

## In A Car



Each year, more accidental deaths and injuries are attributed to motor vehicle crashes than any other cause. Children who are unrestrained during these crashes are twice as likely to be killed or seriously injured.

"Seat belts save lives" is more than a slogan - it's a fact. Consult the owner's manual to learn how to use your vehicle's safety restraint systems, then use them.

- The back seat is the safest place for children to ride.
- Install child safety seats correctly - read the instructions.
- Never place a child safety seat in front of a passenger side air bag.
- Infants under age one and weighing less than 20 pounds should ride in a rear-facing car seat.
- Children over age one and between 20 and 40 pounds should ride in a forward-facing car seat.
- Children between 40 and 80 pounds should use a booster seat along with the lap and shoulder belts.
- Older children should always use their lap and shoulder belts.

## In A Truck



The same rules for riding in a car apply to riding in a pickup truck, as well as two others:

- Do not allow anyone to ride in the cargo bed. Ejection during crashes is the leading cause of death and injury.
- Do not use child safety seats on side-facing or rear-facing seats.

## On A Bus



Although children are occasionally killed or injured while riding on a school bus, the bus stop is the riskiest part of the ride. Most fatalities are 5- to 7-year-olds hit either by the school bus or motorists illegally passing a stopped bus.

Children should avoid a 10-foot danger zone on all sides of the bus because the driver may not be able to see them. They should also follow these safety rules:

- Stay away from traffic and avoid roughhousing while waiting for the bus.
- As the bus approaches, line up in single file away from the street or road.
- Wait for the driver's signal before loading.
- If you drop something near the bus, ask the driver for help picking it up.
- After boarding, find a seat immediately and remain seated until the bus reaches your stop.
- If it's necessary to cross the street, walk at least 10 feet in front of the bus (never walk behind the bus), make eye contact with the driver and wait for his signal that it's safe to cross.

## On A Train



Relatively few people are injured or killed on passenger trains. The most common causes of injuries – tripping over objects left in the aisles or falling when the train lurches – can be minimized by remaining seated while the train is moving.

It's far more important to teach children not to play on railroad tracks, to look both ways before crossing and to expect a train on any track at any time.

## On A Boat

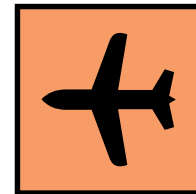


Boating is more closely related to recreation than transportation. Still, boats are used to get from Point A to Point B and accidents can result in injury or death (mainly drowning).

Illinois boating laws contain two major provisions to protect children:

- Children under age 13 must wear a U.S. Coast Guard approved life jacket whenever they are aboard a moving boat under 26 feet long unless they are in a totally enclosed cabin below deck.
- No one under age 10 may operate a motorboat; those between 10 and 12 may do so only under direct supervision of an adult; those between 12 and 18 may do so only with adult supervision or if they have passed a boating safety course.

## On A Plane



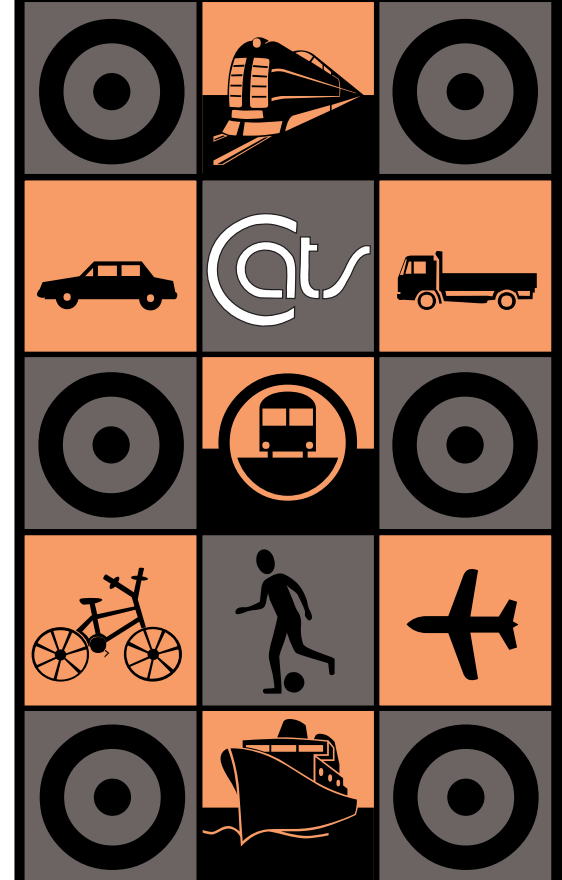
Like trains, accidents aboard airliners usually involve movement in the aisles after the plane is airborne. If possible, seat young children in window seats in bulkhead areas used to separate compartments or in the rear of the plane. They are not allowed to sit next to emergency exits.

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# Getting There Safely



# Transporting Tots To Teens

## Introduction

Each year, thousands of American children are killed or injured in transportation related accidents.

