



# BACKPACK ERGONOMICS

*for kids.*

Wide, padded shoulder straps

Chest strap

Padded back

Waist strap



Lightweight material

Multiple compartments



Wear both straps



Adjust and wear waist and chest straps



15% of body weight



Adjust straps so backpack is against back



Only pack what you need!

Child's weight

Backpack weight

48 lbs.



7 lbs.

59 lbs.



9 lbs.

76 lbs.



11 lbs.



# College Campus Fire Safety

College students living away from home should take a few minutes to make sure they are living in a fire-safe environment. Educating students on what they can do to stay safe during the school year is important and often overlooked.

## SAFETY TIPS

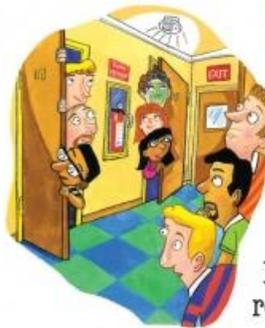
- » Look for fully sprinklered housing when choosing a dorm or off-campus housing.
- » If you live in a dormitory, make sure your sleeping room has a smoke alarm, or your dormitory suite has a smoke alarm in each living area as well as the sleeping room. For the best protection, all smoke alarms in the dormitory suite should be interconnected so that when one sounds, they all sound.
- » If you live in an apartment or house, make sure smoke alarms are installed in each sleeping room, outside every sleeping area, and on each level of the apartment unit or house. For the best protection, all smoke alarms in the apartment unit or house should be interconnected so that when one sounds, they all sound.
- » Test all smoke alarms at least monthly.
- » Never remove batteries or disable the alarm.
- » Learn your building's evacuation plan and practice all drills as if they were the real thing.
- » If you live off campus, have a fire escape plan with two ways out of every room.
- » When the smoke alarm or fire alarm sounds, get out of the building quickly and stay out.
- » During a power outage, use a flashlight.
- » Stay in the kitchen when cooking.
- » Cook only when you are alert, not sleepy or drowsy from medicine or alcohol.
- » Check with your local fire department for any restrictions before using a barbeque grill, fire pit, or chimenea.
- » Check your school's rules before using electrical appliances in your room.

## Smoking Sense

If you smoke, smoke outside and only where it is permitted. Use sturdy, deep, non-tip ashtrays. Don't smoke in bed or when you've been drinking or are drowsy.

## Candle Care

Burn candles only if the school permits their use. A candle is an open flame and should be placed away from anything that can burn. Never leave a candle unattended. Blow it out when you leave the room or go to sleep.



## FACTS

- ! Fires in dormitories, fraternities, sororities, and barracks are more common during the evening hours, between 5–11 pm, as well as on Saturdays and Sundays.
- ! In 2004–2008 U.S. fire departments responded to an estimated annual average of 3,800 structure fires in dormitories, fraternities, sororities, and barracks.



Your Source for  
SAFETY Information

[www.nfpa.org/education](http://www.nfpa.org/education)

NFPA Public Education Division | 1 Batterymarch Park, Quincy, MA 02169

## Did you know...

- Since 1999, there have been nearly 200 ATV-related deaths in North Carolina?
- In 2005, North Carolina's ATV Law went into effect that requires safety training and regulates who can ride ATVs? The new law requires that children must be at least 8 years old to legally operate an ATV. They must also ride the ATV that is appropriately sized for their age.
  - 8 to 11-year-olds -- under 70cc engine
  - 12 to 15-year-olds -- 70 to 90cc engine
  - 16-year-olds and older -- over 90cc engine
- Non-compliance is subject to a fine of \$200? (However, the law does not apply to the operation of ATVs when used for farm purposes or for hunting or trapping.)

