

Safety Tips:

Young Adults (16-18 Years)



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Childhood Injury Prevention

Safety In and Around Cars

- Buckle your seat belt. It may seem simple, but it can save your life.
- Never text and drive! Place your phone out of sight to prevent any temptation to use it while driving. You are not the only one affected if your distracted driving causes an accident.
- Follow traffic laws: follow the speed limit, stop at red lights, etc. They exist for a reason.
- Take the time to learn how to read maps and navigate new areas.
- Never drive under the influence or get in a car with a driver who is. Designate a driver if you and friends might be drinking.
- Drivers under the age of 18 must follow the laws of the California provisional license. This includes:
 - No driving between the hours of 11pm and 5am unless accompanied by a licensed driver who is over the age of 25 or a parent/legal guardian.
 - No transporting of any passengers younger than 20 years unless accompanied by a licensed driver over the age of 25 or a parent/legal guardian.
- There is always another option than driving a friend or driving after curfew. Always have a back up plan, so you don't feel pressured to take the risk.
- Visit <http://impactteendrivers.org/> for more information on safe driving and opportunities to advocate for safe teen drivers in your community.

Traffic Precautions

- If you need to talk on your cell phone, stop walking and find a safe area to talk.
 - Remove your headphones while crossing the street.
 - Think about how you would feel as a driver if someone walked across your path unexpectedly.
- Remember to:
- Cross streets at corners, using traffic signals and crosswalks.
 - Look left, right and left again when crossing the street.
 - Do not ever run or dart out into the street or cross between parked cars.
 - Make eye contact with drivers before crossing in front of them and watch out for cars that are turning or backing up
 - Walk on sidewalks or paths whenever possible. If there is no safer option, walk against traffic and as far to the left as possible.
 - Do you want to learn more and become an advocate for safety on the way to school? Visit <http://saferoutespartnership.org/> for resources.

Bike and Skate Safety

- Buy a correctly sized helmet you **will** wear. Wear it every time you ride your bike, skateboard, scooter, etc. Looking dorky is better than brain damage.
- Before you ride, make sure the reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.
- Ride on the right side of the road with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stoplights.
- If you ride when it is dark, be bright and use lights. Wear retro-reflective gear if possible and make sure your bike has reflectors.

Sport Safety

- Make sure to get a pre-participation physical exam (PPE) before playing in organized sports.
- Drink water before, during, and after athletic activities.
- Always warm up and stretch before exercising to prevent injuries.
- If you are in pain, tell someone. It is better to take care of yourself early than end up with a serious, irreparable injury.
- You should take 10 consecutive weeks off to rest from any one sport every year to allow your body to recover.
- Wearing proper protective gear is way cooler than having missing teeth, being sterile, having a broken shin or having permanent brain damage. Do not ever go without proper gear.

Water Safety

- Make sure your home pool has a proper drain cover or shut-off function to prevent body parts, clothing, or hair from getting trapped.
- No matter how good a swimmer you are, you can never anticipate an emergency that could cost your life in the water. Always swim with a partner, whether you are in a home pool, the ocean, or a lake.

Preventing Burns

- More than 600 children die every year from fires or burn injuries. Matches and lighters can be important tools, but they can be very dangerous. Fireworks can be fun, but they are also lethal. Do not ever play with matches, gasoline, lighters, or fireworks or use them inappropriately.
- Do not leave the kitchen while using the stove or oven.
- Use oven mitts or potholders to remove items from the oven or stove.
- Microwaves are meant to heat up food, tea, coffee, and maybe a heat pack; not for hamsters, soap, or anything with tin foil. Ask for help if you are unsure how to use the any kitchen appliance properly.
- Being tan can make you feel cool; skin cancer and sun burns will not. Apply sunscreen before going outside and reapply every two hours and after swimming. Do not use tanning salons.



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