



United States Air Force Academy Safety Package Spring 2004





DEPARTMENT OF THE AIR FORCE

HEADQUARTERS UNITED STATES AIR FORCE ACADEMY

USAF ACADEMY, COLORADO

1 Mar 04

MEMORANDUM FOR COMMANDERS AND UNIT SAFETY REPRESENTATIVES

FROM: HQ USAFA/SE

SUBJECT: Spring Safety Campaign

1. Spring is a unique season. The warmer weather entices us to get outdoors, and Spring Break is a great time to travel long distances. However, the potential for late winter snowfall is still in the forecast, bringing with it treacherous road conditions. With this in mind, it should be no surprise that most springtime mishaps are attributed to outdoor sports and private motor vehicle accidents. There is cause for concern over the increasing numbers of mishaps that we've seen annually at USAFA during spring. With your help we can reverse this trend.
2. I ask each of you to emphasize driving safety and smart personal risk management to your personnel as they make plans to travel and to take advantage of the great outdoors. We are providing the attached timeline and safety package to help prepare messages for safety meetings. We will also continue to push information out to you throughout the campaign in the form of safety bulletins, flyers, Spirit articles and "best practices" from across the Air Force and DOD. We welcome your feedback on how we're doing.
3. I would like to thank each of you for your continued, steadfast support of the USAFA safety program. Have a safe and enjoyable spring.

//Signed//

H. E. WATERS, JR., Lt Col, USAF
Director, USAFA Safety

Spring Safety Campaign 2004

29 Feb - 6 Mar

Workplace Eye Safety (Safety Bulletin)**

Ice Fishing (Flier)**

Jogging Safety*

Snowmobiling*

7 - 13 Mar

Spring Break Safety (PowerPoint from USAFA/SE)**

Skiing/Snowboarding*

Beach and Water Safety*

14 – 20 Mar

Commander's Spring Break Briefings

Driving Safety*

Office Safety*

21 – 27 Mar

National Poison Prevention (Safety Bulletin)**

Outdoor Safety*

Mountain Biking*

28 Mar – 3 Apr

Alcohol abuse (Drinking & Driving)**

Camping (Flier)**

Sports Eye Safety*

Hiking Safety*

04 – 10 Apr

Building Safety/Spot Inspections (Safety Bulletin)**

Spring Late winter ski conditions *

Motorcycle Safety*

11 – 17 Apr

National Workzone Awareness (Safety Bulletin)**

Barbeque Safety*

Slips, Trips, and Falls*

18 – 24 Apr

Office/Home Cleaning Safety (Flier)**

Ladder Safety*

Yard Safety*

25 Apr – 1 May

National Playground Safety (Safety Bulletin)**

Playground Inspections**

Cell Phone Use*

Bike Safety*

*** Supporting material included in this package**

**** Coincides with USAF and National Safety campaigns. Supporting materials will be distributed by HQ USAFA/SE**

Note: The HQ USAFA Safety staff is available for briefings. The HQ USAFA/SE office also has safety videos, covering many topics, available for checkout.

Safe Driving - It's Your Call

1. Know your wireless phone and its features such as speed dial and redial.

Read the instructions and take advantage of valuable features offered.

2. When available, use a hands free device.

A number of hands free wireless phone accessories are readily available today.

3. Position your wireless phone within easy reach.

Make sure phone is within easy reach so you can grab it without removing your eyes from the road.

4. Suspend conversations during hazardous driving conditions or situations.

Let the person you are speaking with know you are driving; if necessary suspend the call in heavy traffic or hazardous weather conditions. As a driver, your first responsibility is to pay attention to the road.

5. Do not take notes or look up phone numbers while driving.

If you are reading or writing while driving, you are not watching where you are going.



6. Assess traffic; place calls while not moving or before pulling into traffic.

Try to plan your calls before you begin your trip.

7. Don't engage in stressful/emotional conversations that are distracting.

Stressful or emotional conversations and driving do not mix—they are distracting and even dangerous when you are behind the wheel of a vehicle.

8. Use your wireless phone to call for help.

Your wireless phone is one of the greatest tools you can own to protect yourself and your family in dangerous situations.

