



August is Back To School Safety Month

The hours before and after school are the most dangerous times for students on the roads, but students traveling in school buses are the best-protected passengers on the roads during these times. Out of all recorded school bus-involved deaths, only 5% of those who died were school bus passengers. Passing vehicles cause nearly two thirds of school bus loading and unloading fatalities. Planning a safe route with your student is essential to their safe walk to and from school.

CHOOSE THE RIGHT BACKPACK



TWO SHOULDERS STRAPS



PADDED BACK



WAIST STRAP

Backpack Height

Adjust your strap so your backpack is high on your back and straps are comfortable on your shoulders.

Bottom of Backpack

Your pack should not extend past your waist, it should be an inch or more above your hips.



Rolling Backpacks

This style of backpack don't have the negative side-effects listed above.



Extra Support

Use the chest strap or waist strap if you have one.



Weight Distribution

If you have a lot to carry, try to lighten the load by putting some stuff in your arms.

Wear Both Straps

The backpack should always be worn on both shoulders so there isn't too much stress on one side of the spine.

Backpack Movement

Backpack should not sway side to side when you walk.



Weight Ratio

A child's backpack should weigh no more than ten to twenty percent of a child's weight.

Useful Links

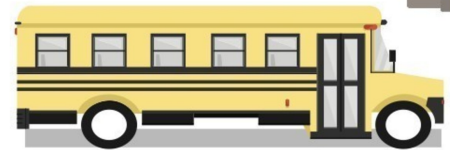
www.nhtsa.gov/back-school-safety/keeping-children-safe

www.nsc.org/community-safety/safety-topics/school-safety/school-safety-home



Homework For Parents

Your Child's Back-To-School Health Checklist



Summer fun is almost over for millions of American students. It's time to put away the swimsuits, dust off the book bags and head back to school.

More than 50 million students will head into the classrooms, according to the National Center for Education Statistics

Schedule medical and dental check-ups before school starts. Some will need immunizations.



If your child takes the bus, establish a safe, visible pick up/drop off spot, preferably with a group of children and in an area with adult supervision.

Develop a family emergency plan in case something happens on the way to (or from) and while at school. Make sure your child knows how to telephone for help.



Complete a consent-to-treat form and give copies to the school nurse and any day care providers to keep in your child's record and to take with them if your child needs to go to the emergency department. The form will allow caregivers to authorize medical treatment.



Review and do a dry run with your child of his or her route to school, explaining potential hazards along the way. If your child walks to school, make sure they understand potential traffic dangers.

Coordinate with a school nurse and your child's physician to develop action plans for any health issues, such as asthma or food allergies. Communicate these plans to all caregivers.



Organize your child's medical history forms and emergency medical contact information. The form should include medical history, allergies, prescription medicine and emergency contacts. Download a free form at www.EmergencyCareForYou.org

American College of Emergency Physicians
ADVANCING EMERGENCY CARE

Safety Tools & Resources



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



[Create & Manage your deliberate risk management worksheets online](#)


Proponent for this Monthly Newsletter is the NYARNG Safety Team

New York Army National Guard, ATTN: MNAV-OS, 330 Old Niskayuna Road, Latham, New York 12110-3514

School Bus Safety Tips

5  /week

There are 5 teen pedestrian deaths every week in the United States.

13% 

There has been a 13% increase in the pedestrian death rate for 12-19 year olds since 2013.



In 2015, while teens ages 15-19 made up 26 percent of all children ages 0-19 years, they made up about half of the pedestrian fatalities.

Distracted walking is on the rise. We observed it in 1 in 4 high school students and 1 in 6 middle school students.



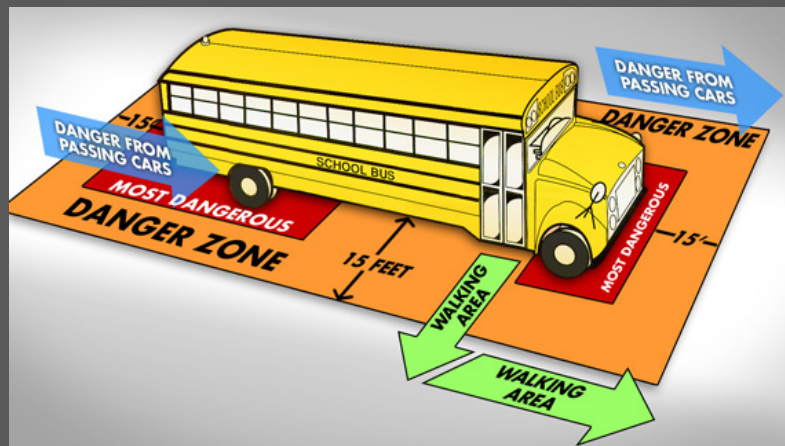
Distracted teens were most likely to be wearing headphones or texting.



Unsafe street crossing behavior was observed in about 80% of students.



Unsafe drop-off or pick-up behavior was observed in nearly 1 in 3 drivers.



School's Back!

Follow These Tips To Have A Safe School Year

- Always be Alert and Watch for Children
- Obey School Zone Speed Limits
- Pay Attention to School Crossing Guards
- Never Pass a School Bus Loading or Unloading
- Don't Go Around a Bus That has Lights Activated and Stop Sign Out
- Stop Far Back Enough to Allow Children to Safely Enter and Exit Bus
- Look Both Ways before Crossing the Street
- Remember to Stop and Yield to Pedestrians Crossing
- Remove All Distractions while Walking to School, including Earbuds when Crossing the Street



BE SAFE. BE SMART.



Slow Down
& Stay Alert



Watch for
Pedestrians



Enter/Exit
driveways
slowly



Reduce
distractions



Watch for children in
the morning & after
school hours

State Safety Points of Contact

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