to school. It is important to try to minimize the number of streets they have to cross. Keep it as simple as possible. Do a dry run with your kids to get them comfortable with the route. Teach them to stay away from vacant lots, fields and any other place with few people around.*

• **Stranger Safety:** *Teach your kids not to talk to strangers. They should not accept presents or rides from them. Also, be sure to pick a family password. This word will be used if someone different is picking them up from school, sports or other locations. It should be a weird word, like spaghetti. One that someone would not be able to guess.*

• **After School Safety:** *If your child is alone after school for a short time make sure they follow some basic guidelines:*

- *Keep the doors locked*
- *Never tell someone on the phone that there are no adults at home.*
- *Post a list of emergency phone number near the phone*
- *Have them call you at work or on your cell phone as soon as they get home*
- *Set up rules on what kind of food they can fix. Younger children should never use the stove without adult supervision*
- *Be sure to get up guidelines on who they can have over (if anyone) and what they are allowed to do.*



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# **Bicycle Safety**



*Bicycle riding is fun, healthy, and a great way to be independent. It is important to remember that a bicycle is not a toy; it's a vehicle! **Be cool**-follow some basic safety tips when you ride.*

## **Safe Riding Tips**

- **Before using your bicycle, make sure it is ready to ride. Always inspect your bike to make sure all parts are secure and working properly.**

- **Wear a Properly Fitted Bicycle Helmet.** Protect your brain and save your life.

- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between you and the top bar if using a road bike and 3 to 4 inches if using a mountain bike. Make sure the seat is level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

- **Check Your Equipment.** Before riding, inflate tires properly and check to ensure that your brakes work

- **See and Be Seen.** Whether day or night, you need to be seen by others. Wearing white clothing does not make you more visible. Wear neon or any other bright color to make sure you are seen. Also wear something that reflects light.

- *The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules as motorists and ride in the same direction.*

- *Children less than 10 years old, are not mature enough to make the decisions necessary to safely ride in the street and therefore children would be better off riding on the sidewalk.*

For additional information, visit the National Highway Traffic Safety Administration (NHTSA) web site at: [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) or the FS Supplement 1 to AR 190-5.





# Driving While Distracted

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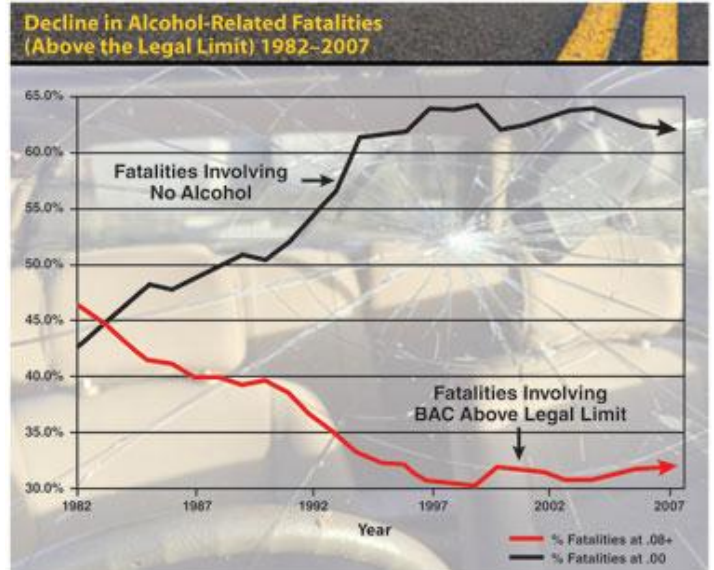
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## **What is Distracted Driving?**

Distracted driving is any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increase the risk of crashing.

While distractions can endanger drivers' safety, texting is the most alarming because it involves all three types of distraction.