9. Use your wireless phone to help others in emergencies.

If you see an accident, crime in progress or other serious emergency, call 911.

10. Roadside assistance or non-emergency assistance when necessary.

If you see a broken-down vehicle posing no serious hazard, a broken traffic signal, a minor traffic accident where no one appears call roadside assistance or other special non-emergency wireless number.

Workplace Safety!

How do YOU Measure Up?

Job Training

- Are you adequately trained to do your job?
- Do you know how to access applicable guidance?
- Are you aware of all your workplace hazards?
- Do you know how to report mishaps & hazards?

Protective Equipment

- Are you using the right PPE for the job?
- Is it in serviceable condition?
- Are you wearing the equipment properly?

Manual Lifting

- Are you adhering to proper lifting procedures?
- Do you get help with bulky or heavy items?

Housekeeping

- Is your workplace clutter-free?
- Can you spot any slipping or tripping hazards?
- Are any hallways or exits blocked or difficult to use?

Equipment Use

- Are you trained on the equipment you use?
- Are all guards and safety equipment in-place?

Chemical Handling

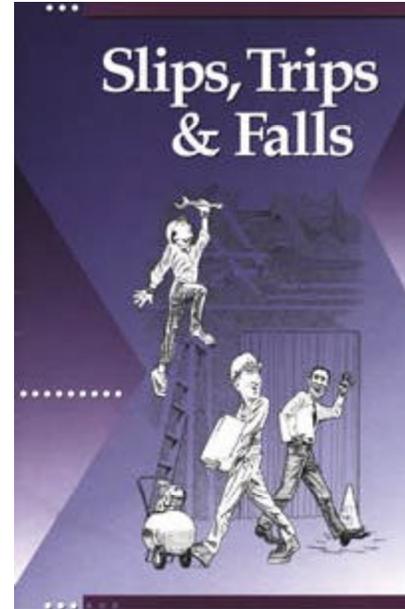
- Are all chemicals in your workplace properly labeled?
- Is there a legitimate need for each chemical?
- Do you have access to the MSDS for each chemical?

Slips, Trips, & Falls

One of the most common causes of falls is tripping over an open desk or file drawer. Bending while seated in an unstable chair and tripping over electrical cords or wires are other common hazards. Fortunately, all of these fall hazards are preventable. The following checklist can help you stop a fall before it happens.

There are two major causes of falls:

- ◇ Inadequate traction on the surface
- ◇ Unseen and unanticipated obstacles or conditions



Fall Prevention Checklist

- ◇ Entrances and Aisles should be kept free of obstructions
- ◇ Floor surfaces should be clean and free of slippery areas
- ◇ Close drawers after every use
- ◇ Always use an appropriate stepladder for overhead reaching
- ◇ If anything is on the floor—a pen, a paper clip, etc.—pick it up
- ◇ Clean up spills immediately.
- ◇ Make sure walkways are well-lighted.
- ◇ Look before you walk, make sure your pathway is clear.
- ◇ Avoid bending, twisting, and leaning backwards while seated.
- ◇ Secure electrical cords and wire away from walkways
- ◇ Report loose carpeting or damaged flooring
- ◇ Always use an appropriate stepladder for overhead reaching.
- ◇ Walk, don't run!



Snowmobiles' Safety Tips

Keep your snowmobile in top condition and follow the "pre-op" checklist outlined in the snowmobile owner's manual before each ride.

- Wear a helmet with goggles or a face shield.
- Wear layers of water-repellent clothing. Warm boots and gloves or mittens are important as is a windproof outer layer.
- Do not wear clothing with loose ends that might get tangled in the machine.
- Tell someone what route you plan to take, and when you will return.
- Carry a first-aid kit, tool kit, flashlight, compass, map and waterproof matches.
- Never consume alcohol or drugs before or while snowmobiling.
- Drive defensively and always drive within the limits of your machine and your abilities.
- Stay on marked trails and on the right shoulder of the road. Watch for fixed objects like fences and tree stumps that may be concealed by snow.
- When crossing roads come to a complete stop and make sure no traffic is approaching. Cross at a right angle.
- Avoid crossing water, particularly when uncertain of ice thickness.
- Never travel alone.
- Be aware of your fatigue level.
- When riding in mountains, be cautious of avalanche dangers.



