

Back-to-School Safety

Trips to the emergency room spike when kids head back to school. The ER doctors and nurses at Centura Health Emergency Center at Church Ranch want to help you and your family pioneer a safe school year.



Whether your child will be climbing on the monkey bars or behind the wheel of a car, here's some advice to keep them out of harm's way.

Start and Stay Healthy

- Begin each morning with a healthy breakfast for better concentration and more energy.
- Create routines where your whole family can get 8 to 10 hours of sleep.
- Make sure your student athlete knows the signs of a concussion and when to get out of the game – sports injuries send 1.25 million children to emergency rooms every year.

Backpack Fit

- A backpack should not be wider or longer than your child's torso.
- Make sure the backpack has padded back and shoulder straps.
- Weigh your child's backpack. It shouldn't be more than 10 percent of your child's weight.

Walking, Talking, and Texting

- Ask your child to never walk while texting, talking on their phone or wearing headphones.
- If they must text, tell them to move to a safe place and stop.
- Teach your child to never cross the street while using an electronic device.

Riding the Bus

- Remind your child to avoid roughhousing and to stay away from traffic while waiting for the bus.
- Make sure they know how and when to cross in front of the bus. They should walk at least 10 feet ahead of the bus until they can see drivers and drivers can see them.
- Tell them to wait for a signal from the driver before crossing, then look left, right, then left again.

Teen Drivers

- Teach your teen to put the phone down – studies show using a phone while driving is equal to someone driving at twice the legal alcohol limit.
- Limit the number of passengers.
- Leave 10 minutes early – running late for school may cause your teen to speed, tailgate or weave through traffic to make up for time.

The Centura Health Emergency Center at Church Ranch wishes your family an inspired, safe and healthy school year. Just know – we're in your neighborhood if you need us.

Centura Health Emergency Center at Church Ranch



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Our full-service emergency room stands ready to treat any major injury or illness.

- Open 24/7
- Staffed by board-certified emergency doctors and nurses from Avista Adventist Hospital
- No appointments needed
- Short wait times

Call 303-925-4420 or visit www.myemergencycontact.org

Our address:
7233 Church Ranch Blvd.
Westminster, CO 80021

