

DELAWARE COUNTY SHERIFF'S OFFICE

280 PHOEBE LANE • SUITE ONE
DELHI, NEW YORK 13753

Craig S. DuMond
Sheriff



Timothy M. Buckley
Undersheriff

July 23, 2020



From the Sheriff's Desk

Summer is finally upon us and oh what a relief it is. After spending months inside due to the COVID pandemic, we're all looking forward to getting outside, being active and shedding some of that COVID weight. Those things considered, we've put together some safety tips from *The National Safety Council* (NSC) to assist in keeping you and your family safe while you're out and about enjoying the beautiful weather.

Bike Safety Tips from the National Safety Council

1. Check Your Equipment-Always inspect your bike prior to riding.

- The seat should be adjusted to the proper height and locked in place
- Make certain all parts are secure and working properly
- Check that the tires are inflated properly
- Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes
- A horn or bell, a rear-view mirror and a bright headlight also are recommended

2. Plan to Be Seen-Make certain drivers can see you.

- Wear neon, fluorescent or other bright clothing
- Whenever possible, ride during the day
- If you must ride at night, wear reflective clothing and use flashing lights

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3. Wear a Helmet-Helmets appropriate for bicycling should be worn by everyone – adults and children. Follow these guidelines to properly fit the helmet:

- Adjust sizing pads or fit ring until the helmet is snug
- Position the helmet level on your head, covering the forehead and not tipped backward or forward; this will be about one to two finger widths above the eyebrow
- Adjust the side straps so they form a “V” shape under and slightly in front of your ears
- Center the buckle on the chin strap under your chin. Buckle and tighten the chin strap until it is snug; no more than one to two fingers should be able to fit between the chin and strap
- When fitted, the helmet should not rock more than 1” side to side or front to back on your head

4. Follow These Rules of the Road-

- Get acquainted with traffic laws; bicyclists must follow the same rules as motorists
- Ride single-file in the direction of traffic
- Remain alert, keep your head up and look around; watch for opening car doors and other hazards
- Use hand signals when turning and use extra care at intersections
- Never hitch onto cars
- Before entering traffic, stop and look left, right, left again and over your shoulder

Water Safety Tips from the National Safety Council

The Younger the Child, the Greater the Risk-NSC statistics point to drowning as a leading cause of death for young children – mostly due to children falling into a pool or being left alone in the bathtub. Of the 3,709 drownings in 2017, more than 12% were children age 4 and younger. While drowning deaths peak among one and two year olds, drownings continue to be the second leading cause of preventable death through age 15. According to National Safety Council, 353 people ages 5 to 24 drowned in 2017. Every pool, every lake and every warm summer day holds the possibility of new, fun summer experiences. All you need to add is your undivided attention.

1. Swimmers should keep some safety precautions in mind:

- Don't go in the water unless you know how to swim; swim lessons are available for all ages

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- Never swim alone
- Learn CPR and rescue techniques
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free
- Swim in areas supervised by a lifeguard
- Don't push or jump on others
- Don't dive in unfamiliar areas
- Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings, according to KidsHealth.org

2. Distractions Make for Tragedies

Parents are cautioned all the time about water safety, but drownings still occur. Always be aware and be in the present moment with your children. Following are a few water safety precautions:

- Never leave your child alone; if you have to leave, take your child with you

Pedestrian/Walker Safety Tips:

Take Steps to Avoid Injury or Death While Walking

We rarely are more vulnerable than when walking in urban areas, crossing busy streets and negotiating traffic. And we all are pedestrians from time to time, so it's important to pay attention to what is going on around us. Nearly 6,000 pedestrians were struck and killed by motor vehicles in 2017, with an estimated 7,450 pedestrian deaths (traffic and non-traffic) according to Injury Facts.

All Ages Are Vulnerable

According to Injury Facts, in 2017, more than 16% of all traffic deaths were pedestrians. Every age group is vulnerable, though 10- to 14-year-olds and 50- to 69-year-olds have 20% or more pedestrian deaths as a percentage of all traffic fatalities.

1. Follow these tips to stay safe as a pedestrian:

- Whenever possible, walk on the sidewalk; if no sidewalk is available, walk facing traffic
- Follow the rules of the road, obeying all traffic signs and signals
- Cross streets at crosswalks

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- If no crosswalk is available and your view is blocked, move to a place where you can see oncoming traffic
- Look left, right and left again before crossing the street, making eye contact with drivers of oncoming vehicles to make sure they see you
- Stay alert – avoid cell phone use and wearing earbuds
- Avoid alcohol and drug impairment when walking
- Wear bright and/or reflective clothing, and use a flashlight at night
- Watch for cars entering or exiting driveways or backing up in parking lots
- Children younger than 10 should cross the street with an adult
- Head Up, Phone Down

Distracted walking incidents are on the rise, and everyone with a cell phone is at risk. We are losing focus on our surroundings and putting our safety at risk. The solution: Stop using phones while walking, and not just in crosswalks and intersections. Over half of distracted walking injuries occur in our own homes, proving that we need to stay aware of our surroundings whether indoors and out.

Pedestrian Safety Is a Shared Responsibility

When driving, help keep pedestrians of all ages safe:

- Obey all traffic laws, especially posted speed limits in school zones
- Watch for pedestrians at all times and be extra cautious when backing up
- Yield to pedestrians in crosswalks, making eye contact to indicate that you see them
- Never pass vehicles stopped at crosswalks
- Stay alert – avoid distracted driving
- Do not drive under the influence of alcohol and/or drugs.