

January Safety Tips

School Safety

With winter upon us it's a good time to remember some safety tips when it comes to our health and wellbeing. Remember to dress warm and be prepared for weather changes as the temperature can quickly drop sometimes leaving us out in the cold literally. Dress in layers that can be removed and stored in your locker or in the class but don't forget them there and expose yourself to the elements when leaving precautions by frequently washing do have the flu, or other contagious stay home so as not to expose your to your illness. Even if you don't contagious make sure you protect when coughing or sneezing by doing so into the crook of your arm and not into your hands. We use our hands for everything and these germs are easily transmitted to others by coming in contact with common surfaces such as desks, door handles, and stair rails.



school. Take your hands and if you illness, make sure you friends and classmates think you are others around you

Home and School

Watch out for hidden and not so hidden dangers. Make sure your home is equipped with working smoke detectors and carbon monoxide detectors. Tragedies occur each year as a result of fires from chimneys, poorly placed space heaters, old furnaces and using the gas stove as a heater. Make sure electrical cords are not frayed and do not overload outlets with too many devices. Common sense and attention to detail can save you and your loved ones from becoming a tragic statistic. Also use caution when outside. This time of the year it is easy to mistake a dark spot in the road or sidewalk as being wet and not icy as is commonly the case. Slip and fall injuries are the second highest death related injuries in the home.



Winter Driving

First and foremost before you get behind the wheel during the winter driving months please make sure that if the roads are dangerous and you don't have to go out onto them then don't. Stay home and wait for the roads to clear or at least give city crews an opportunity to clear the roads and put down some ice melt. If you do have to get out make sure your windows are scraped and are completely clear and not just a credit card sized spot where you can peek out. New Mexico state law requires that the windshield be clear as well as the side windows and rear window if you don't have side mirrors on your vehicle. Also remember if warming up your vehicle to not do so with the vehicle unlocked and unattended. Every year numerous vehicles are stolen as they sit outside warming up. Use separate keys to warm your vehicle so it can be locked or invest in an anti-theft device such as the "Club" or other steering wheel locking mechanism to protect your car from theft

