



SUMMER SAFETY TIPS

RCPD wants to offer tips to help keep our community safe during the summer season.

SAFETY TIPS

- **Familiarize yourself with local emergency locations and phone numbers.**
- **Always stay hydrated**, especially on hotter days.
- **Do outdoor activities in the early morning or when the sun starts to set**, especially for seniors and those sensitive to heat.
- **Always be cautious of your surroundings.**
- **Never leave children unattended**, including in the front and backyard, and especially around bodies of water or parks.
- **Be mindful of the heat and hot surfaces** when children are playing on playgrounds, asphalt and concrete.
- **If you are a parent or guardian, always check the back seat before exiting your vehicle to ensure there are no children left behind.**
- **Do not leave your dog inside a parked car.** If you suspect a dog on the inside of a parked car is suffering heat-related illness, call 911.
- **Be cognizant of medication and adverse effects that are associated to heat.**
- **Stay tuned to CityofRanchoCordova.org for information on local cooling centers.**

BICYCLE SAFETY

- **Ride focused.** Never ride distracted or under the influence of alcohol or drugs. Don't text, and make sure one ear is tuned in to traffic if listening to music.
- **Ride prepared.** Avoid hazards, such as rocks or grates that may cause you to fall. Don't ride too closely to parked cars.
- **Safety first.** Always wear a bicycle helmet. Wear brightly colored clothing. Put lights or reflectors on your bicycle for night-time riding. If there's a bike lane, use it.
- **Ride like you're a vehicle.** Cycle in the same direction as traffic. Obey street signs, traffic lights and road markings. Use hand signals to indicate where you're turning or stopping. Yield to pedestrians.

DRIVING SAFETY

- **Slow down and follow the speed limit.** Be careful traveling through intersections.
- **Look carefully for bicyclists and pedestrians** before making a turn or opening a car door near streets or bike paths.
- **Be patient when traveling behind a bicyclist.** Maintain at minimum three feet of space when passing or overtaking a bicyclist.
- **Never drive distracted or impaired.** If you see an impaired driver on the road, immediately call 911.

WATER SAFETY

- **Always watch children and never leave them unattended** around any body of water (pools, lakes, drains, bathtubs, fountains, etc.).
- **When using a life jacket, ensure it fits properly and is zipped and buckled.**
- **Properly fence all pools.**
- **If possible, learn CPR (Cardiopulmonary Resuscitation).**
- **Understand the basics of lifesaving** so that you can assist in a pool emergency.

RANCHO CORDOVA, REPORT!

If you are celebrating summer and have an emergency, **call 911**.



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More Safety Tips

