

'MAKE SAFETY A HABIT'

DEP's Safety Series
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Helmets Save Lives

Accidental injury is a leading killer of children 14 and under worldwide. Most of these accidental injuries can be

prevented by taking simple safety measures.

Ensure your child's safety by teaching your children the following bicycle and motorbike safety rules:

- Wear a bicycle or motorcycle helmet on every ride. Check to see if your helmet should have a safety certification.
- Ride so drivers and cyclists can see you.
- Look both ways for oncoming vehicles before turning or crossing a street. Go only when it is clear.
- Watch out for potholes, cracks, rocks, wet leaves, storm grates, railroad tracks or anything that could make you lose control of your bike.
- Make sure your bike fits your height, weight and age.
- Inflate tires properly.
- Check brakes before riding.
- Bikers should ride behind one another and with the flow of traffic.

OGT Offers Bicycle Safety for Kids

The Office of Greenways and Trails (OGT) is proud to "showcase" the participation of **Monica Woll**, Trail Specialist for the **Florida Keys Overseas Heritage Trail**, in a recent bike rodeo held for Islamorada third graders. The safety awareness event was organized by School Safety Officers **Larry O'Neill** and **Will Schlegelmilch** with the Monroe County Sheriff's Office. After a sit-down discussion stressing bicycle safety with the students, Monica fitted those who did not have a helmet for a new one provided by the OGT. When one student's helmet was replaced because it had several cracks in it, Monica reminded students that a cracked helmet is not adequate protection for the head!

The kids jumped on their bikes and practiced safe cycling on a closely supervised course. They enjoyed weaving through miniature cones which led to a mock intersection where they were instructed to come to a complete stop and use the proper hand signal before proceeding. One third grader who did not know how to ride a bike was given "hands-on" lessons by two other students.

Monica reported that it was a very enjoyable, worthwhile and rewarding day for everyone! In September 2008, Monica studied *Bike Ed Road 1*, taught by the League of American Bicyclists, and, in the near future, she plans to take the *League Cycling Instructor* course and become a certified **Bike Safety Instructor**.

League of American Bicyclists History:

The League began as the League of American Wheelmen (LAW) in 1880, and was responsible for defending the rights of cyclists from its start. The League of American Wheelmen is credited with getting paved roads in this country before the reign of the automobile.

By 1898, the League of American Wheelmen had more than 102,000 members including the Wright Brothers, Diamond Jim Brady, and John D Rockefeller! In 1965, the League (renamed the League of American Bicyclists in 1994) has focused its programs on education in addition to advocacy.

The League's Bicycle Friendly Community program recognizes communities nationwide that support the five E's of bicycling -- education, enforcement, engineering, evaluation and encouragement. The League's BikeEd program offers the only nationwide instructor certification program.



Northeast District Safety News

The Deputy NED award for February went to Toni Lomen for her commitment to maintaining vehicle safety in the Water Program. Toni always does a great job in keeping the vehicles stocked, clean, and ready to pass inspection during the Vehicle Rodeo. March's winner was Aaron Sarchet. Aaron was leaving the office in a state vehicle and noticed another inspector's state vehicle had a low tire. Aaron managed to alert the other inspector before they drove away, so they were able to go directly to a gas station to inflate the tire to the proper level.



Chief Senterfitt of the Duval County Emergency Operations Center spoke at the All Staff Meeting on March 19th. Chief Senterfitt described his role in the Emergency Operation Center and how the simple plans are always best whether you making a disaster plan for your family or an entire community.



SEAT BELTS DO SAVE LIVES

On February 3, 2009, two Water Resource Management employees were involved in a car accident. The 2008 Ford Escape they were traveling in was hit by a Dodge Truck that failed to stop at a stop sign. The Escape flipped and skidded 132 feet. Both employees climbed out thru the windshield. They were strained, sprained and battered, but ALIVE. Both employees were wearing their seat belts and both are back at work. Would you have liked to be inside without a seat belt on? Make Safety a Habit!

