



# WALKING SAFETY TIPS

## DRESS *to be* SEEN

Wear bright colored clothing or reflective gear if it is dark. Bright colors are more visible during the day and light colors are more visible in the evening and night.

## USE SIDEWALKS *when available*



Walk facing oncoming traffic if there is no sidewalk.

## WALK *with* OTHERS

Walk with an adult, other students, or a buddy.

## CROSS *at* CORNERS

Cross at corners or at a marked crosswalk. This is where drivers expect you. Look left, right, then left again before crossing the street. At a four-way intersection, look over your shoulder for cars that may be turning.

## LISTEN *for* ONCOMING CARS

Listen for oncoming cars that may be behind a parked car, tree, or other obstacle.

## FOLLOW DIRECTIONS

Follow directions from crossing guards and safety patrols.

## Use CROSSING SIGNALS *carefully*

Stop at the curb or edge of the street. Push the button and wait for the walk signal, look left, right, left behind you and in front of you for traffic. Wait until no car is coming and then begin crossing.

## Use EYE CONTACT



Use eye contact and hand signals to communicate before crossing. Don't assume drivers see you.



## CROSSWALK *Reminders*



**STOP**  
at the curb



**LOOK**  
left, right and behind you



**MAKE EYE CONTACT**  
with drivers



**CROSS**  
with heads up and looking around



# SEGURIDAD AL CAMINAR CONSEJOS

## VESTIR *para ser* VISTO

Póngase ropa colorida o artefactos reflectivos si está oscuro. Los colores brillantes son más visibles en el día y los claros son más visibles en la noche.

## USE LAS ACERAS *donde estén disponibles*

Camine de frente al tráfico donde no haya aceras.

## CAMINE *con* OTROS

Camine con un adulto, otros estudiantes o un amigo.

## CRUCE *en las* ESQUINAS

Cruce en las esquinas donde el paso de peatones esté marcado. Ahí es donde los conductores esperan verlo. Mire a la izquierda, derecha y a la izquierda otra vez antes de pasar. En una intersección cuadruple, mire sobre sus hombros que no haya carros girando.

## ESCUCHE LOS CARROS *que* PUEDAN ESTAR CERCA

Oiga los carros que puedan estar detrás de un carro estacionado, un árbol u otros obstáculos.

## SIGA *las* INSTRUCCIONES

Siga las instrucciones de los guardias de paso y las patrullas de seguridad.

## Use LAS SEÑALES *de* CRUCE *cuídadosamente*

Deténgase en la orilla de la acera. Presione el botón y espere la señal de caminar. Mire la izquierda, a la derecha y a la izquierda, al frente y detrás suyo. Espere que no haya carros para cruzar.

## Haga CONTACTO VISUAL

Haga contacto visual y señales con las manos antes de cruzar. ¡No asuma que lo vieron!



## RECUERDE...



**PARE**  
en la orilla de la acera



**MIRE**  
a la izquierda, derecha, izquierda y detrás suyo



**HAGA CONTACTO VISUAL**  
con los conductores



**CRUCE**  
alerta y mirando alrededor



# BIKE SAFETY TIPS

## WEAR *your* HELMET

Protect your brain — wear a helmet! It's the law. Make sure your helmet fits snugly and is firmly buckled under your chin.

## FOLLOW *the* RULES

Ride on the right, in the direction of traffic. Obey all road signs and traffic signals as if you were a car. When you come to a driveway or intersection, you should **STOP**, look **LEFT**, look **RIGHT**, then look **LEFT** again to make sure no cars are coming. Only proceed when you know it's safe. **WALK** your bike in a crosswalk.

## Be PREDICTABLE

Do what drivers expect you to do. Use hand signals and yield to pedestrians. Ride single file to allow faster traffic to pass. Pass slower traffic on the left, ringing a bell. Ride in a straight line (don't swerve) three feet away from parked cars (door zone). Look and listen to what is around you.



## RIDING *on* SIDEWALKS

Sidewalk laws are made by local governments, so check with your town to see if it's allowed. If it's permitted, make sure you ride safely and are careful of people walking. Decide as a family or group if you will ride on the street or the sidewalk.

## Be VISIBLE



Wear bright-colored clothing so you are easier to see. Wear something reflective if riding at night, and make sure your bike has working lights and reflectors.

## LOCK *your* BIKE

When you get to school, lock your bike to a bike rack on school grounds. Lock both your front wheel and the bike frame to the rack.



## Additional TIPS

When and where you ride is something you should discuss with your parents or guardians.

Any time you are not comfortable with the traffic situation, you can always get off your bike and walk with it on the sidewalk.



# SEGURIDAD PARA CICLISTAS

## USA *el* CASCO

Protege tu cerebro--¡Usa un casco! Es la ley. Asegúrate que te quede ajustado y que esté abrochado bajo tu barbilla.

