

DO YOUR PART  
**BE** SAFETY!  
SMART!



# YOUR BACK-TO-SCHOOL

## SAFETY GUIDE

Goodbye beach bags. Hello backpacks.

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## SAFE TRAVELS

**BUS RIDING:** As the bus approaches, stand **at least 6 feet away** from the curb

6'



## DON'T BREAK YOUR BACK WITH YOUR PACK



Carrying a **12lb backpack** to and from school and lifting it **10x a day** for an entire school year **is the equivalent of hauling**

6

MID-SIZED CARS



## BE TECHNO SAFE & SAVVY

With nearly **1 IN 5 KIDS** using mobile devices every day, make sure to have a strong and secure password



## PHONES DOWN HEADS UP

**1 IN 8**

middle schoolers are **digitally distracted** while crossing the street



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## THE ABC'S OF CATCHING ZZZ'S

At the end of a busy school day, most children are exhausted  
Recharge with a good night's sleep!



MOST CHILDREN BETWEEN 5 AND 12 GET:



**9.5**

HOURS OF SLEEP

**VS.**

IDEAL NUMBER OF HOURS:



**10-11**

HOURS OF SLEEP

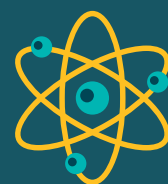
## WHY IS SLEEP A BIG DEAL



Muscles have a chance to repair themselves

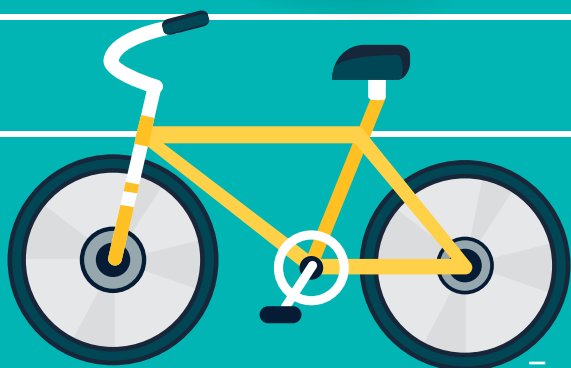


Brain can adjust hormone levels, appetite and ability to focus



It allows the body's cells to regenerate

## SAFE TRAVELS



**BIKING:** Go with the flow: Ride in the **same direction** as traffic—**not against it**



**BE TECHNO  
SAFE & SAVVY**



**EVERYTHING YOU  
POST ONLINE**



stays in cyberspace

**FOREVER**



## REMEMBER TO BLINK!

Normally, a person blinks about **18X A MINUTE**, when on a device, one blinks **1/2** as much



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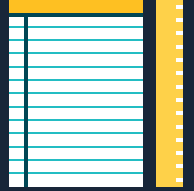
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## GIVE THE BRAIN A BREAK

Being active not only boosts physical health,  
it can help in the classroom too!



# 60 MIN

of physical activity every day



# 3 DAYS

muscle and bone strengthening

### MUSCLE-STRENGTHENING ACTIVITIES



Tug of War • Rope or Tree Climbing  
Gymnastics • Rock Climbing  
Football • Basketball



Jump Rope • Running • Martial Arts  
Dance • Weight-Training  
Badminton

## SAFE TRAVELS

WALKING: Wear **bright** colored  
clothes or **reflective** gear  
especially at night



### KEEP EVERY MEAL SAFE

Ditch the brown paper bag and use  
an **insulated lunch box** for  
perishable food items



## WASH HANDS WITH



FOR

# 20 SEC