Don't take a false step with ladder safety

Before you climb that ladder, take a few moments to review these safety tips. A little review now might keep you from becoming one of the 220,000 people each year who visit emergency rooms because of ladder accidents.

Step 1: Read the instructions included in the manufacturer's use and care booklet.

Step 2: Personnel should choose the proper ladder for the intended task. If the ladder will be used near electrical sources, a wood or fiberglass ladder will be used.

Step 3: Always inspect the ladder before stepping on the first rung.



Step 4: Make sure the ladder is well maintained, that the rungs are clean and all parts are intact — never climb on a slippery or shaky ladder.

Step 5: Setting up the ladder correctly may help prevent falls. When planting the base of any ladder, place all feet on a firm, level surface, not on rocks or boards.

Step 6: If using an extension ladder, don't place the ladder at too extreme an angle. Remember, different ladders have different safety considerations.

Step 7: Finally, you should follow these additional precautions to help prevent ladder accidents:

- Always use a ladder that is long enough for the task at hand. A great number of ladder accidents are the result of using a ladder that is too short.
- Don't carry equipment while climbing a ladder. Invest in a tool belt or have someone hand the equipment to you.
- Face the ladder when climbing up and down; keep your body centered between both side rails.
- While up on the ladder, don't overextend your reach. Make sure you keep your weight evenly distributed.
- Never move a ladder while standing on it. Always make sure people and equipment are off the ladder before moving or closing it.
- Never stand on a ladder's bucket shelf. Read and follow the warning stickers for highest standing levels.



Why should you wear and use correct motorcycle PPE?

Ask Dave. Dave came out of it just fine—thanks to his full-face helmet. No facial reconstruction was needed. In fact Dave was wearing full protective gear and was able to ride home!

What would have happened had he been wearing a three-quarter helmet or, worse yet, a “shorty?” Be smart use the correct PPE and live to tell the tale.



AFI 91-207 states you must wear:

- A protective helmet (DOT Approved) with goggles or full-face shield
- Long sleeve shirt or jacket
- Full fingered motorcycle gloves or mittens
- Sturdy footwear: Leather boots or over-the-ankle shoes are strongly recommended
- Brightly colored or contrasting vest or jacket during the day and reflective at night



Skiing and Snowboarding Safety Precautions

Skiing and snowboarding are increasingly more popular with each winter season.

The following tips can help you have a safe ski and snowboarding season.

- Get into shape, don't ski yourself into shape.
- Obtain the proper equipment. Adjust your ski or snowboarding bindings.
- When buying skiwear, look for fabric that is water and wind-resistant
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature.
- Be prepared. Bring a headband or hat with you to the slopes; remember that 60% of heat loss is through your head. Wear gloves or mittens.
- Wear sun protection. The sun reflects off the snow.
- Always wear eye protection. Have sunglasses and goggles with you.



Tips for while you are on the slopes:

- Take a lesson. To become a good skier/snowboarder take lessons.
 - The key to successful skiing/snowboarding is control.
 - Do not get on a slope that exceeds your ability level.
 - Drink plenty of water. Be careful not to become dehydrated.
 - Curb alcohol consumption.
 - Know your limits. Stop before you become fatigued.



Code of Responsibility.

Share the responsibility with other skiers for a great skiing experience.

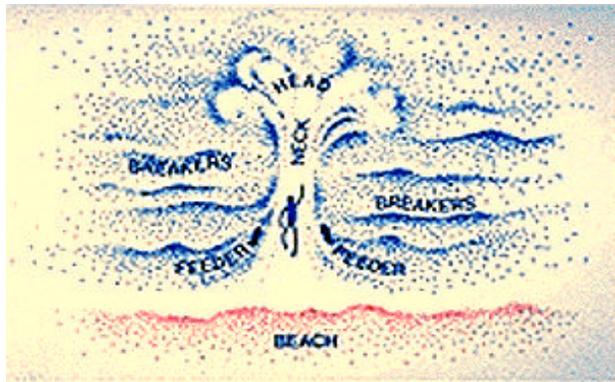
- Always stay in control.
 - People ahead of you have the right of way.
- Stop in a safe place for you and others.
 - Whenever starting downhill or margining, look uphill and yield.
 - Use devices to help prevent runaway equipment.
 - Observe signs and warnings, and keep off closed trails.