**GEORGIA PASSES NO-TEXTING WHILE DRIVING LAW.** *The use of cell phones while driving is prohibited on post, unless the use of the cellular phone is accomplished hands free. The law also forbids cell phone use for young drivers with a provisional license.*



### **Research on distracted driving reveals some surprising facts:**

- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent.
- Nearly 6,000 people died in 2008 in crashes involving a distracted driver, and more than half a million were injured.
- The younger, inexperienced drivers under 20 years old have the highest proportion of distraction-related fatal crashes.
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.
- Using a cell phone use while driving, whether it's hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent.



**Driver distraction could present a serious and potentially deadly danger. In 2008, 5,870 people lost their lives and an estimated 515,000 people were injured in police-reported crashes in which at least one form of driver distraction was reported on the police crash report. Distracted driving comes in various forms, such as cell phone use, texting while driving, eating, drinking, talking with passengers, as well as using in-vehicle technologies and portable electronic devices.**



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# ***Always Wear Your Life Jacket!***



## **Wearing Life Jackets Saves Lives**

Don't let your child's first lesson in using a life jacket take place during an actual emergency!

Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device (PFD) when around the water.

Life Jackets are constructed for a variety of water activities and wearers. Ensure the life jacket selected fits properly.

PFDs are important life saving devices and are required onboard. Make sure when selecting a PFD that it is Coast Guard approved, is of the Type that is recommended for its intended use and is designed for a person of your size and weight.

Any time you feel you are in danger or simply apprehensive about a situation remember the following: when in doubt, get it out, and put it on. *According to 2008 U.S. Coast Guard statistics, over two-thirds of all fatal boating accidents are caused by drowning. Of those that drowned, approximately 90% were not wearing a life jacket.*

Putting on a PFD while on land or in a stable boat can be a simple task. However, donning a PFD while in the water can be a very difficult task. You don't have the same leverage or balance you would normally have. Although you should have on a PFD prior to entering the water, you should practice putting on a PFD while in a pool or in shallow water to experience first hand what it would be like.







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## Outdoor Cooking Food Safety Tips

Each year, the U.S. Public Health Service documents hundreds of cases of people who suffer the consequences of food-borne illness while on an outing (especially during holidays), and attributes most all of them to human carelessness. Many people get caught up in the holiday spirit of eating, drinking, and being merry in the yard or while camping, cruising, or picnicking, take a holiday from taking care of their food--sometimes with disastrous results.

This does not have to happen to you. All you need to do is take a few proper common-sense precautions, and you won't be in any greater danger of being poisoned while eating outdoors than you would be while eating indoors at home.

Disease-producing bacteria prefer certain types of food, particularly those high in protein and moisture, such as milk, milk products, eggs, meat, poultry, fish, shellfish, cream pies, custards and potato salad (outdoor cooking and eating favorites). For this reason, we refer to these types of foods as potentially hazardous. After preparation, these foods must be kept either hot or cold.

Hot is 140 degrees Fahrenheit or above. Cold is 45 degrees Fahrenheit or below. Temperatures between 45 and 140 degrees are unsafe. Disease-producing bacteria grow most rapidly at the middle of this temperature range.

If you have little or no facilities for maintaining these foods hot or cold, **DO NOT TAKE THEM!** Instead, plan your picnics (or other outings) around canned, preserved or dehydrated food, fresh fruits and vegetables.

Keep preparation time to a minimum, don't stop to talk on your cell phone while making a potato salad and keep foods at a safe temperature during transportation. Disease-producing bacteria multiply quickly--in as little as the few hours normally encountered between the preparation and serving at a picnic (or other outing). Even small numbers of bacteria can grow sufficiently to produce illness.

The bacterial growth in sandwiches can be reduced by using frozen slices of bread together with chilled (45 degrees or below) fillings. They then should be wrapped tightly in a plastic film wrapper and placed in the cooler. They will then stay cold.

Do not refrigerate in deep containers. Food acts as an insulator and the center of large masses can be warm for long periods of time though the outer edges may be almost frozen. Use shallow pans and fill no more than three to four inches deep.

