Spring Break

HAPPY SAFE FUN!

bit.ly/sb-safety
• ALWAYS wear a seatbelt: *Every trip, every time!*
• ALWAYS avoid distractions: *Put down your cell phone.*
• ALWAYS drive the speed limit.
• STAY SOBER: *DO NOT drive impaired.*
• SMALL TODDLERS & CHILDREN: Should always be accompanied by a parent or older responsible person.

• MIDDLE SCHOOL-AGE CHILDREN (& OLDER):
  - Make sure children know the path they are walking.
  - When possible, walk on sidewalks & use crosswalks.
  - DON’T be a distracted walker!

Pedestrian SAFETY | Spring Break

LEARN MORE » HAPPY ✨ SAFE ✨ FUN!
• **ALWAYS WEAR A HELMET:** When *riding* a scooter, skateboard, bicycle, or any other wheeled sport!

• **PARENTS:** *Be the example*—always* wear a helmet.* Not sure how to pick the right helmet? Visit us at [hiprc.org](http://hiprc.org) for helpful tips!

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**Helmet Safety | Spring Break**

*Learn More ➔ HAPPY ☀ SAFE ☀ FUN!*
• **AVOID GETTING HYPOTHERMIA:** Wait for bodies of open water to warm-up **before** jumping in!

• **SIGN-UP:** For aquatic programs & **swim lessons**.

• **SUPERVISE CLOSELY:** Avoid **all distractions** when in or near open water, pools, or bathtubs.

• **PUT LIFE JACKET ON:** **Before boarding** a boat or vessel.

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**Drowning Prevention | Spring Break**

**LEARN MORE** » **HAPPY ☀ SAFE ☀ FUN!**