Beach and Water Safety

Tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. Here are some recommended safety tips:

- Learn to swim
- Swim near a lifeguard
- Never swim alone
- Supervise children closely, even when lifeguards are present
- Don't rely on flotation devices, such as rafts, you may lose them in the water
- If caught in a rip current, swim sideways until free, don't swim against the current's pull
- Alcohol and swimming don't mix
- Protect your head, neck, and spine — don't dive into unfamiliar waters — feet first, first time
- If you are in trouble, call or wave for help
- Follow regulations and lifeguard directions
- Swim parallel to shore if you wish to swim long distances
- Scuba dive only if trained and certified — and within the limits of your training
- No glass containers at the beach — broken glass and bare feet don't mix
- No beach fires except in designated areas — fire residue and superheated sand can severely burn bare feet — use a barbeque that is elevated off the sand
- Report hazardous conditions to lifeguards or other beach management personnel
- Stay clear of coastal bluffs, they can collapse and cause injury
- Never turn your back to the ocean — you may be swept off coastal bluffs or tide pool areas and into the water by waves that can come without warning



ORM: WINTER HAZARDS AND DRIVING

11 Feb 04

Besides step 1, the first step in ORM is to analyze the task at hand. In other words, what is it you're doing?

Today's task, **Driving Under Winter Hazard Conditions.**

1. Identify the Hazard. Identify all real and potential hazards. Here are a few:

- Snow and icy roads
- Freezing temperatures
- Unnecessary exposure to the weather
- Poor vehicle conditions
- Poor visibility

2. Assess the Risk. Evaluate the hazards in step 1 to determine the consequences. Assess each for the following: extremely high, high, medium, low.

		Probability				
		Frequent	Likely	Occasional	Seldom	Unlikely
Severity	Catastrophic	Extremely High	High	Medium	Low	
	Critical	High	Medium	Low		
	Moderate	Medium	Low			
	Negligible	Low				

- Lose control of vehicle due to inexperienced operator. **HI**
- Hypothermia due to not dressed properly. Vehicle heater not working. **EX HI**
- Stranded on the road, vehicle stuck, accident, no fuel. **MED**
- Lose control of vehicle due to bad tires, brakes, etc. **HI**
- Unable to see while driving due to whiteout conditions or snow and ice buildup on windows and windshield. **HI**

3. Analyze Risk Control Measures.

Determine what you can do to mitigate the risks.

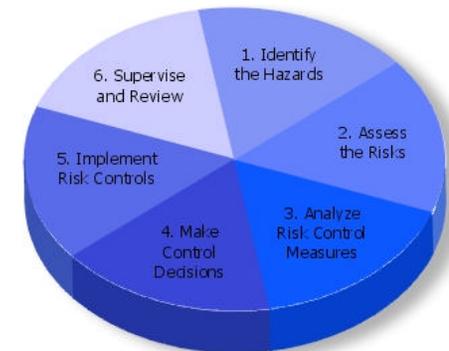
- Wait for roads to be cleared. Use appropriate vehicle if you have (4wd).
- Dress prepared and keep extra clothing in trunk. Ensure heater is working.
- Keep fuel tank above half. Drive defensively.
- Maintain vehicle in good working condition; brakes, tires, washer fluid, etc.
- See and be seen. Turn headlights on to be seen. Remove ice and snow from windows and windshield.

4. Make Control Decisions. Based on what you came up with on step 3.

Delay your trip or leave early. Switch vehicles adequate for the weather ensure other members of the family do the same. As an employer, release workers early or have them report late.

5. Implement Risk Controls. Based on steps 3 and 4, you now have identified the hazards and risks of winter driving. Implement the control measures to lower your risk while out there.

