

DO YOUR PART
BE SAFETY!
SMART!



YOUR BACK-TO-SCHOOL

SAFETY GUIDE

Goodbye beach bags. Hello backpacks.

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SAFE TRAVELS

BUS RIDING: As the bus approaches, stand **at least 6 feet** away from the curb

6'



DON'T BREAK YOUR BACK WITH YOUR PACK



Carrying a **12lb backpack** to and from school and lifting it **10x a day** for an entire school year **is the equivalent of hauling**

6

MID-SIZED CARS



BE TECHNO SAFE & SAVVY

With nearly **1 IN 5 KIDS** using mobile devices every day, make sure to have a strong and secure password



PHONES DOWN
HEADS UP

1 IN 8

middle schoolers are **digitally distracted** while crossing the street

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THE ABC'S OF CATCHING ZZZ'S

At the end of a busy school day, most children are exhausted. Recharge with a good night's sleep!



MOST CHILDREN BETWEEN 5 AND 12 GET:



9.5

HOURS OF SLEEP

VS.

IDEAL NUMBER OF HOURS:



10-11

HOURS OF SLEEP

WHY IS SLEEP A BIG DEAL



Muscles have a chance to repair themselves

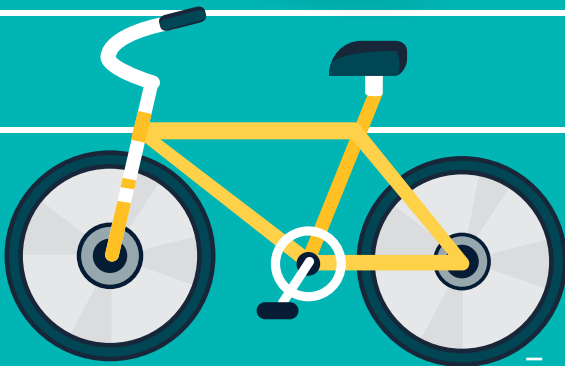


Brain can adjust hormone levels, appetite and ability to focus



It allows the body's cells to regenerate

SAFE TRAVELS



BIKING: Go with the flow: Ride in the **same direction** as traffic—**not against it**



BE TECHNO SAFE & SAVVY



EVERYTHING YOU POST ONLINE



stays in cyberspace

FOREVER



REMEMBER TO BLINK!

Normally, a person blinks about **18X A MINUTE**, when on a device, one blinks **1/2** as much



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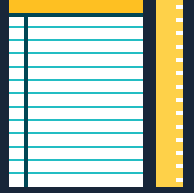
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GIVE THE BRAIN A BREAK

Being active not only boosts physical health,
it can help in the classroom too!



60 MIN

of physical activity every day



3 DAYS

muscle and bone strengthening

MUSCLE-STRENGTHENING ACTIVITIES



Tug of War · Rope or Tree Climbing
Gymnastics · Rock Climbing
Football · Basketball



Jump Rope · Running · Martial Arts
Dance · Weight-Training
Badminton

SAFE TRAVELS

WALKING: Wear **bright** colored
clothes or **reflective** gear
especially at night

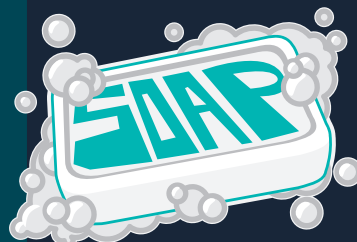


KEEP EVERY MEAL SAFE

Ditch the brown paper bag and use
an **insulated lunch box** for
perishable food items



WASH HANDS WITH



FOR

20 SEC