

Safety Spotlight

Water Safety

May 2016



Did you know that Texas is #1 in the nation for child drownings? As we start to shed our winter layers of protection, it is time to start thinking about the layers we need for summer protection.

Help keep your family safe against the risk of drowning by remembering and incorporating these water safety tips into your summer fun.

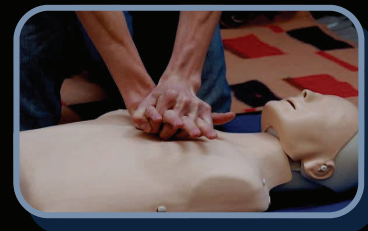


WHAT to Remember

1. Constant visual supervision with NO distractions.
2. Learn to Swim.
3. Wear Life Jackets.
4. Dump or remove all water toys including buckets, kid pools and tables.
5. Learn CPR.

WHY it is Important

1. Drowning is silent.
2. Studies show formal swim lessons for children under 4 reduce drowning by 88%.
3. Children who cannot swim should always wear a properly sized approved life jacket. Water wings, floats and other toys do not keep children safe.
4. Children can drown in as little as 6 inches of water.
5. CPR can double a victim's chance of survival.



Please contact your public education team member below if we can help with any questions.
Life and Property Preservation Through Public Education.

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Safety Spotlight

Bicycle Safety

May 2016



May is National Bicycle Safety month and below are a few reminders that may help prevent a crash, or may help protect you against serious injury caused by an accident.

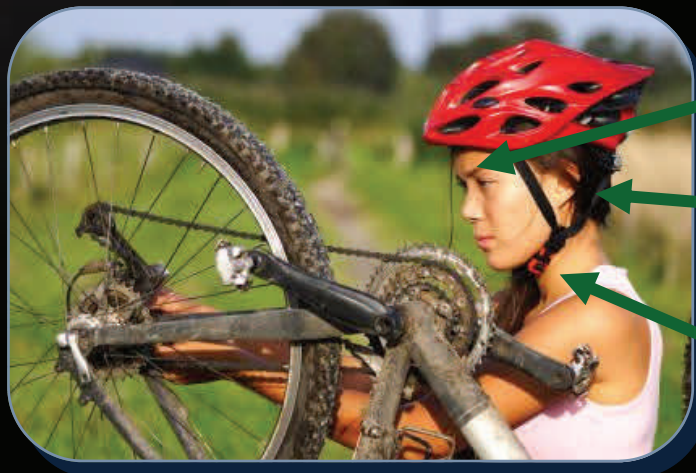
Additional tips and resources can also be found through Safe Kids Worldwide and National Highway Traffic Safety Administration (NHTSA).

Riding and Helmet Safety Reminders

- ◇ Ride focused; do not be distracted.
- ◇ Anticipate the need for quick lane changes if a vehicle pulls out in front of you.
- ◇ Follow the rules of the road.
- ◇ Make sure your child knows how to wear the helmet.
- ◇ Wear a helmet every time and on every ride.
- ◇ Do not ride with a helmet not buckled.
- ◇ Do not allow the helmet to rock back and forth or side to side.

May is bicycle safety month, but bike safety should be practiced and followed every day!

Helmet Fit Test 2x2x2



Helmet sits about **2** finger widths above eyebrow

Form a "V" with **2** fingers around your ears.

No more than **2** fingers between the strap and your chin.

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