6. Supervise and Review. Not all control measures may work at a given situation. You may be in the middle of traffic on these conditions and not have half a tank of gas. ORMING the task at hand will better prepare you for the identical task next time you face it. Consider what worked best and tweak what didn't.



ORM
Accepted. Not Directed.

TEN MOST COMMON DRIVING ERRORS

The top 10 driving errors, in order of frequency are:

1. **Improper lookout, such as pulling into a street from an intersecting alley, street, or driveway without looking carefully for oncoming traffic.**
2. **Pulling out to pass without checking for traffic in the passing lane.**
3. **Pulling out of a parking space without looking back for oncoming cars.**
4. **Excessive speed.**
5. **Inattention. (Cell phones, reading, radio, eating)**
6. **Improper evasive action, such as no attempt to steer around a crash or an attempted steer that was unsuccessful because brakes were hit too hard and the wheels locked.**
7. **Internal distraction, such as a crying baby, fighting children, or adjusting the radio or tape player.**
8. **Inadequate defensive driving techniques. Sometimes following the rule of the road isn't enough.**
9. **Unjustified assumption, such as: assuming another driver will stop or yield even though he or she does not have a sign.**
10. **Improper maneuvering or driving the wrong way on a one-way street; turning from the wrong lane or proceeding straight in a turn lane and overcompensating, accelerating, braking too fast, or turning too quickly.**

Are these the driving errors you see most frequently? Do you know how to react when you see them?

OUTDOOR SAFETY

Ready for some outdoor exercise and adventure? Here are a few pointers.

- Winter's inactive muscles can take only so much strain. Don't overdo it — build up slowly so you don't have strains that can put you out of commission.



- It may look appealing, but don't wander on frozen rivers and lakes in the spring. The ice is beginning to thaw, and you never know just how thin the ice really is.



- Spring's extra rain and thawing snow can cause normally safe rivers, streams, and creeks to turn treacherous. Even standing on banks can be risky as they can be undercut by rushing water and give in under your weight.



- Springtime is also severe weather time. If the skies look threatening, check to see if a storm watch or warning has been issued before you initiate outdoor activities. If you're already outside and thunderstorms threaten, go immediately into a building or enclosed vehicle.



- Roadways can also become a flooding disaster. Do not try to cross roads that are flooded.

MOUNTAIN BIKING RULES

As an off-road cyclist, it is your responsibility to ride safely and considerately.

Get to know your local parks, the park staff and bike trails before your adventure. Every trail user should exercise common courtesy; making sure to check trail signs and use park maps. Bicycling opportunities remain threatened in many locations due to land management issues, rude or dangerous cyclists, trail-use conflicts, and damage to trails or ecosystems caused by cycling.



Follow these guidelines to ensure your cycling adventures are safe and enjoyable:

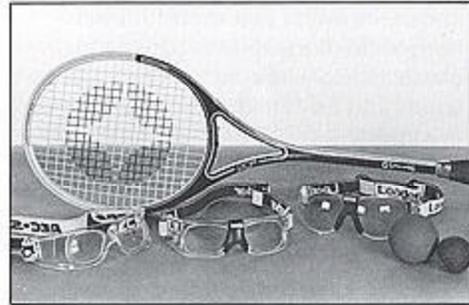
- **Ride on open trails only.** Check park map brochures for approved trails. Watch for trail signposts with trail names and informational discs.
- **Always yield.** Pass with care and keep your speed to a slow, safe pace. Approach each bend as if someone were around the corner. Hikers and particularly horses are easily startled.
- **Control your bicycle.** Inattention for even a second can cause disaster.
- **Leave no trace.** Don't ride when the ground is marred, for instance, on certain soils after rain. Never ride off the trail or throw trash on the ground.
- **Protect the environment.** Care for natural resources by honouring restrictions placed on areas that are environmentally fragile.
- **Never scare animals.** Give them extra room and time to adjust to you. Leave ranch and farm gates as you find them or as marked.
- **Plan ahead.** Know your equipment, your ability and the area in which you are riding - and prepare accordingly.
- **Dress appropriately.** Always wear a helmet. In cold weather, wear a wool or polypropylene base layer against your skin and dress in layers. This method allows you to take layers off especially during changes in weather.
- **Carry necessary equipment.** There is certain equipment you must plan on carrying. The further from civilization you plan to venture; your supplies ought to be more inclusive.
- **Be prepared for you trip.** The key to a successful and enjoyable ride requires knowledge of regulations, proper equipment, preparedness for the unexpected and an understanding of one's personal ability.