Use these tips to ensure that you and the children in your care are safe while riding ATVs:

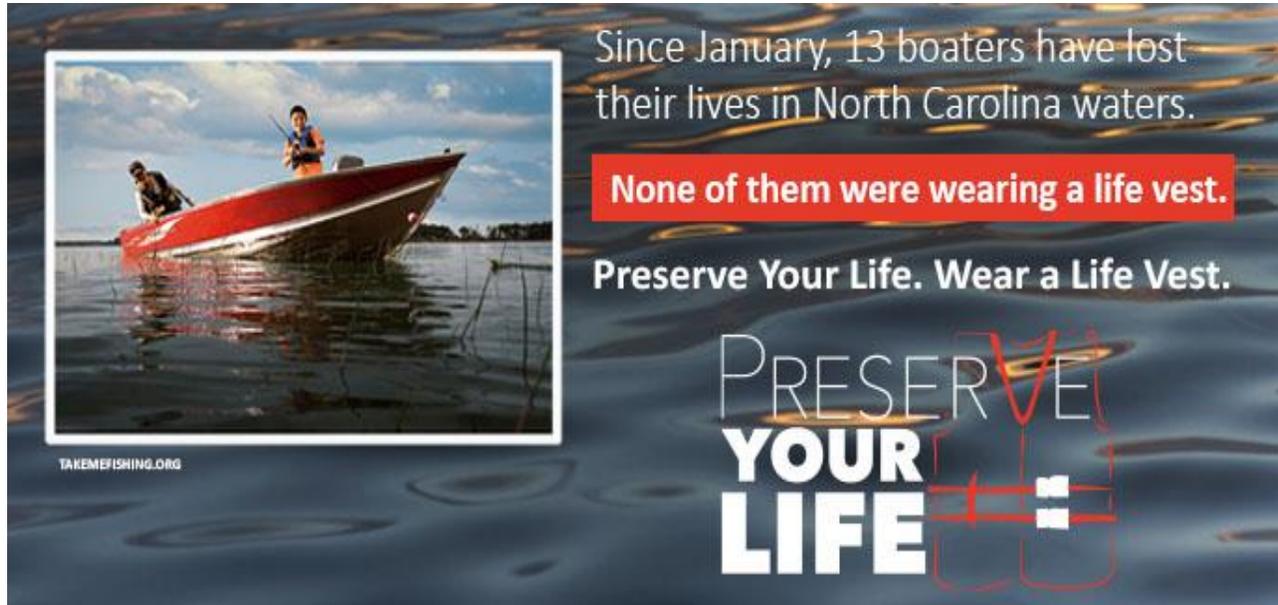
- Children under 18 must be continuously supervised by an adult while riding an ATV.
- No rider may carry a passenger, except on machines specifically designed to do so.
- Riders must wear helmets and face protection.
- ATVs may not be operated on public streets, roads or highways, except for purposes of crossing.
- Effective Oct. 1, 2006, all riders born on or after Jan. 1, 1990 must possess a safety certificate indicating successful completion of an ATV safety course sponsored or approved by the ATV Safety Institute.

For more information, please visit the following websites:

- [ATV Safety Institute](#)
- [4-H ATV Safety](#)



**Don't just say yes. Learn  
the risks of ATVs before  
you allow your child to ride.**



Since January, 13 boaters have lost their lives in North Carolina waters.

**None of them were wearing a life vest.**

**Preserve Your Life. Wear a Life Vest.**

**PRESERVE  
YOUR  
LIFE**

TAKEMEFISHING.ORG

## **Preserve Your Life: Wear a Life Jacket**

The N.C. Wildlife Resources Commission introduced the “Preserve Your Life” campaign in 2017 to raise awareness and educate the public about the importance of life jackets. Wearing a life jacket is a simple safety precaution that can prevent tragedy from happening in the event of an accident. There’s no reason to not wear a life jacket. In the end, your life may literally depend on it.

**Life jackets have seen drastic design improvements over the years.** Newer models are not the bulky, hot floatation devices that some boaters remember. In fact, many life jackets are designed for specific activities such as fishing, water sports and even hunting. These specialized floatation devices grant the user the freedom to enjoy their day on the water in comfort.

**It’s important to put on your life jacket before heading out on the water.** Even the strongest of swimmers can be incapacitated during an accident. In dire situations, there often isn’t time to grab a life vest and put it on properly. It can save your life and can help you assist others who may be in danger.

