

Safety Sense

Back to School Safety



It's that time of the year again when our little ones and teens head back to school. Even though our lives get a bit hectic in the midst of wrapping up summer activities while shopping for new school clothes and supplies, it's important to make time to go over school safety tips with your children. Here are a few to review with them:

Traveling to School

- When walking to school stay on the sidewalk, if one is available.
- If you walk on a street without a sidewalk, stay on the shoulder and walk facing traffic.
- Always cross streets at crosswalks or intersections.
- When crossing the street, stop and look left, right and left again before crossing.
- Stay alert and avoid distracted walking – that means don't text and walk.

Personal Items

- Don't overstuff a backpack – it should weigh no more than 5% to 10% of your child's body weight.
- Make sure your child wears both backpack straps to evenly distribute the weight on their shoulders.
- Although kids may think they're fun, rolling backpacks can be a tripping hazard in crowded school hallways, so avoid using them.
- Don't let children wear necklaces, big jewelry, or drawstring jackets to school to reduce choking and strangulation hazards on playgrounds.

Your Home Security System

- If your children come home to an empty house, always make sure the alarm is set and that they know how to enter the authorization code and how to re-set the alarm once they're inside.
- Make sure you're available to monitor the system when your kids get home. You can monitor your security camera activity remotely.
- All children should know NOT to open the door to strangers. Teach them how to use the smart doorbell so they can identify the person at the door. (Remember you can remotely communicate with visitors at your door.)
- Most security systems have a "Panic" alarm mode built into them, make sure your children know how to use this option as an added layer of safety.

Whether you have little ones, teens, or young adults in your life or not, keeping our children safe is everyone's responsibility. So, if you're on the road, be alert of children walking or biking near schools, playgrounds, and in residential areas. Maintain a safe distance behind buses and never ever pass a stopped school bus with flashing red lights or an extended stop arm. Let's all be vigilant and keep our children safe.

