

## Drive Safely

Help reduce traffic accidents and fatalities by following these safety guidelines:



- Wear safety belts.
- Don't drink and drive.
- Obey traffic safety rules.
- Drive defensively. Expect the other drivers to make mistakes and think what you would do if a mistake does happen. For example, do not assume that a vehicle coming to a stop sign is going to stop. Be ready to react if it does not stop.
- Keep your vehicle in good mechanical condition
- Don't talk on a cell phone while driving. Phones detract from your ability to concentrate on the road and increase your chance of an accident by nearly 400%. If you must use the phone, pull over to a safe, well-lit parking lot.
- Remember as your speed increases so does your braking distance. If you double your speed, you quadruple your braking distance. If you double the weight of your vehicle, you double the stopping distance.

## Resources

JCPH Traumatic Brain Injury  
Program 303-239-7014

Colorado Department of Public Health and  
Environment (CDPHE)  
[www.cdphe.state.co.us/pp/injuryprevention](http://www.cdphe.state.co.us/pp/injuryprevention)  
(303) 692-2560

Centers for Disease Control and  
Prevention (CDC) Injury Center  
[www.cdc.gov/ncipc](http://www.cdc.gov/ncipc)



### Jefferson County Public Health

Lakewood  
Edgewater

Arvada  
Golden

(303) 232-6301  
[www.jeffco.us/health](http://www.jeffco.us/health)

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## Safety Tips



- **Prevent Window Falls**
- **Never Leave Children in Automobiles**
- **Wear Bike Helmets**
- **Drive Safely, Use Seatbelts**

Jefferson County Public Health  
303-232-6301  
[www.jeffco.us/health](http://www.jeffco.us/health)

## Prevent Falls From Windows

Every year, thousands of young children are killed or injured in falls from windows. To help prevent these tragedies, take the following actions -- especially for windows in bedrooms.

### *To keep kids safe:*

- Safeguard your windows with window guards or window stops.
- Install window guards to prevent children from falling out of windows. (For windows on the 6th floor and below, install window guards that adults and older children can open easily in case of fire.)
- Install window stops so that windows open no more than 4 inches.
- Never depend on screens to keep children from falling out of window
- Whenever possible, open windows from the top -- not the bottom.
- Keep furniture away from windows, to discourage children from climbing near windows.



## Never Leave Children in Automobiles

A car sitting in the summer sun quickly turns into an oven and temperatures can climb from 78 degrees to 100 degrees in just three minutes, to 125 degrees in 6-8 minutes.



### *To keep kids safe:*

- Never leave children in a car
- Always lock your car and secure the keys so that your kids can't get to them
- Warn children about playing in the car by themselves without adult supervision
- Get your kids out of the car first, and then worry about getting the groceries, etc., out of the car when you get home
- Be sure that childcare providers and day care workers have a plan to make sure that kids aren't left in the day care providers car or van
- If you are concerned that you might leave your sleeping infant or toddler in their car seat when you get out of the car, place a reminder on the dashboard.
- If you see a child alone in a car, be sure to call 911 and help make sure the child gets out as soon as possible.

## Remember to Wear Bike Helmets

Bike riding is a lot of fun, but accidents happen. More than 500,000 people in the US are treated in emergency departments, and more than 700 people die as a result of bicycle-related injuries each year. Children are at particularly high risk for bicycle-related injuries.

(Centers for Disease Control and Prevention) Falling can cause all sorts of injuries, including head injuries. A head injury can mean brain injury. That's why it's so important to wear bike helmets. Wearing a helmet provides some protection for the head and brain in case of a fall.

### *To keep kids safe:*

- Always wear a properly fitted helmet, even if going for a short ride.
- Be sure helmet has a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).
- Keep bicycles in good working order. Maintain and repair bikes.
- Learn about bike and traffic safety. Take a bike safety class.