You need to remember, refrigeration does not kill disease-producing bacteria. It only slows their growth. Do not put food in ice unless the ice has been produced from water of drinking quality, and unless the food can be washed (fruit and vegetables) or is sealed in a protective covering. Foods that are not otherwise protected should be sealed in clean plastic containers before placing on ice. (Don't wash dishes in a stream, or lake that might contain polluted water.)

Cover the serving area (ground, blanket or table) with a table cloth to provide a clean surface on which to place food. Food should be kept covered except when being prepared or served.

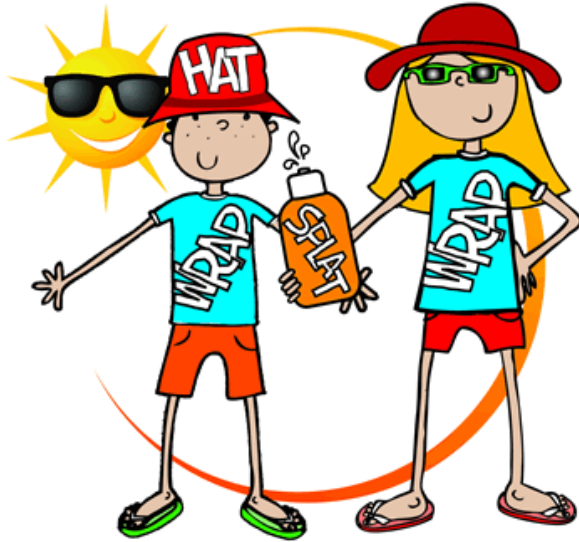
Return leftover potentially hazardous food to the ice-chest immediately after the meal. If there is no ice left, or the food has been at an unsafe temperature for long meal periods, **THROW IT OUT!**

The best plan is to limit food quantities so there will be no leftovers. Don't make the mistake of serving foods at lunchtime, and then leaving them unrefrigerated to serve again later in the day.



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# Sun/Heat Safety



## Sun Safety

Building safe sun habits into your daily routine is easier than you think. Simple and effective protection practices are:

- \* Dress appropriately, wear long sleeve shirt, pants, hat, sunglasses and sunscreen .
- \* Avoid being in the sun between the hours of 10 a.m. - 4 p.m., when the sun's ultraviolet rays are the strongest.
- \* Use sunscreen with a sun protection factor (SPF) of 15 or greater on all exposed skin. Use sunscreen that protects for UVA and UVB.
- \* Apply sunscreen at least 20 minutes before going outside.
- \* Reapply sunscreen after swimming, perspiring heavily, or drying skin with a towel.

***Summer heat waves bring unusually high temperatures that may last for days or weeks. This weather can make us tired and uncomfortable, even sick. People suffer heat-related illness when the body's temperature control system is overloaded. Summertime activity must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness.***

### Heat stroke

Heat Stroke may develop without warning. Warning signs of heat stroke may include an extremely high body temperatures, red, hot and dry skin; rapid, strong pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

### Heat exhaustion

Heat exhaustion occurs when the heart and circulatory system cannot manage the heat. Too much fluid and salt loss can lead to symptoms of shock. Major signs of heat exhaustion are weakness; heavy sweating; cold, pale, clammy skin; muscle cramps; and fainting.

### Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

### Safety Tips to Avoid Heat Exhaustion and Heat Stroke

- ❖ Drink plenty of fluids.
- ❖ Replace salt and minerals.
- ❖ Wear appropriate clothing and sunscreen.
- ❖ Pace yourself. Stay cool indoors.
- ❖ Schedule outdoor activities carefully.