**Both North Carolina and federal regulations state that a personal floatation device in serviceable condition and of appropriate size should be accessible for each person onboard a vessel.**

**[North Carolina requires anyone younger than 13 to wear an appropriate life vest when on a recreational vessel.](#)**

Anyone riding a personal watercraft or being towed by one must also wear a Coast Guard-approved life vest.

## Heat Safety Tool

By U.S. Department of Labor (DOL), Occupational Safety and Health Administration (OSHA) and the Centers for Disease Control and Prevention (CDC), National Institute for Occupational Safety and Health (NIOSH)

Android

iPhone

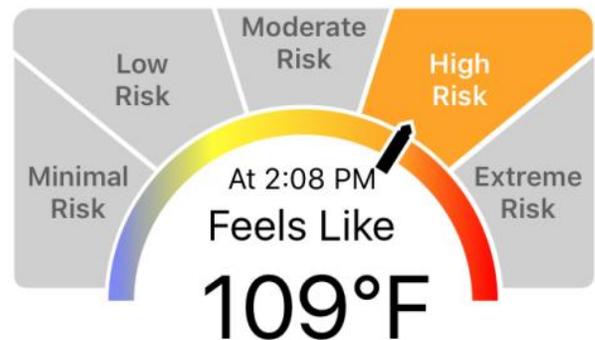
When you're working in the heat, safety comes first. With the OSHA-NIOSH Heat Safety Tool, you have vital safety information available whenever and wherever you need it - right on your mobile phone.

The App allows workers and supervisors to calculate the **heat index** for their worksite, and, based on the heat index, displays a **risk level** to outdoor workers. Then, with a simple "click," you can get reminders about the **protective measures** that should be taken at that risk level to protect workers from heat-related illness-reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.

Working in full sunlight can increase heat index values by 15 degrees Fahrenheit. Keep this in mind and plan additional precautions for working in these conditions.

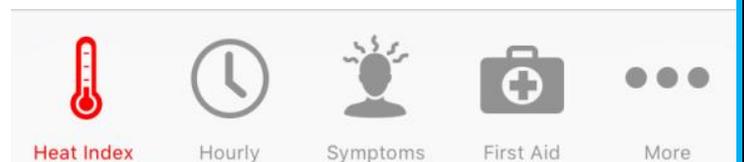
The OSHA-NIOSH Heat Tool is available in English and Spanish for Android and iPhone devices. To access the Spanish version, set the phone language to Spanish.

Stay informed and safe in the heat, check your risk level. For more information about safety while working in the heat, see OSHA's [heat illness webpage](#), including [online guidance](#) about using the heat index to protect workers



Precautions

Conditions are hazardous.







## **Your links to all official City Thomasville Social Media sources**

**<http://www.thomasville-nc.gov/services/thomasville-social-media-outlets>**

The City maintains a variety of Social Media outlets that are dedicated to different departments and user groups. This page gives you access to all of the official outlets maintained by city staff including the City Facebook page, Parks and Recreation Facebook page, Emergency Management Facebook Page, Police Department Twitter page, and Emergency Management Twitter page.

We also have an emergency push notification system called Nixle. This system allows you to sign-up for notifications- including weather information from the National Weather Service, Emergency road closures or other emergency notifications, along with other community information. Nixle Alerts:

Receive alerts from your local agencies Sign Up at <https://local.nixle.com/register/> ...or text your ZIP CODE to 888777 for mobile alerts

### Sign Up : Nixle

You will receive a single opt in welcome message. Reply YES to continue to receive SMS text messages. You may opt out at any point by sending STOP to 888777 . Send HELP to 888777 for information

***Follow our “Safety Sunday” Post on Ready Thomasville’s Facebook Page***

**For additional Fire & Life Safety Information Contact: Thomasville FD Fire & Life Safety Division (336)475-5545**

Disclaimer: Although every effort is made to ensure the accuracy, currency and completeness of the information, Thomasville Fire Department (TFD) does not guarantee, warrant, represent or undertake that the information provided is correct, accurate or current. TFD is not liable for any loss, claim, or demand arising directly or indirectly from any use or reliance upon the information.