



SAFETY TALKS



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The Environmental Health & Safety Office



SUMMER BICYCLE SAFETY

According to the Department of Transportation the leading factors in bicycle fatalities in 2000 were bicyclists riding or playing in the roadway, failing to yield the right-of-way and crossing roads and intersections improperly. Bicycle deaths and injuries are most likely to occur into the months of July, August and September.

Safety Tips for Children

Parents and guardians are responsible for teaching safety to their children. Therefore, these safety tips are for parents and guardians too.

Find safe places to ride your bike. Bicyclists can use the sidewalks unless a “No Bicycles Allowed” sign is posted. All others are encouraged to ride in the street. The safest place is on a roadway that has a bike lane marked or on a bicycle path.

Before you get on your bike, make sure it is safe to ride. Have a parent or guardian check your brakes and tire pressure, and make sure your handlebars do not wobble. Make sure your bike is the right size for you.

Brightly colored clothing makes it easier for drivers to see you during the day. Always wear white or reflective clothing when riding at night. Always wear a helmet when riding your bicycle. Make sure your shoelaces are tied, and tuck in jacket strings and backpack straps so they don't get caught in the moving parts of the bicycle.

Whether you ride your bike on the sidewalk or in the street, remember that pedestrians always have the right of way. When you ride your bike in the street, you must follow the same rules of the road that motorists do. A police officer can stop you on your bicycle if he thinks you are not riding safely. He can also ticket you if you are not riding within the law.

Bicycle Rules of the Road

- If you ride in the street, always ride on the right side in single file. Ride your bike with traffic; go in the same direction as the vehicles
- When you ride in the street, allow four feet between you and parked cars. Someone could open a car door into you.
- Watch for loose gravel glass, potholes or sewer grating on the road or sidewalk. Before you go around anything, look ahead and behind you.
- Never grab and ride with a moving car.
- Be careful near driveways. Cars should be backing out or pulling into the driveway.
- Be careful near alleys. Always look both ways before crossing.
- If you ride at night, your bike must have a headlight visible for at least 500 feet and a red reflector on the rear visible for 100 to 600 feet.

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We're also on the web:

www.odu.edu/af/ehs



Safety Tip:

- Keep children away from any work area in which any type of walk behind, riding, or hand-held outdoor power equipment is being used.
- The best place for a child during the time that a piece of outdoor power equipment is being used is inside the house.
- If any child enters a work area, immediately turn off any outdoor power equipment that is in use.
- Do not allow a child to operate or play with any type of outdoor power equipment, even when it is not in use.
- Store the ignition keys to pieces of outdoor power equipment away from the piece of equipment itself when it is not in use.
- Always look down and behind for children before, and while, backing up.
- Clear the work area of any objects such as twigs, stones and toys that could be picked up and thrown by lawn mower blades or other apparatus.



Do you know how to dispose of your Chemicals and Hazardous Waste?

If not, refer to the "[Request for Hazardous Waste Pick Up](#)" pamphlet.

www.odu.edu/af/ehs/forms.html



Summer Safety Tips

- One of the best ways to stay safe this summer is to wear a helmet and other safety gear when [biking](#), [skating](#) and [skateboarding](#), and when [riding scooters](#), [all-terrain vehicles](#), and [horses](#). Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.
- Use layers of protection to prevent a [swimming pool](#) tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.
- When cooking outdoors with a [gas grill](#), check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. [Newer grills](#) and propane tanks have improved safety devices to prevent gas leaks.
- To prevent serious injuries while using a [trampoline](#), allow only one person on at a time, and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use full-size trampolines.
- Summer also means [yard work](#). When mowing, keep small children out of the yard, and turn the mower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind rotary mower, never up and down. With a [riding mower](#), drive up and down the slope, not across it. Never carry children on a riding mower.

(source: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml02/02182.htm>)

Summertime Injury Statistics:

Water Activities:

- Approximately 927 children ages 14 and under drowned in 1999; more than 60 percent of these children were under age 4.
- In 1999, more than 170 children ages 14 and under, suffered personal watercraft injuries.

Bike/Scooter/Skateboard:

- A total of 173 children ages 14 and under died in bicycle-related crashes in 1999.
- No more than 25 percent of child bicyclists use bicycle helmets, although statistics show the helmet can drastically reduce the risk of death and injury and the severity of injury.

Fire Safety:

- Fireworks-related injuries sent more than 3,800 children to hospital emergency rooms in 1997.

Sports:

- More than 3.5 million children ages 14 and under get hurt annually playing sports or participating in recreational activities.

Playground Safety:

- Between 1990 and 2000, 147 children ages 14 and younger died from playground-related injuries. Of them, 82 (56%) died from strangulation and 31 (20%) died from falls to the playground surface. Most of these deaths (70%) occurred on home playgrounds

(Source: University of Utah Health Sciences Center)

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