Sports Eye Safety

Approximately **40,000** sports eye injuries occur every year, many resulting in permanent vision **loss**. From major league stadium to small-town courts, America's favorite past times are great experiences for many. But for some, those memories are ruined by **preventable** eye injuries.

Injuries can range from **abrasions** of the cornea to **bruises** of the eyelids to internal eye injuries such as **retinal detachments** and internal **bleeding**. Some of these lead to vision loss and **permanent blindness**.



Sports goggles for basketball, racquetball, tennis and soccer

Basketball, baseball, football, hockey, soccer, tennis, lacrosse and other **contact sports** can be dangerous to the eyes. Make sure **eyewear** worn is appropriate for the sport.

Today's athletes can choose from various types of lightweight and sturdy **protective eyewear** that look and fit well. The best part is that eyewear properly fitted and worn does not hinder **performance** in any way. Protective eyewear can **prevent 90%** of sports eye injuries.

So when **participating** in sports, be sure to

- Select **protective eyewear** that is appropriate for the sport
- Be sure the eyewear has **polycarbonate** lenses or shields
- Have eyewear **properly fitted** by an eye care professional

Whatever your game, whatever your age, you need to protect your eyes. See your **eye care professional** today for appropriate protective eyewear.



HIKING: TIPS FOR THE TRAIL

Before starting out, do warm-up exercises. Stretching gradually increases heart rate, temperature and circulation to your muscles.

Start out slowly. Gradually increasing your pace and distance traveled.

Let the slowest person in your hiking, paddling, and biking or cross-country skiing party set the pace. This is especially important when children are a part of your group.

Plan the trip ahead of time and assign tasks. The goal is to have a good time outdoors.

Take turns leading the group and sharing decision-making responsibilities.

Hike only on marked trails in wilderness areas unless bushwhacking is allowed and you have excellent navigation skills.

Hike and travel in groups as much as possible, especially during winter and in hazardous terrain.

Leave itinerary with a friend or family member and check in upon your return.

Mountain weather is generally cooler, cloudier, and windier than in lowland areas. For every 1,000 feet of elevation, the temperature often drops three to five degrees. Thus, it's best to dress in layers.

Wear sunglasses and a hat or visor when you hike. Snow blindness, caused by the sun's glare on snow, can also be caused by sunlight reflecting off water and boulders.

Bring a customized first aid kit tailored to your outing.

Develop an emergency plan before you start your trip. Make sure everyone knows what to do if they become lost or a medical emergency arises.

Take frequent rests or vary your pace to recover from strenuous activity spurts.

Drink plenty of water. Water is heavy to carry, but thirst on the trail is a hazard.

Pack carbohydrate-energy bars, granola, candy, or fruit. They provide an instant pick-me-up on the trail.

National parks and many state parks and other federal lands prohibit dogs. Be sure to keep pets on leashes in restricted areas.

Pay attention to local regulations, particularly concerning campfires. In many drought areas, fires are prohibited and you must use a camp stove.

JOGGING SAFETY

Jogging is a great way to exercise and keep fit. But jogging is not without risks. A little knowledge and preparation can go a long way to prevent injuries.



Warm up before exercise. Warming up your muscles before you jog can decrease your risk of injury. Also, warming-up can significantly reduce the chances of muscle pulls, strains, sprains and other such injuries.

Pace yourself. Start jogging at a slower pace for the first few minutes or start your jog with a brisk walk. Sudden and unfamiliar exertions are most likely to cause injuries.

Pay attention to how your body feels before and after a jog. Aches and pains are not uncommon after jogging. However sharp pain that lasts longer than 20-30 minutes after a run could be abnormal.

