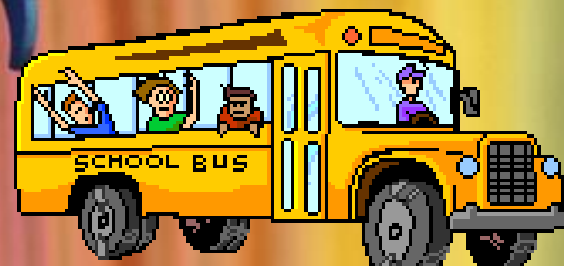


Safety Tips

Let's Stay Safe
NSBMS Stingrays!





TIPS FOR WALKERS



- ***Do not** text while you are walking. It will distract you from being aware of your surroundings.*
- *When listening to your music, **take one ear bud out** so you can hear approaching vehicles.*
- *Wear **bright-colored clothes** and if it is dark or hard to see, carry flashlights or wear reflective gear*

Tips For Walkers Cont'd

- *Look for traffic at every driveway and intersection.*
- *Be aware of drivers in parked cars that may be getting ready to move.*
- *Obey all traffic signs and signals.*
- *When you are near the street, don't push, shove, or chase each other.*

Crossing the Street Safely



- *1. Stop at the curb or edge of the street.*
- *2. Look left, right, left and behind you and in front of you for traffic.*
- *3. Wait until no traffic is coming and begin crossing.*
- *4. Keep looking for traffic until you have finished crossing.*
- *5. Walk, don't run across the street.*





Biker Safety

- *Bike riders should wear a helmet at all times. Research shows that this simple act can reduce the risk of head injury by up to 85 percent.*
- *Bike riders should ride on the right, in the same direction as traffic, and use appropriate hand signals. Bicyclists also should respect traffic lights and stop signs.*



BIKER & WALKER TIPS

- *Walk or bike with a friend. It's safer that way.*
- *Always cross at intersections.*
- *Wear **bright-colored clothes** and if it is dark or hard to see, carry flashlights or wear reflective gear.*



Biker & Walker Tips

- *To avoid distractions, bikers and walkers shouldn't use a cell phone or headphones.*
- *Walk on sidewalks where available.*



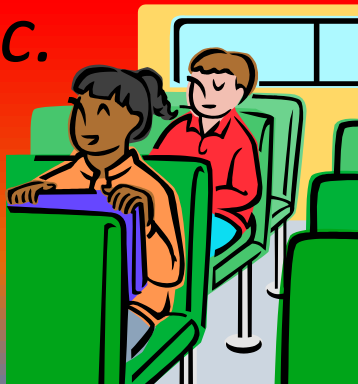
Bus Rider Safety



- *Stay out of the street while waiting for the bus.*
- *Wait for the bus to come to a complete stop and the doors open before approaching the bus from the curb.*
- *Make sure you remain in clear view of the bus driver.*

Bus Rider Safety

- *Look both ways before crossing the street to get on the bus.*
- *While on the bus remain seated and quiet, so you do not distract the driver.*
- *After getting off the bus, look both ways and then move immediately onto the sidewalk and out of traffic.*



LET'S STAY SAFE



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