

Back to School Teen Driving Safety Tips

Here are some teen driving safety tips to share with your teenage driver as she or he heads into a new school year. Tips provided by and more information can be found at www.teendriving.com

- ◆ Always wear your seatbelt and make sure all passengers buckle up too. Never try to fit more people in your car than you have seat belts for them to use.
- ◆ Adjust your car's headrest to a height behind your head – not your neck – to minimize whiplash in case you're in an accident.
- ◆ Maintain your car. Bald tires, a slipping transmission, bad brakes or a hesitant engine could lead to accidents.
- ◆ Don't drink alcohol or take drugs and drive and don't ride with anyone who has been drinking alcohol or taken drugs. Call parents or friends to take you home if you need a ride.
- ◆ Use a designated driver when going out for a night on the town with friends. This person does not drink alcohol at all and has the responsibility of getting people home safely. **DRINKING AND DRIVING DO NOT MIX!**
- ◆ When driving to a new place, get complete directions before you go.
- ◆ Don't drive like you own the road; drive like you own the car.
- ◆ Obey the speed limits – going too fast gives you less time to stop or react. Excess speed is one of the main causes of teenage accidents.
- ◆ Obey stop signs and traffic lights – don't turn on yellow or red lights.
- ◆ When light turns green, make sure the intersection is clear before you go.
- ◆ Use turn signals to indicate your intention to turn or to change lanes. Turn it on to give the drivers around you enough time to react before you take action.
- ◆ Don't blast the radio, CD or MP3 player. You might miss hearing a siren or a horn that could warn you of possible trouble.
- ◆ Don't fiddle with your radio or ipod while you are driving.
- ◆ Don't talk on the cell phone, text or put on make-up, comb your hair or eat while driving. People who talk on cell phones are four times more likely to have an accident.
- ◆ Be a courteous and safe driver at all times.



Back to School Child Safety Checklist

Per the U.S. Consumer Product Safety Commission (CPSU), here are 6 safety tips for parents to pay special attention to this school year. Tips provided by and more information can be found at www.cpsc.gov

1. **HELMET SAFETY**– Wear a bicycle helmet when biking, skateboarding or riding a scooter to and from school. Make sure your child's helmet has a label stating it meets the CPSU's mandatory safety standard. Wearing a bicycle helmet can reduce the risk of head injury by as much as 85%.
2. **AVOID CHILDRENS CLOTHING WITH DRAWSTRINGS** – Drawstrings at the hood or neck are a strangulation hazard. They can catch on playground equipment and other items. Remove hood and neck drawstrings from upper outerwear clothing already in your child's closet and avoid buying clothing that has them.
3. **MOVABLE SOCCER GOALS** – Unsecured movable soccer goals can fall over and kill or injure children who climb on them or hang from the crossbar. Make sure they are securely anchored and never allow children to clime on the soccer net or framework.
4. **PLAYGROUNDS** – Check with school officials to make sure playground equipment has been inspected and maintained. There should be at least nine inches of safe, shock absorbing surface material, and proper clearance around the equipment. Make sure exposed hardware or free-hanging ropes are not part of the equipment. Ropes and clothing catching on exposed hardware can be strangulation hazards. Elevated surfaces, like platforms and ramps, should have guardrails to prevent falls.
5. **ATVs** – Do not allow children to ride all-terrain vehicles (ATVs) to school due to the danger of riding on paved surfaces and never allow children to ride adult ATVs.
6. **RECALLED PRODUCTS** – Keep on top of recalled products. Sign up to receive email alerts of just the CPSC recall announcements that you care about by going to www.cpsc.gov or call CPSC's Hotline at (800) 638-2772. If you have a recalled product, take it away from your child immediately and contact the firm for the repair, replacement or refund.