## GS Junior Safety Award
### Steps to Earn This Award – Complete all 5

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Step 2</th>
<th>Step 3</th>
<th>Step 4</th>
<th>Step 5</th>
</tr>
</thead>
</table>
| □ What are the three most common injuries for kids your age?  
_________________  
_________________  
_________________  
□ Make a list of how you can prevent these injuries.  
_________________  
_________________  
_________________  |
| □ Conduct an emergency evacuation drill of your home or place where your GS troop meets. Describe this drill.  
_________________  
_________________  
_________________  
□ In the case of fire, know where your main exit is located, and plan an alternate way to get out if the first exit is blocked.  
Main exit: __________  
_________________  
Alternate: __________  | □ Find out how to read weather signs so you know when to head indoors and get to safety.  
**Signals** that bad weather is coming:  
Halo around the moon: __________  
Dark, low clouds: __________  
Red sky at sunrise: __________  
Thunder: __________  
Learn more about it at [www.weatherwhizkids.com](http://www.weatherwhizkids.com)  | □ Learn about bicycle safety. Write three things you have learned about bicycle safety.  
_________________  
_________________  
□ Research why bike helmets are important. Tell why below.  
_________________  
_________________  
□ Research how to check if a helmet fits you properly. Describe it below.  
_________________  
_________________  | □ Go on a hazard-identification walk along a local hiking trail, bike trail, or horse trail.  
I did this walk on: __________  
The trail was located at: __________  
Hazards I found:  
_________________  
_________________  
_________________  |
| □ Make a list of how you can prevent these injuries.  
_________________  
_________________  
_________________  | □ Do a home safety audit to check for dangers around the house. List three dangers and how to lessen them.  
_________________  
_________________  
_________________  | □ Find out how to read weather signs so you know when to head indoors and get to safety.  
**Signals** that bad weather is coming:  
Halo around the moon: __________  
Dark, low clouds: __________  
Red sky at sunrise: __________  
Thunder: __________  
Learn more about it at [www.weatherwhizkids.com](http://www.weatherwhizkids.com)  |  |
GS Junior Safety Award
Most Common Injuries for Children

Causes of Death from Injury - Ages 5-9
- Drowning: 17%
- Fire/Burns: 13%
- Other Transportation: 10%
- Suffocation: 4%
- Motor Vehicle Traffic: 56%

Causes of Non-fatal Injuries - Ages 5-9
- Fall: 36%
- Struck by/against: 34%
- Overexertion: 16%
- Cut/pierce: 7%
- Pedal cyclist: 7%
A halo around the sun or moon is caused by the refraction of that body's light by ice crystals at high altitude. Such high-level moisture is a precursor to moisture moving in at increasingly lower levels, and is a good indicator that an active weather system is on its way.

Dark, low clouds are caused by clouds that are very dense with water vapor and raindrops at low altitudes and ice crystals at high altitudes. So rain or hail may be coming soon.

Sources:
National Vital Statistics System from the National Center for Health Statistics, Centers for Disease Control and Prevention, 2009
National Electronic Injury Surveillance System–All Injury Program (NEISS-AIP) from the Consumer Product Safety Commission, 2009
Weather systems typically move from west to east, and red clouds result when the sun shines on their undersides at either sunrise or sunset. Rays from the sun pass at a low angle through the atmosphere, scattering most of the greens, blues, and violets, so sunlight is heavily red. If the morning skies are red, it is because clear skies to the east permit the sun to light the undersides of moisture-bearing clouds coming in from the west.

Thunder is the sound that lightning makes. If you see a lightning flash and hear the thunder 5 seconds later, it's telling you that the lightning is about 1 mile away. If you're stuck outside, stay as low to the ground as possible, crouching low to the ground and hugging your body in to your knees. If possible, move to a heavily forested area. Do NOT hug a tree! Stay AWAY from water! Stay AWAY from wide open spaces and mountaintops.
Why Is Bicycle Safety So Important?
Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is for transportation, not play. Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries.
A head injury can mean brain injury. That’s why it’s so important to wear your bike helmet. Wearing one doesn’t mean you can be reckless, but a helmet will provide some protection for your face, head, and brain in case you fall down.

A Helmet How-To
Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). If your helmet doesn’t have a CPSC sticker, ask your mom or dad to get you one that does. Wear a bike helmet EVERY TIME YOU RIDE, even if you are going for a short ride.

Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your helmet fits you well, ask someone at a bike store.

Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. Don’t tip it back so your forehead is showing. The straps should always be fastened. If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.

Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.

Many bike helmets today are lightweight and come in cool colors. If you don't love yours as it is, personalize it with some of your favorite stickers. Reflective stickers are a great choice because they look cool and make you more visible to people driving cars.

Helmet On, Now What?
Riding a bike that is the right size for you also help keeps you safe. When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground. There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between you and the top bar. Here's a safety checklist your mom or dad can help you do:
- Make sure your seat, handlebars, and wheels fit tightly.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.

Be Seen, Be Safe!
Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. And if they see you, that means they’re less likely to run into you. Daytime riding is the safest so try to avoid riding your bike at dusk and later.

You’ll also want to make sure that nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces. Wear the right shoes — sneakers — when you bike. Sandals, flip-flops, shoes with heels, and cleats won't help you grip the pedals. And never go riding barefoot! Riding gloves may help you grip the handlebars — and make you look like a professional!

But avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way.

Where to Ride
You need to check with your mom and dad about where you're allowed to ride your bike. You need to know how far you're allowed to go and whether you should ride on the sidewalk or in the street. Kids younger than 10 years should ride on the sidewalk and avoid the street.

No matter where you ride, you need to keep an eye out for cars and trucks. Even if you’re just riding on sidewalk, a car may pull out of its driveway into the path of your bike. If you’re crossing a busy road, it's best to walk your bike across the street.

A bike path free of cars is a great choice if there's one in your area. Just remember to share the path with the other riders, walkers, and strollers who...
Also might be using it! And if you're going on a long ride, bring some water along with you.

Keep an eye on the road ahead so you can be prepared for big hills and road obstacles. Some common ones that can cause falls include:

- wet leaves
- big puddles
- changes in the road or sidewalk surface
- storm grates
- gravel or rocks
- curbs
- little kids in your way!

**Road Rules**

If you're allowed to ride on the street, follow these road rules:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. *Never* ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey traffic (red) lights just as cars do.
- Ride single-file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.

**Hand Signals**

It will also help to learn some hand signals. These are like turn signals and brake lights for bikers. It helps cars and trucks know what you will do next, so they don't run into you.

<table>
<thead>
<tr>
<th>Left turn</th>
<th>Stop</th>
</tr>
</thead>
</table>

| Right turn | Also means right turn |

Now that you've learned those hand signals, we'd like to give you a big thumbs-up for finding out more about bike safety!

Source: [http://kidshealth.org/kid/watch/out/bike_safety.html](http://kidshealth.org/kid/watch/out/bike_safety.html)