Regardless of the mode of travel – whether it's in a car, on a bus, riding a bike or walking – children face unique hazards because of their size, inexperience and relative lack of judgement.

Because accidents involving only minor injuries usually go unreported, statistical information is often sketchy. However, it is known that in an average year 25,000 children under age 14 are hit by cars, killing 700 of them. Bicycling accidents cause 373,000 injuries and claim more than 170 lives. Auto collisions kill more than 1,600 kids and injure nearly 250,000 of them. More than 15,000 skateboarders require hospital visits for their injuries. One hundred youngsters are killed riding in the backs of pick-up trucks, and 33 are killed in accidents involving school buses.

Most of these injuries and deaths could be prevented if parents would teach their children a few common-sense safety rules – and set a good example by observing those rules themselves.

As a public service, the Chicago Area Transportation Study (CATS) has called on the expertise of the National Safety Council, the National Highway Traffic Safety Administration, the National Safe Kids Campaign, Daimler-Chrysler, Pamela Lanier's Family Travel Guides, the Illinois Commerce Commission and the Illinois Department of Natural Resources to compile the safety recommendations contained in this brochure.

Our children are our most precious gifts. Keeping them safe should be our highest priority.

## On Two Feet



Being struck by a car is the second leading cause of accidental death among young children. Most are hit in streets or driveways near their homes, with more than half the accidents occurring in late afternoon or early evening. Those at greatest risk are 5-9 years old.

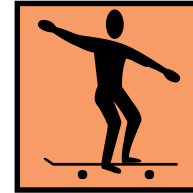
More than half of the injuries incurred by toddlers (ages 1-2) involve vehicles that are backing up, while 5- to 9-year-olds tend to be hit while darting into the street in the middle of the block.

To protect your children, teach them:

- Not to cross streets without an adult if they're under 10.
- To cross only at corners, using traffic signals and crosswalks when available.
- Not to cross in the middle of the block, nor from behind shrubs or between parked cars.
- To stop at the curb before crossing.
- To look left, right and left again before crossing.
- To watch for cars that are turning or backing up.
- To walk, not run, while crossing.
- To make eye contact to make sure drivers see them.
- To walk on sidewalks or paths, not in the street.
- To walk facing traffic when sidewalks or paths are unavailable.
- To avoid playing in streets, driveways and parking lots.
- To be especially alert when crossing the street in the late afternoon or early evening.

**“Most of these injuries and deaths could be prevented...”**

## On Skates



Skateboards, in-line roller skates and two-wheeled scooters are fast, fun ways for children to get from place to place. However, like other conveyances, they can cause injury or death if used improperly.

Sprained or broken wrists account for the majority of injuries, though head injuries are reported occasionally, as are deaths caused by collisions with cars.

Properly fitting safety gear, including knee and elbow pads, helmets, wrist guards and non-slip shoes, can reduce the risk of injury.

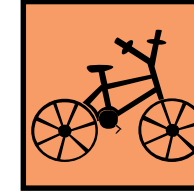
Children under age eight should be closely supervised while using skates, skateboards or scooters.

Kids of all ages should follow these guidelines:

- Make sure safety equipment doesn't interfere with vision or free movement of head and limbs.
- Check equipment for loose, broken or cracked parts.
- Ride only on smooth, paved surfaces, avoiding water, sand, gravel or dirt.
- Never ride in the street.
- Never ride at night.
- Only one rider per skateboard or scooter.
- Never hitch rides from cars, bicycles or other vehicles.
- Use extra caution when going downhill.
- Practice falling on grass or other soft surfaces.
- Practice complicated tricks only in designated areas.
- Don't skate or ride in crowds of non-skaters.

**“Our children are our most precious gifts.”**

## On A Bike



More than 80 percent of children under age 16 ride bikes. They start out as toys, but the older the child becomes, the more a bike represents transportation and independence.

Although being hit by cars results in the most fatalities, the majority of bicycling accidents involve collisions with other cyclists, pedestrians or stationary objects.

Failure to wear a helmet is the number one cause of serious injuries. Studies show that riders without helmets are 14 times more likely to be involved in fatal accidents than riders with them, and that up to 85 percent of serious head injuries could be prevented if all riders wore helmets.

In addition to making sure your children wear properly fitting helmets, have them follow these bike safety tips:

- Choose the right size bike. The rider's feet should be flat on the ground with the legs fully extended while he sits on the seat.
- Equip the bike with bells and reflectors.
- Make sure all parts are secure and functional.
- Children under 10 should ride on sidewalks and paths, not in the street.
- Know and obey traffic laws. When ridden in the street, a bicycle is a vehicle and must obey the same rules as motorists.
- Ride in single file with traffic, not against it, and stay as far to the right as possible.
- When turning, use the appropriate hand signals and yield to motor vehicles.
- Use extra caution at night. If night riding is unavoidable, have lights on the bike and wear reflective clothing.