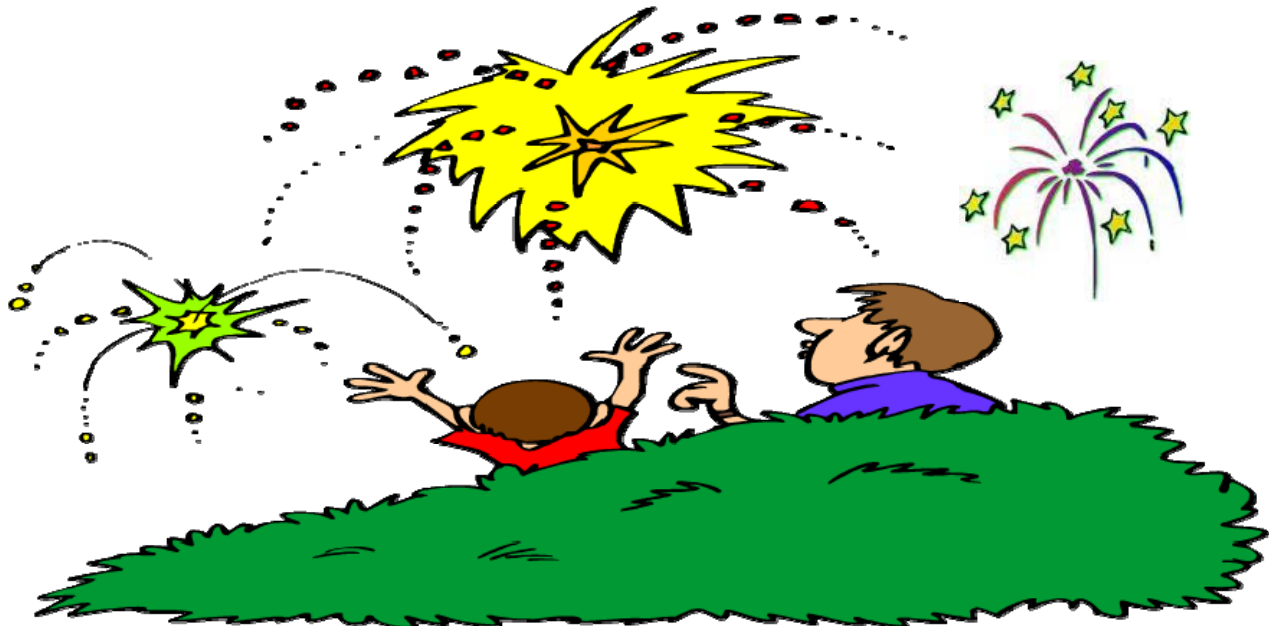


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***The American traditions of parades, cookouts, and fireworks help us celebrate the summer season, especially our nation's birthday on the Fourth of July. However, fireworks can turn a joyful celebration into a painful memory when an injury occurs. Follow these safety tips to avoid injury while handling fireworks.***

- Always read and follow label directions
- Always have an adult present
- Only buy from reliable fireworks sellers
- Only ignite fireworks outdoors
- Be sure to have water handy
- Never experiment or attempt to make your own fireworks
- Light only one at a time
- Never give fireworks to small children
- Store fireworks in a cool, dry place
- Dispose of fireworks properly
- Never throw fireworks at another person
- Never carry fireworks in your pocket
- Never shoot fireworks in metal or glass containers
- Never re-ignite malfunctioning fireworks





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# **BBA** Safety



*There's no better way to celebrate summer than to barbecue outdoors, as long as you take a few steps to keep yourself and family safe from a grilling accident or injury.*

## **Maintenance and Safety First:**

- Perform a safety inspection of your grill before lighting (checking for cracks, holes and brittleness of tubing on gas grills)
- Never use a grill in an enclosed space; position grill away from siding or deck railings
- Keep children and outdoor games away from grill
- Use long-handle tools so the chef has plenty of clearance from the heat and flames. Use mitts to prevent burns



- Never use water to control grease flare-ups on gas barbeques
- Do not wear loose clothing and watch for dangling apron strings and shirt-tails
- **NEVER** start a gas grill with the lid closed
- When using starter fluid make sure to place the can away from the grill before lighting and **NEVER** add fluid to an already lit grill

**Have a safe and happy cookout season!**