

Safe Kids USA recommends that children:

- ✿ Always cross the street with an adult until age 10.
- ✿ Cross the street at corners, using traffic signals and crosswalks.
- ✿ Look left, right, and left again when crossing.
- ✿ Always walk, never run, when crossing streets.
- ✿ Walk on sidewalks or paths.
- ✿ Walk facing traffic as far to the left as possible if there are no sidewalks.
- ✿ Ride with traffic on right side of street.
- ✿ Never run out into the street or cross in between parked cars.
- ✿ Wear a properly fitting helmet every time they ride a bicycle or skateboard.



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Rocky Mountain Hospital for Children
Each day we are inspired by the courage of hundreds of children and families receiving treatment throughout our Family of Care facilities in metro Denver, Colorado. Whether caring for an injured child in an emergency, performing minimally invasive surgery on a newborn or supporting a teen through cancer treatments, we are committed to providing the highest level of care for every child in a variety of locations. Rocky Mountain Hospital for Children at Presbyterian/St. Luke's is the anchor hospital in the system and a destination facility for advanced pediatric and neonatal care.

RockyMountainHospitalForChildren.com

HealthONE Injury Prevention
HealthONECares.com
HealthONEInjuryPrevention.com

HealthONE Trauma Centers are acclaimed referral centers serving trauma and neurotrauma patients throughout the Rocky Mountain region. HealthONE Trauma Centers provide experienced physicians you can trust, facilities that provides leading-edge technology and staff that cares for patients and families.

In addition, HealthONE provides educational outreach programs and information on a variety of trauma-related topics, including car seat safety, wheeled and pedestrian sports, adult fall prevention and seasonal activities.

HealthONE The Medical Center of Aurora
Centennial Medical Plaza
North Suburban Medical Center
North Suburban Northeast ER
North Suburban Northwest ER
Presbyterian/St. Luke's Medical Center &
Rocky Mountain Hospital for Children

Red Rocks ER
Rose Medical Center
Saddle Rock ER
Sky Ridge Medical Center
Swedish Medical Center
Swedish Southwest ER

LEADING HOSPITALS. TRUSTED CARE.

Keeping Kids Safe on Their way to School




**Rocky Mountain
Hospital for Children**




Keeping Kids Safe on Their way to School

Tips for kids

Wear your helmet the right way

- ✿ **Straight** – two fingers from the eyebrow to the helmet brim.
- ✿ **Snug** – helmet should be snug and the straps should form a “V” under ears.
- ✿ **Snapped** – you should only be able to put two fingers between chin and chin strap.

Be safe, be seen

- ✿ Wear bright clothes.
- ✿ Wear retro-reflective materials or carry a light source at dusk or dawn.

Parking Lot Safety

- ✿ When parking next to a curb, have child get out on curbside.
- ✿ If no curb, have child get out on same side of the car as an adult.
- ✿ Walk, do not run.

- ✿ Have the child stay close or hold hand of an adult when walking in a parking lot.
- ✿ Walk two steps away from rear bumpers; never walk right next to the bumper of cars.
- ✿ Teach children to listen for running vehicles and watch for exhaust and brake lights so they learn to know when a car might be backing up.
- ✿ Never cross the street in between parked cars.

School Bus Safety

- ✿ While at the bus stop, wait quietly in a safe place well away from the road.
- ✿ When entering the bus, go directly to a seat. Remain seated and face forward during the entire ride.
- ✿ Always speak quietly on the bus so the driver will not be distracted.
- ✿ Respect the “Danger Zone” which surrounds all sides of the bus. The “Danger Zone” is ten feet wide on all sides of the bus.
- ✿ Always remain 10 steps away from the bus to be out of the “Danger Zone” and where the driver can see you.
- ✿ Always cross the street in front of the bus. Never go behind the bus.
- ✿ If you drop something near the bus, tell the bus driver before you attempt to pick it up, so they will know where you are.

Tips for parents

Be a role model for your children:

- ✿ Wear a helmet.
- ✿ Wear a seat belt.
- ✿ Cross at crosswalks or corners.

Drive Smart

- ✿ Slow down and be alert in residential areas and school zones.
- ✿ Take extra time to look for kids at intersections, on medians, and on curbs.
- ✿ Enter and exit driveways and alleys slowly and carefully.
- ✿ Watch for children on or near road in the morning and after schools hours.
- ✿ Reduce distractions inside your car so you can concentrate on the road and your surroundings.
- ✿ Never leave your child alone in a vehicle.
- ✿ Always lock car doors and trunks and keep keys out of children’s reach.



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