

Breckenridge Safety Committee

The Safety Committee is in need of your help! There is much to be done to help keep Breckenridge safe for all residents, but I can't do it alone. Please consider lending just a little bit of your time to this worthy cause. For more information on how you can get involved please contact safety@breckenridgenc.com.

CPR/First Aid Classes

The Safety Committee is investigating the feasibility of holding First Aid and CPR classes for residents. If you are interested in learning First Aid & CPR please email safety@breckenridgenc.com. I need to know if there is enough interest from the community to move forward.

Upcoming Event

National Night Out (NNO), a unique crime/drug prevention event sponsored by the National Association of Town Watch, has been scheduled for **Tuesday, August 5, 2008** at Cedar Fork Community Center, located at 1050 Town Hall Drive, from 7-10 pm. Enjoy free hotdogs, popcorn, and drinks prepared by your local firemen. Contact Officer Shawn McGrady at 463-1622 with any questions. I've spoken to Officer McGrady and this should be a great event so please come and you're your neighbors to support your community!

National Night Out Activities

Helicopters & Fire Equipment
Inflatables (slide & jousting)
Dunking booth (featuring your Police Chief and Fire Chief)
Highway Patrol Helicopter on display
Fire equipment on Display
McGruff the crime dog
And many more...for more details visit

<http://www.ci.morrisville.nc.us/police/NNO.asp>

Safety notes/tips from the Committee:

Vacation safety:

Ask a trusted neighbor to keep a watchful eye on your home. Be careful not to tell too many people you will be away.

Have your mail held or have a neighbor retrieve it daily.

Be sure all doors and windows are locked and leave a light on a timer.

Have the police check your home.

Download the Morrisville Police Vacation Watch form at

http://www.ci.morrisville.nc.us/police/documents/vacation_watch.pdf.

You may want to turn off electrical equipment, water main & hot water heater. Put valuables and cash out of sight.

While traveling:

Be careful of using your home address on your luggage – better to use a business address or your destination address so thieves cannot get your address from your luggage at the airport.

Be aware of how you dress.

Designer clothing and expensive jewelry can make you a target.

Make sure any taxi you use is well marked – never get in an unmarked taxi.

Be aware of your surroundings and stay in well-lit areas after dark.

Take only what cash and/or credit cards you need for that day. Leave the rest in the hotel safe.

Home Safety:

Make sure your house number can be seen easily from the street in the event of an emergency.

Keep a fire extinguisher in your kitchen.

Purchase at least one emergency escape ladder for a 2-story home. Learn how to use it quickly. Make a family home evacuation plan and hold periodic 'drills' to practice. Keep chemicals away from children and in secure containers. Test your smoke alarms and replace batteries every 6 months.

Summer Safety:

Use a sunscreen daily 30 minutes before going outside to protect from UV rays, especially on your children. Did you know most children can accumulate up to 50% to 80% of their lifetime sun exposure by the time they reach 18? Avoid prolonged sun exposure from 10:00am EST to 4pm EST. Drink plenty of fluids on hot days and avoid alcoholic beverages. Learn the symptoms of heat-related illnesses and be watchful especially in children and the elderly.

Bus Stop Safety

I'd like to share with you the following story which I'd posted to the website at the end of the regular school year. With the new school year starting I wanted Bus Stop safety to be on the minds of all Breckenridge residents, not just those with school age children.

First, I've observed young people clowning around as they await their bus, sometimes chasing or pushing each other around in fun. Parents you need to urge your children to cease this behavior! Too many of the bus stops are on very busy corners of the neighborhood, and all it will take is for one child to lose their balance and fall into the path of an oncoming vehicle.

Second, I've observed children waiting for their bus from the comfort of a vehicle

parked close to the bus stop. Parents please be sure to put your flashers on if you are parked waiting for the bus so oncoming traffic does not get confused when seeing your vehicle.

Additionally, when your child exits the vehicle be sure to have them go to the nearest crosswalk if they need to cross the street to board the bus. This past Spring I nearly ran over a young person who darted out in front of my car as she ran for her bus. I could not see her until she was in the road because the car she exited and crossed in front of was a minivan taller than the child, thus hiding her from the view of approaching vehicles. The child never looked before entering the roadway!!! Thankfully I was already slowing up for the impending stop sign, and the parent also waved me a warning from the open vehicle window. This child could have been badly injured today.

Please take every effort to educate your children on pedestrian safety - these issues are not restricted to bus stop safety alone, but for all pedestrian activities in our community.

For more information on Bus Safety please visit the Wake County Public School System website at <http://www.wcpss.net/transportation/parenttips.html>

Until next time - Be Well my Friends and Neighbors!

Susan Shadle, Chairperson,
Breckenridge Safety Committee