



Back to School Safety

Transportation Safety

Whether children walk, ride their bicycle, or take the bus to school, it is important that they take safety precautions. Here are some tips to make sure your child safely travels to school.

Take a few minutes to review your family's safety rules prior to the school year beginning.

Walking to school

- Walk on the sidewalk, if one is available. When on a street with no sidewalk, walk facing the traffic.
- Before crossing the street, stop and look all ways for vehicles.
- Cross at a crosswalk or at a street corner.
- Never dart out in front of a parked car.
- Practice walking to school with your child.

Riding a bicycle to school

- Make sure your child wears his helmet when riding a bike, scooter, and/or skate board.--Every time!
- Check that the helmet fits properly.
- Teach the "rules of the road" regarding riding bicycles.
- Ride on the right side of the road and in a single file (with traffic).
- Come to a complete stop and look both ways before crossing the street.

Riding the bus to school

- Go to the bus stop with your child to teach them the proper way to get on and off the bus.
- Make sure your children stand six feet away from the curb/road.
- Wait until the bus comes to a complete stop to move towards it.
- If your child has to cross the street in front of the bus, cross well in front of the bus. You always should be able to see the bus driver and the bus driver always should be able to see you.

Preventing backpack-related injuries

- Chose a backpack for your child carefully. It should have ergonomically designed features to enhance safety and comfort.
- Don't overstuff a backpack; it should weigh no more than 10 to 20 percent of your child's body weight. (For example, a child that weighs 60 lbs should carry a backpack no heavier than 12 lbs.)
- Ask your children to use both straps when wearing their backpack to evenly distribute the weight.