

MAY IS NATIONAL BIKE MONTH...

LIVE TO RIDE ANOTHER DAY!

SOURCE: WWW.NSC.ORG/LEARN/SAFETY-KNOWLEDGE/PAGES/NEWS-AND-RESOURCES-SAFE-BICYCLING.ASPX



Bicycling is one of the best ways to stay in shape, see the sights, save money on gas and reduce pollution. The benefits are well-known to cycling enthusiasts and local leaders nationwide who have created bike-friendly communities, complete with paths, special bicycle parking areas and other conveniences. National Bike Safety Month in May is just one way we celebrate our love to ride.

THE RISKS

Bicyclists must take extra precautions when they ride. They often share the road with vehicles, which creates a host of hazards, but injuries can happen even on a designated path.

Did you know in 2014, bicycles were associated with more injuries over all age groups than skateboards, trampolines, swimming pools and playground equipment combined? According to Injury Facts 2016, the statistical report on unintentional injuries created by the National Safety Council, 510,905 people were treated in emergency rooms in 2014 after being injured riding a bicycle. The only sport resulting in more injuries overall was basketball, at 522,817. Football was third, at 396,457.

According to Injury Facts, about 1,000 deaths resulted from cyclists colliding with motor vehicles in 2014. With about 80 million bike riders sharing the road with millions of motorized vehicles, the importance of safety precautions in traffic cannot be overstated.

USE YOUR HEAD... PROTECT YOUR NOGGIN

Cyclists who wear a helmet reduce their risk of head injury by an estimated 60% and brain injury by 58%. That statistic makes sense when you consider the first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain, the results can be fatal.

Helmets must meet federal safety standards and should fit securely. The National Highway Traffic Safety Administration video offers instruction on how to properly fit a helmet.

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BARBECUE SAFETY

SOURCE: [HTTP://CLAYTON.DELAWARE.GOV/DOCUMENTCENTER/VIEW/4708](http://CLAYTON.DELAWARE.GOV/DOCUMENTCENTER/VIEW/4708)

Beware when you barbecue. In 1998 alone, there were 6,100 reported home fires involving gas or charcoal grills in the U.S., leading to \$29.1 million in direct property damage, according to NFPA.

- When using barbecue grills always be sure to leave sufficient space from siding and eaves.
- New Jersey law forbids any grill to be utilized on the balconies of an apartment, townhouse or condominium.
- Always supervise a barbecue grill when in use.
- Keep children and pets far away from grills.
- With charcoal grills, only use charcoal starter fluids designed for barbecue grills and do not add fluid after coals have been lit.
- With gas grills, be sure that the hose connection is tight and check hoses carefully for leaks. Applying soapy water to the hoses will easily and safely reveal any leaks.
- Always follow the manufacturer's instructions and have the grill repaired by a professional, if necessary.
- Spare propane cylinders should never be stored indoors or under or near the grill.

LIVE TO RIDE ANOTHER DAY (CONT.)

FOLLOW THESE RULES TO KEEP SAFE

- Get acquainted with traffic laws; cyclists must follow the same rules as motorists
- Know your bike's capabilities
- Ride single-file in the direction of traffic, and watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Never hitch onto cars
- Before entering traffic, stop and look left, right, left again and over your shoulder
- Wear bright clothing and ride during the day
- If night riding can't be avoided, wear reflective clothing
- Make sure the bike is equipped with

- reflectors on the rear, front, pedals and spokes
- A horn or bell and a rear-view mirror, as well as a bright headlight, also is recommended

MAY IS NATIONAL BIKE MONTH

During National Bike Month, cycling enthusiasts across the country celebrate the many benefits of cycling.

The League of American Bicyclists, which advocates for a "Bicycle Friendly America," sponsors Bike Month each year. The League's handy, 32-page National Bike Month Guide has everything you need to plan a Bike Month event in your community, including tons of ideas for activities.

WORD FIND PUZZLE

W P O P L L M H O X T W B O P U X Y L D
 Y S A F E T Y U E U C E B R A B T G U E
 C H N I L K G N I R P S M G M T A N K E
 Y F Z C E L E B R A T E F J O O H I N T
 L W E A T H E R S N K A K N H S S P X I
 I D D B P O U T D O O R I V E N T A S O
 N U B E R A W E B M K G R D H F S C U Z
 D N O I S I L L O C G G A K F T A S N T
 E R M G U R I K P O Z H Y L X O I D S K
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 S F H O C C D Y D N N N F O R Q U A R R
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 O C S L S N O I T C U R T S N I N X N B
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 C T M V S N B E E B U O S N R U B N U S
 W L Y J S L T I D P S L E E H W E K I B

AGE	GOGGLES	OUTDOOR	WEATHER
BARBECUE	GRILL	REFLECTIVE	WHEELS
BEWARE	HAT	RIDE	
BICYCLING	HIGHER	SAFETY	
BIKE	HOT	SKIN	
CELEBRATE	INJURIES	SPOKES	
COALS	INSTRUCTIONS	SPRING	
COLLISION	LANDSCAPING	STATISTIC	
CYLINDERS	MOWERS	SUNBURN	
DEET	NATIONAL	SUNSCREEN	
ENTHUSIASTS	NOGGIN	SUNSHADES	

SPRING CLEANUP SAFETY

SOURCE: [HTTP://SAFETY.BLR.COM/WORKPLACE-SAFETY-NEWS/SAFETY-ADMINISTRATION/SAFETY-GENERAL/10-OUTDOOR-SAFETY-TIPS-FOR-SPRING/](http://SAFETY.BLR.COM/WORKPLACE-SAFETY-NEWS/SAFETY-ADMINISTRATION/SAFETY-GENERAL/10-OUTDOOR-SAFETY-TIPS-FOR-SPRING/)

It looks like winter is finally coming to an end in most parts of the country. If the warmer weather means you'll be directing workers to get outside, clear winter debris, and get your facility ready for spring, make sure they do it safely. Keep reading for 10 tips to share at an upcoming safety meeting—they may also serve as valuable reminders to workers who plan to spend the weekend gardening or doing other yardwork.

10 Safety Tips for Outside Hazards—Machinery, Insects, Heat, and More:

1. Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.
2. Protect your hearing when operating machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.
3. Make sure equipment is working properly.
4. Wear gloves to protect from skin irritations, cuts, and contaminants.
5. Use insect repellent containing DEET.
6. Follow instructions and warning labels on chemical and lawn and garden equipment. (If workers will be using consumer chemical products in amounts and/or frequencies that exceed typical consumer use, employers must obtain a safety data sheet (SDS) for the product, ensure that it is properly labeled, and train workers in its hazards and safe work practices.)
7. Reduce the risk of sunburn and skin cancer by wearing long sleeves, a wide-brimmed hat, and sunshades. Use sunscreen with an SPF of 15 or higher.
8. Keep an eye on the thermometer and take precautions in the heat.
9. When working in hot weather, remind workers to drink plenty of liquids, but not those that contain alcohol or large amounts of sugar, as they can cause you to lose body fluid.
10. Pay attention to signs of heat-related illness, including high body temperature, headache, dizziness, rapid pulse, nausea, confusion, or unconsciousness.

And remember—if you hire a contractor for outdoor maintenance, it's important to inquire about the company's safety record and make sure they train and require employees to follow safe work practices. They may not be on your payroll, but if a contract worker is injured at your facility, OSHA can cite and fine not only the contractor, but the host employer as well.