Beware of sudden injuries. Most mild chronic injuries can be treated with a combination of stretching and strengthening exercises.

Watch out for acute and chronic injuries. Hamstring tears are common acute injuries - they usually cause sudden pain in the back of the thigh.



Treat injuries properly. Treatment of both above-mentioned injuries includes rest, ice, compression and elevation, commonly known as the RICE method. Once the muscles have recovered, begin a stretching regimen to prevent further injury.

Find out if jogging is right for you. If you have a bad back, constant sore knees, or other recurring injuries, the pounding of jogging may not be for you.

Select the right shoes.

A proper fit means that your heel should be snug and not excessively slide up and down.

Alternate different brands and styles of shoes. Doing so helps alleviate foot problems that develop because of a particular shoe's construction.



Cool down. At the end of your jog, cool down by slowing your pace or walking. Muscles that are not conditioned this way are more likely to sustain pulls, strains, and spasms.



Make it a habit. Jogging only once a week, no matter how vigorous the activity, puts you at risk of injury and fails to provide you with maximum aerobic and conditioning benefits. Try to establish a schedule of three-30 minute workouts a week.

YARDWORK SAFETY

Time to get the yard into shape for the summer? Here are ways to help ensure your spring spruce-up is disaster-free. Limber up. Yard chores may seem easy, but they involve muscles you probably haven't used in a while. Always wear protective clothing when you handle pesticides and fertilizers.

Mowing:

- More than 60,000 people are treated in emergency rooms each year for lawnmower injuries.
- Rake before you mow to prevent stones and loose debris from launching into the air.
- Never operate a mower in your bare feet and avoid wearing loose clothing.
- When refueling your mower, make sure the engine is off and cool. Don't spill gasoline on a hot engine — and *don't* smoke while pouring gasoline.
- Never leave your mower operational while unattended.
- Don't use electrical mowers on wet grass.



Trimming:

- At least 55,000 people each year sustain injuries from trimmers, lawn edgers, pruners and power saws.
- Read the manufacturer's instructions carefully before using the tools.
- Inspect the product for damage and don't use it if there are problems.
- Use proper eye protection.



- Make sure blade guards are in place on all cutting equipment.
- Don't let tools get wet unless they are labeled "immersible".
- Unplug all tools when not in use.
- Make sure the tool is in the "off" position before you plug it in.
- Store gasoline-powered equipment away from anything that uses a pilot light.
- Make sure you use the right saw for the task, and always wait for the saw blade to stop before pulling away from a cut to avoid kickback.
- When pruning trees, be careful not to let metal ladders or trimmers contact overhead wires.



Before you do any "hands on" weed removal, make sure you know how to identify poison ivy, sumac, and oak, and similar toxic plants. Find out ahead of time how to treat the rashes they cause to reduce the irritation.



TIPS FOR BICYCLISTS: HOW TO RIDE IN TRAFFIC

Rule 1: Be Predictable

Ride so drivers can see you and predict your movements.

1. **Obey traffic signs and signals.** Bicycles must obey traffic laws like other vehicles.
2. **Never ride against traffic.** Motorists aren't looking for bicyclists riding on the left side of the road. Ride on the right, **with** the traffic.
3. **Use hand signals when initiating a turn.** Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy and of self-protection.
4. **Ride in a straight line.** Whenever possible, ride in a straight line, to the right of traffic but about a car-door-width away from parked cars.
5. **Don't weave between parked cars.** Don't ride over to the curb between parked cars, unless they are far apart. Motorists may not see you when you move back into traffic.
6. **Ride in middle of lane in slow traffic.** Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.
7. **Follow lane markings.** Don't turn left from the right lane. Don't go straight in a lane marked right-turn-only.
8. **Choose the best way to turn left.** Remember: There are two ways to make a left turn. 1) Like an auto. Signal, move into the left lane and turn left. 2) Like a pedestrian.
9. **Don't pass on the right.** Motorists may not look for or see a bicycle passing on the right.
10. **Go slow on shared paths.** Yield to pedestrians. Give pedestrians audible warning when you pass. Do not ride on sidewalks where prohibited.

