Back to School Time is Here: Keep Safety a Priority!

As summer comes to an end, students of all ages are getting ready to go back to school. As exciting as that is, it is important that parents and students always keep safety as a priority. We encourage you to follow these important safety tips.

**BACKPACK SAFETY**
- Choose a backpack with wide, padded shoulder straps and a padded back for comfort and stability.
- Pack as light as possible and pack heavier items closer to the center, against your back.
- Always use both shoulder straps so that the weight is evenly spaced.

**BICYCLE SAFETY**
- Always wear a helmet no matter how long or short the ride.
- Ride on the right, in the same direction as automobile traffic.
- Wear bright-colored clothing to increase visibility, especially after dark.

**WALKING TO SCHOOL**
- Make sure the walk to school is a safe route with crossing guards at intersections.
- Walk to school in groups instead of alone.
- For smaller children, be realistic about your child’s pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether your child is ready to walk to school without adult supervision.

**PREPARE FOR EMERGENCIES**
- Talk to your child’s teacher or school principal about the school’s emergency plan and how you will be notified if an emergency happens at the school.
- Remind your child that the most important thing they can do if an emergency happens at school is to stay calm and listen to the direction of their teachers or principal.
- Tape a copy of your family’s contact numbers and meeting place(s) to the inside of your child’s binder or homework notebook and in their book bag or backpack.


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**Upcoming Training & Safety Events**

- **Smoking Cessation Workshop**
  - September 4
  - 11:30am–1:00pm
- **Laboratory Safety**
  - September 5
  - 8:00–12:00pm
- **CPR/AED and First Aid**
  - American Red Cross Certification
  - September 20 (Saturday)
    - 8:30am – 4:00pm
  - September 24 (CPR Only)
    - 8:30am – 12:30pm
- **Fire Extinguisher Use**
  - September 18
  - 12:00 – 3:00pm
- **Bicycle Safety**
  - September 26
  - 12:00 – 3:00pm

**Questions?**
Contact Environmental Health & Safety (EHS)
(657) 278-7233

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**Important tips to remember about packing school lunches**

- Always keep everything clean: Hands, surfaces, utensils, fresh fruit and veggies, everything!
- Keep hot foods hot: Use an insulated bottle for hot foods.
- Keep cold foods cold: Use an insulated lunch box and frozen gel packs – or a frozen juice box – to keep things cool until lunchtime (but not later).
- When you’re done, throw it away: Throw away used paper and plastic bags. And throw away any perishable leftovers.

For more information go to: [http://www.foodsafety.gov](http://www.foodsafety.gov)