



Spring Safety Tips



Spring is here and it's time to get out the bikes, lace up those walking or running shoes or help clean around the house and yard.

After being cooped up inside for a long, cold winter, it's easy to forget some simple things to stay safe when having fun outside or helping with spring cleaning.

Big MO, the Carman-Ainsworth High School Robotics team, would like to share some tips so everyone can have a safe and enjoyable spring.

John G., Big MO Team 314 Safety Captain

Bike safety

- Wear a bike helmet: a properly fitted helmet can reduce the risk of a head injury
- Ride on the sidewalk if you can or ride on the road in the same direction as traffic
- Use hand signals and follow the rules of the road
- Be aware of your surroundings: don't block hearing with headphones
- For more safety tips visit safekids.org

Source: Safe Kids Worldwide



Running/walking safety



- Wear properly sized and fitted shoes
- Run/walk on the left side of the road, against traffic
- Stay hydrated: drink plenty of fluids (water preferably) before, during and after your walk/run
- Be aware of your surroundings: don't block hearing with headphones
- Run/walk with a buddy
- For more safety tips visit runnersworld.com

Source: Runners World

Driving safety

- Wear a seat belt: 66% of teens who die in crashes are not wearing a seat belt
- Do not text and drive: 58 percent of teens involved in crashes are distracted
- Do not drink and drive: 25 percent of car crashes involve teen drinking
- For more safety tips visit NSC.org

Source: National Safety Council



SAFETY: LEARN IT LIVE IT SHARE IT



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Spring cleaning

Spring cleaning involves a lot more than yard work, putting out the patio furniture and firing up the grill. Spring is a time to get some long-needed projects started and it's a time when being safe is very important. And remember, don't take on these projects alone. Work with an older sibling or adult.

Inside your home:

- Test your smoke and carbon monoxide detectors; replace batteries or units if needed
- Clean or replace air filters in furnace
- Review or create a family emergency plan: know how to escape in an emergency and your rendezvous points
- Check, recharge or replace fire extinguishers

Outside your home: (In most cases, leave these to your parents or other adults)

- Check for and remove hazards, such as broken pavement, fallen branches and debris that could be trip hazards
- Clear leaves and debris from gutters
- Trim shrubs and bushes
- Prepare gardens for planting
- Clean siding and repair and/or paint house and garage
- For more information visit [safewise.com](https://www.safewise.com)

Source: Safewise



Tool safety



Whether you are working inside or outside your house, it's important to know some basic rules for staying safe.

- Wear the appropriate personal protection equipment (PPE)
 - Safety glasses protect eyes from flying debris
 - Gloves and long sleeves can protect hands and arms from scrapes and cuts
 - Hearing protection
- When operating power tools
 - Have adult supervision
 - Know how to operate the equipment
- Maintain a safe work environment
 - Clean your work area to eliminate trip and other safety hazards

Source: Big MO, Team 314

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