## SIGUE *las* REGLAS

Maneja a la derecha, en la dirección del tráfico. Obedece las reglas viales y las señales de tráfico, igual que un carro. Al salir de un garage o intersección, PARA, mira a la IZQUIERDA, a la derecha y a la IZQUIERDA otra vez para asegurarte que no vengan carros. Solo sigue cuando sea seguro. CAMINA con tu bicicleta en el paso de peatones.

## Se PREDECIBLE

Haz lo que los conductores esperan de ti. Señaliza con las manos y dale el paso a los peatones. Maneja en una fila simple para permitir que los carros pasen. Pasa el tráfico más lento a la izquierda, sonando la campana. Ve en línea recta y no en zig zag a tres pies de las puertas de los carros. Mira y escucha lo que te rodea.



## MANEJANDO *en las* ACERAS

Sidewalk laws are made by local governments, so check with your town to see if it's allowed. If it's permitted, make sure you ride safely and are careful of people walking. Decide as a family or group if you will ride on the street or the sidewalk.

## Hazte *VISIBLE*



Ponte ropa de colores fuertes para hacerte más visible. Usa algo reflectivo si sales en la bicicleta por la noche y asegúrate que tu bicicleta tenga luces y reflectores.

## ASEGURA *tu* BICI

Cuando llegues a la escuela, asegura tu bicicleta en el portabicicletas. Asegura con candado la rueda del frente y el cuerpo de la bicicleta.



## Adicionales *CONSEJOS*

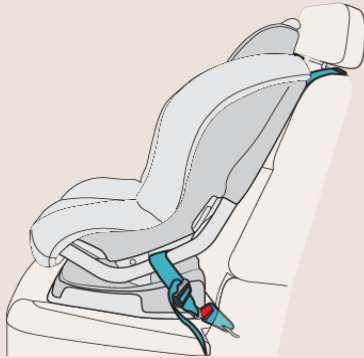
Cuándo y dónde vas en bicicleta es algo que debes hablar con tus padres o guardianes.

En el momento que no estés cómodo con la situación del tráfico, bájate de la bici y camina con ella sobre la acera con acera.



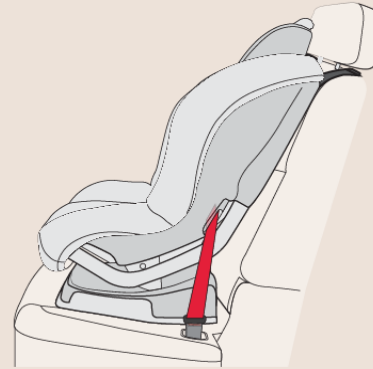
# Is your child's car seat properly installed?

Use LATCH (Lower Anchors and Tethers for Children) to install the car seat. Check your car seat owner's manual and vehicle owner's manual for LATCH weight limits.

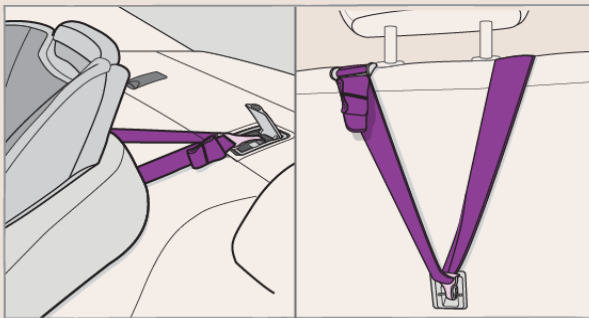


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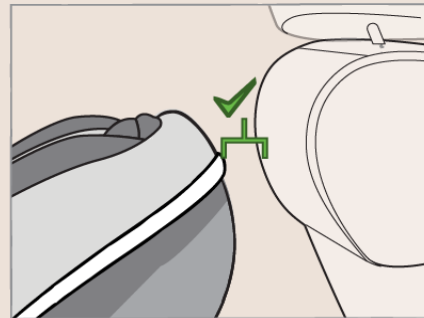
Use the vehicle's seat belt by placing it through back and/or bottom of child safety seat as indicated on the seat/user's manual. Make sure seat belt is buckled and locked.



Regardless of whether you use LATCH or the vehicle's seat belt to install, ALWAYS ensure the top tether is tightly secured for forward facing seats.



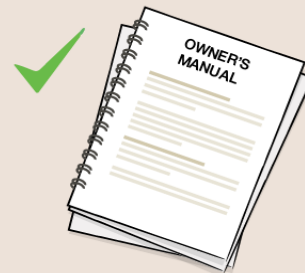
Many rear-facing car seats should not touch the front seat. Check to see if your car seat has the 1" rule.



