

May 2007

RM News & Notes



Safety Tip of the Day

Ten Smart Routes to Bicycle Safety

- 1. Protect Your Head** Wear a helmet.
Required by law for riders under the age of 16
- 2. Assure Bicycle Readiness**
Make sure your bicycle is adjusted properly
- 3. Stop it**
Always check brakes before riding
- 4. Avoid Biking at Night**
- 5. Stay Alert**
Always keep a lookout for obstacles in your path
- 6. Go With the Flow**
The safe way is the right way
- 7. Check for Traffic**
Always be aware of the traffic around you
- 8. Learn the Rules of the Road**
Obey traffic laws
- 9. Don't Flip Over Your Bicycle**
Wheels should be securely fastened
- 10. See and be Seen**
Wear something bright, even during the day. Yellow or orange reflective vests really make a big difference. Reflective leg bands are also easy and inexpensive.

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Web Page

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Message from the Risk Manager

My husband is talking about buying bicycles so that we can ride as a family, thinking it will be fun and the exercise would do us all good. He is correct: we need the exercise, but does he realize how long it's been since I've been on a bike? I rode when I was a child but that was a few (quite a few) years ago and it was on country roads with very little traffic. I have no intention of riding on any of the main roads, but even in our neighborhood, or on the bike path, riding in this area is very intimidating. I decided to brush up on my safe bicycling knowledge and thought perhaps some of you might be interested also.

One of my biggest concerns with the bike trail is not getting run over at one of the many intersecting driveways or side roads. A couple of interesting suggestions for this problem involve a blinking helmet light and yelling at the driver of the approaching car to make sure they see you. So, if you're ever out there and you see a group of riders led by a crazy woman, blinking her helmet light, yelling and waving at approaching vehicles, it might be me. Go ahead and laugh and then wave back as you drive on by.

Darlene

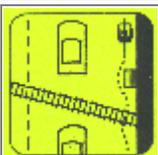
Great site for how not to get hit by cars

<http://BicycleSafe.com>



Safety Officer News and Notes

Bicycle Safety Tips

	OBEY TRAFFIC SIGNS AND SIGNALS - Bicycles must drive like other vehicles if they are to be taken seriously by motorists. Plus, it's the law.		KEEP BIKE IN GOOD REPAIR - Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.
	NEVER RIDE AGAINST TRAFFIC - Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles.		HAND SIGNALS - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.
	DON'T WEAVE BETWEEN PARKED CARS - Don't ride out to the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.		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.
	FOLLOW LANE MARKINGS - Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."		CHOOSE THE BEST WAY TO TURN LEFT - 2 Choices: (1) Like an auto: signal, move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far side crosswalk. Walk your bike across.
	DON'T PASS ON THE RIGHT - Motorists may not look for or see a bicycle passing on the right.		MAKE EYE CONTACT WITH DRIVERS - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.
	SCAN THE ROAD BEHIND - Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.		AVOID ROAD HAZARDS - Watch out for parallel-slat sewer grates, gravel, ice, or debris. Cross railroad tracks at right angles.
	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, since breaks are less efficient when wet.		USE LIGHTS AT NIGHT - GA law requires a white headlight (visible from at least 300 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).

Learner Takes a Wild Ride

Safety Stories

My six year old daughter decided to teach her 4 year old sister how to ride a bike. So, while I was at work, she put her on a bike (with training wheels) at the top of the hill and pushed her. Down she went to the bottom of this hill. What is at the bottom of the hill? A Street . . . What is in the street? A car . . . As you have probably already guessed, my baby girl plows into the side of the car. She falls off of the bike, sits up and starts crying and screaming. The police are called and an ambulance arrives for this hysterical child. At the hospital she is checked from head to toe but, thankfully, they don't find any injuries. The doctor asked her why she was crying and screaming so loud when she wasn't hurt. She explained that she had wet her pants and knew that "Mommy" would be mad at her. So the moral of this story is it takes more than knowing how to ride a bike, to teach someone else. Be very careful who is allowed to teach your children to ride a bike. Make sure they practice good riding behavior, are capable of teaching someone else to ride properly and safely, use appropriate protective gear and choose a location to practice that is open and free of obstacles.

Up Coming Events

Each program is advertised by Risk Management and is available to each employee of Columbia County and the city employees of Grovetown and Harlem. Additionally, the Defensive Driving Courses may be attended by immediate family members of employees, on a space available basis, for a nominal fee.

Pre-registration is required.

For additional information or to register contact Risk Management. 706-312-7475

Safety Review Board July 12, 2007

Defensive Driving Course – 8 hour
May 10, 2007
June 5, 2007
July 19, 2007

Defensive Driving Course – 4 hour June 14, 2007

CPR/AED/First Aid May 15, 2007

County Office Closed May 28, 2007
July 4, 2007

MAY 2007

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JULY 2007

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Handy Hints

Easier Thank You(s)

When you throw a bridal/baby shower, buy a pack of thank you cards for the guest of honor. During the party, pass out the envelopes and have everyone put their address on one. When the bride/new mom sends the thank you(s), they're all addressed!

