

# Bus/Passenger Safety at Head Start

To be completed within first 30 days of school with children and parents

Center: \_\_\_\_\_

Date Completed: \_\_\_\_\_

**1. Walk safely to and from the bus**

- Practice walking to and from the bus (in a line / holding hands)
- Remember to walk (running can cause accidents)
- Stay with the group

**2. Board the bus safely**

- Hold on to the hand rails
- Step up safely

**3. Fasten your seat belt**

- Click-It!
- Stay in your seat
- Leave your seat belt on until the bus comes to a complete stop
- Wait until the Bus Driver tells you to unfasten your seat belts

**4. Talk quietly**

- Use a quiet voice in the bus so that the bus driver can drive safely

**5. Leaving the bus**

- Unfasten your seat belt when the Bus Driver tells you to and when the bus comes to a complete stop.
- Hold on to the hand rails
- Step down carefully
- Hold an adult's hand if you have to cross the street

**6. Danger Zones around the Bus**

- A danger zone around the bus means that the bus driver can not see you if you are:  
In **front** of the bus  
**Behind** the bus  
On **one side** of the bus  
On the **other side** of the bus

**7. If you must cross the street-** Hold an adult's hand and cross **in front** of the bus – at least 8 to 10 feet so that the bus driver can see you.

(Invite the children to estimate what 10 feet is) With yarn show the children how far away from the bus a person has to be before the bus driver can see them. The adult holding the child's hand is responsible for this safety rule but it is good to let the child know about the danger zones.

# Passenger Safety

## Seat Belts

- ❑ Teach children how to fasten a seat belt - Listen for the click!
- ❑ Invite the children to problem solve
  1. What are some things that you can do if you can't fasten your seat belt?
    - \*Ask for help
    - \*Say, "Please wait, I don't have my seat belt buckled yet!"
  2. What do you think might happen if you don't wear your seat belt and the vehicle comes to a sudden stop?
- ❑ Explain that when a vehicle is moving and stops, seat belts help hold us in our seats.
- ❑ Remind the children to keep their seat belts fastened until the vehicle comes to a complete stop.
- ❑ Be a safe passenger!

## Pedestrian Safety Awareness

Short walks near the center or home or to and from the playground provide opportunities to teach safe behavior on streets and sidewalks.

For safe traveling, children should walk holding hands or holding a travel rope. (This is made by tying knots or plastic bracelets a few feet apart along a length of rope). Each child holds on to a knot or bracelet and is taught not to let go while walking.

Include this safety teaching when walking outdoors with children:

- ❑ Teach children what a curb is.
- ❑ Teach children to **stop** just before the curb or edge of the road and wait for an adult.
- ❑ Teach children what a **crosswalk** is.
- ❑ Teach children how to cross the street using a crosswalk.
- ❑ **Hold an adults hand before crossing the street.**
- ❑ Look one way and then the other way to see if there are any moving vehicles.
- ❑ Never step into the street until told that it is safe to go ahead.
- ❑ Talk about traffic and pedestrian signs and symbols when walking so that the children will learn to recognize them.
- ❑ Teach children how to look for vehicles when crossing an intersection.
- ❑ Teach children that people stay on the sidewalks while cars, buses, and trucks stay on the street.
- ❑ Teach children that vehicles can injure them.
- ❑ Teach children to stay away from parked vehicles on the street and in driveways.

Information taken from, "Safe and Healthy Kids." Distributed by: San Juan College