The car seat should not be able to move more than 1 inch from side-to-side or front-to-back.



Check the installation guides in the car seat owner's manual and vehicle owner's manual.

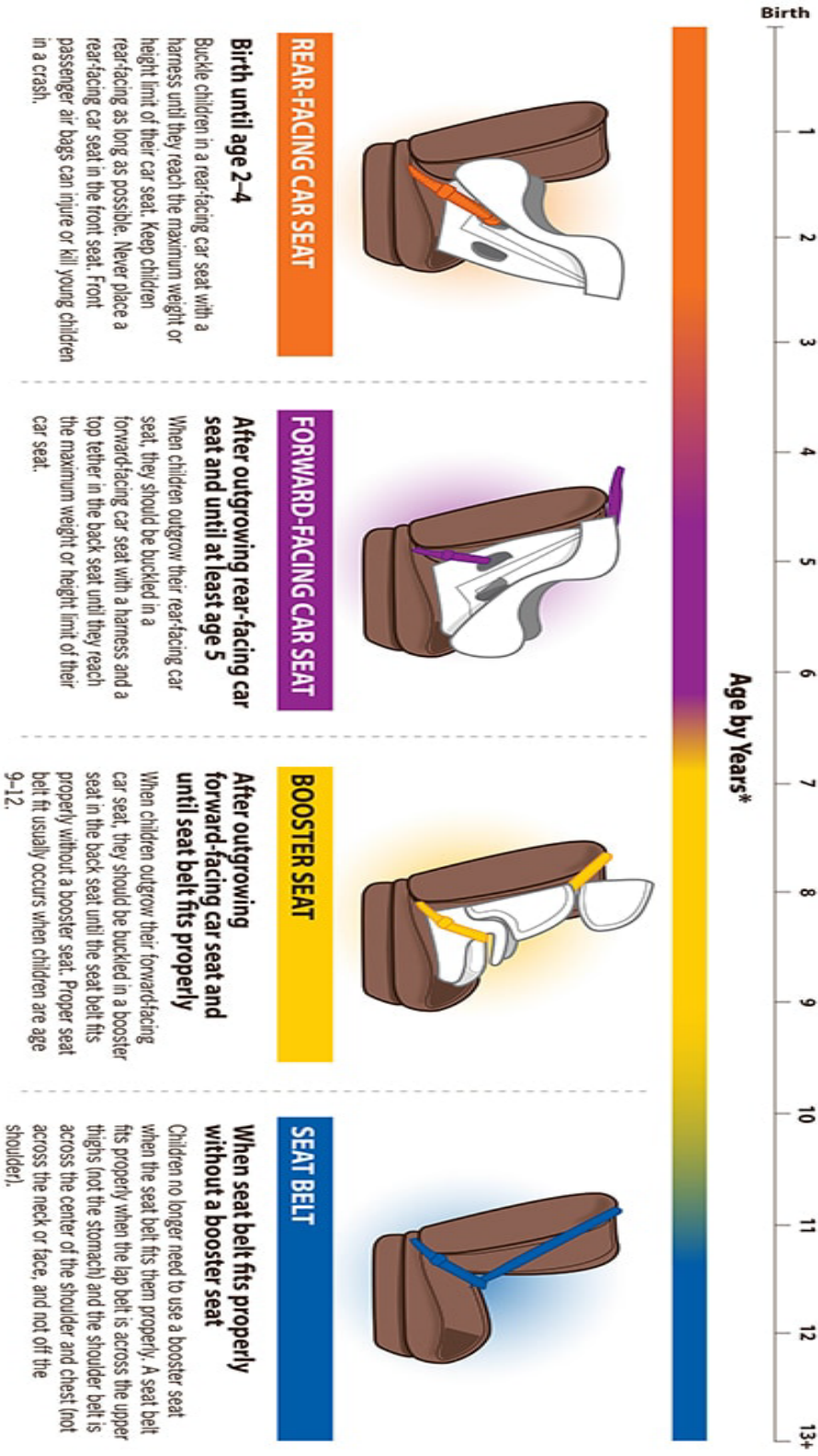


**Never place a rear-facing car seat in front of an active airbag.  
Always properly buckle children aged 12 and under in the back seat!**





# Make sure your child is always buckled in a car seat, booster seat, or seat belt that is appropriate for their age and size.



## Keep children properly buckled in the back seat until age 13.

\*Recommended age ranges for each seat type vary to account for differences in child growth and weight/height limits of car seats and booster seats. Use the car seat or booster seat manual to check for important information about installation, the seat weight and height limits, and proper seat use.

Child passenger safety recommendations: American Academy of Pediatrics 2018.

[www.cdc.gov/child-passenger-safety/about](http://www.cdc.gov/child-passenger-safety/about)