When biking with others, ride in line when other traffic is present.

Rule 2: Be Alert

Ride defensively and expect the unexpected.

1. **Watch for cars pulling out.** Make eye contact with drivers. Assume they don't see you until you are sure they do.
2. **Scan the road behind.** Learn to look back over your shoulder without losing your balance or swerving left. Some riders use rear-view mirrors.
3. **Avoid road hazards.** Watch for sewer grates, slippery manhole covers, oily spots, gravel, and ice. Cross railroad tracks carefully at right angles.
4. **Keep both hands ready to brake.** You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain.
5. **Watch for chasing dogs.** Ignore them, or try a firm, loud, "NO." If you can't get away, dismount with your bike between you and the dog. Don't try to kick the dog. **Call Animal Control.**

Rule 3: Be Equipped

You'll ride more easily and safely.

1. **Keep the bike in good repair.** Adjust your bike to fit you, and keep it working properly. Check brakes and tires regularly.
2. **Use lights at night or when visibility is poor.** The law requires a strong headlight and rear reflector or tail light at night.
3. **Dress appropriately.** Generally dress in layers so you can adjust to temperature changes. Avoid loose clothing.
4. **Use a pack or rack to carry things.** Saddlebags, racks, baskets, and backpacks are all good ways to carry packages, freeing your hands for safe riding.
5. **Always wear an ANSI or Snell approved helmet.** This reduces the potential for head injury by 85%.

SUMMARY

Obey traffic lights, stop signs, one-way streets and other basic traffic laws.

A bicyclist has the same rights and duties on the road as drivers of other vehicles, and some additional responsibilities.

- **Ride as far “as practicable” to the right** (*or to the outside lanes on a one-way street*), particularly when automobile traffic is moving faster than you are.
- **Be prepared to yield at all times.**
- **Use hand signals when turning or moving from a lane.**
- **Yield the right-of-way to pedestrians.** Give audible warning when overtaking a pedestrian.
- **Keep at least one hand on handlebars.** Keep control of the bicycle at all times.
- **Use a headlight** with a white light visible from at least 500 feet ahead, **and a red reflector** visible from at least 50 to 300 feet behind, when riding from sunset to sunrise or whenever visibility is poor.
- **Keep brakes adjusted** so that, when braked, your bicycle skids on clean dry pavement.
- **Ride astride a fixed seat** (*kiddie seat and tandems acceptable*). Riding “double” is discouraged.
- **Ride no more than two abreast.**



Barbeque Rub Recipe



- 2 Tablespoons salt
- 2 Tablespoons sugar
- 2 Tablespoons brown sugar
- 2 Tablespoons ground cumin
- 2 Tablespoons chili powder
- 2 Tablespoons black pepper — freshly cracked
- 1 Tablespoon cayenne pepper
- 4 Tablespoons paprika

Mix this together and put a heavy coat on your ribs, chicken, steaks or what ever and marinate for several hours or overnight. Seal in plastic bag or wrap in Saran Wrap.

Grill and you will not believe how wonderful this is. Use some of the juice to pour over your meat while it is cooking.

The meat is very tender and juicy with much flavor and wonderful color.

Enjoy!



BBQ Safety Tips

How to Site the Barbeque:



- Place on a firm level base of non-flammable materials such as a patio.
- Keep away from buildings, trees and shrubs.
- Keep out of the wind if possible.
- Do not position the BBQ under awnings or gazebos.
- Make sure that the grill can't be knocked over by children and dogs.
- Keep doors and windows closed to prevent burning particles from being blown into the house.

Lighting your BBQ:

- Keep a bucket of water, sand or garden hose nearby in case of accidents.
- If you use BBQ lighting fluids or block lighters, follow the instructions on the packaging.
- Take extra care with self lighting charcoal BBQ packs as they tend to flare up on ignition.
- Never use petrol, paraffin or other flammable liquids to light or revive your BBQ.
- For gas BBQ's check joints for leaks with soapy water before use, especially after winter storage.
- Once lit, never leave a BBQ unattended.

