

THE Safety ZONE MY TMA Activity Book

A Fun-filled Activity Book
produced by the Hudson Transportation Management Association

There is one very important word that all of us must remember when we get into a car-SEATBELT! A seatbelt's job is to keep you safely strapped in your seat when you ride in a car. They protect your body from getting hurt if you get into a car accident and many times they can also save your life!

Buckling your seatbelt is the law in Hudson County towns like East Newark and Harrison, because they want you to be safe! Remember, laws are for your safety and seatbelts keep you safe in the car! Buckle up and make sure that your friends and family do too!

Remember, always safety first and remind your parents to follow these safety tips when they drive the car.

SEATBELT! SEATBELT! SEATBELT!

CROSS THE STREET SAFELY!

Number these sentences in the correct order to cross safely.

- _____ A. Check your surroundings - Look and listen for traffic.
- _____ B. If traffic is coming, let it pass.
- _____ C. Look for a crosswalk or a safe corner to cross.
- _____ D. Cross with caution - Keep looking & listening for traffic.
- _____ E. Stay on the sidewalk behind the curb.

Follow Pedestrian Signals not Traffic Lights

1.



2.



3.



Draw a line connecting the pedestrian signal to its message.

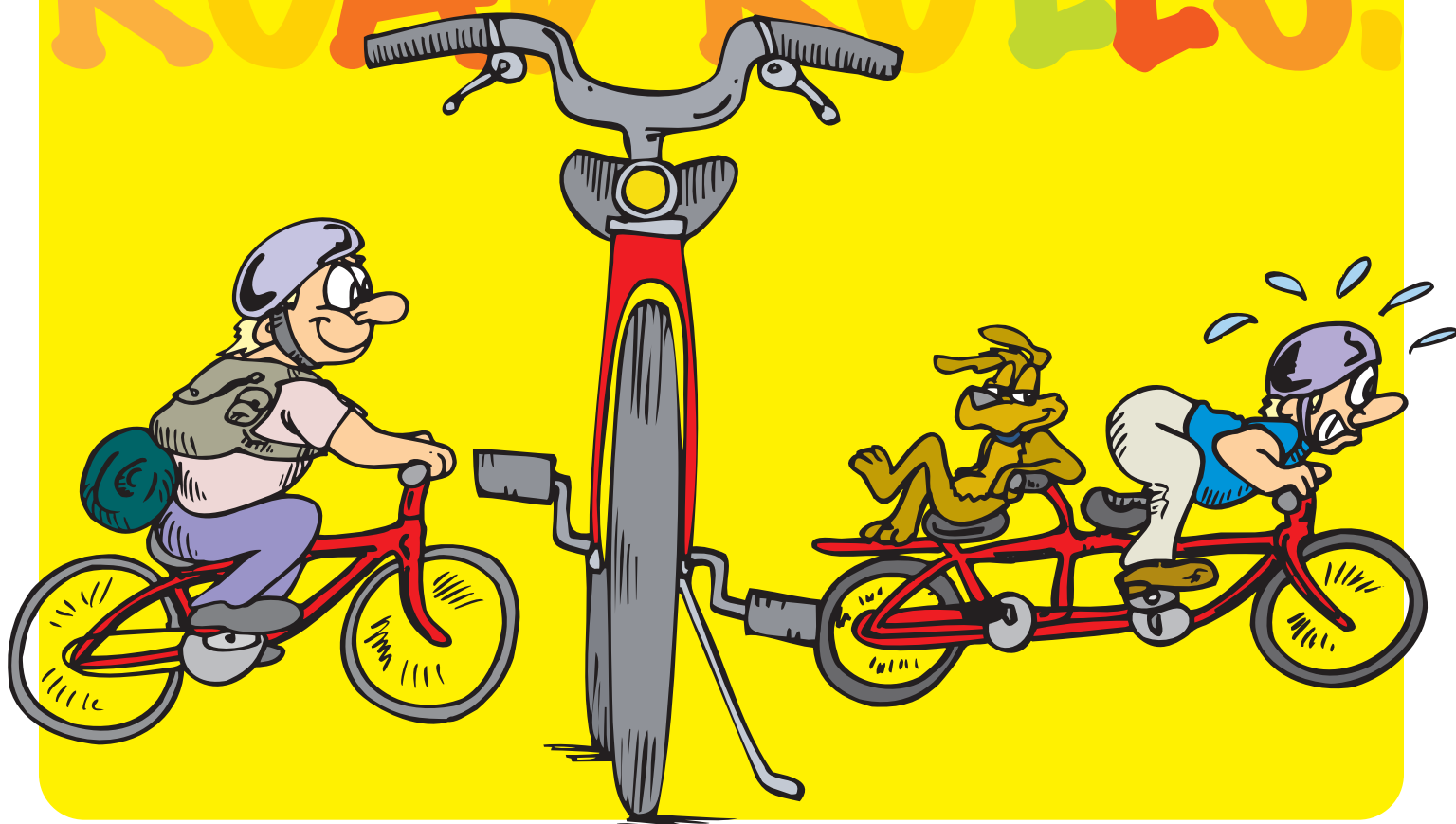
A. DO NOT WALK

B. OK TO WALK

C. CROSS IN THE CROSSWALK

Answers: Cross the Street: A3, B4, C1, D5, E2.
Follow Pedestrian: A3, B1, C2.

ROAD RULES!



Riding your bicycle is a great way to spend time outdoors and a great way to get healthy exercise so that you can grow big and strong!

Riding your bicycle safely can be very easy. First, remember to put on your helmet to protect your head! Wearing elbow and knee pads will also help to keep you safe. It's also a good idea to wear bright colors when you ride your bike outside. The colors will help drivers to see you and make sure that you stay safe!

Now that you're ready to ride your bicycle outside, it's time to learn about ROAD RULES!

Ride in a straight line with traffic.

This means that you are riding in the same direction as the cars next to you.

Obey traffic signs and signals.

Cross on the green, not in between.

Stop and look both ways before you cross a street.

Remember to walk your bike across busy streets.

Next time you get ready to ride your bicycle, visit the Dennis P. Collins Park in Bayonne. It's a great place to learn how to ride or practice cool new moves on your bicycle. You can also visit James J. Braddock Park in North Bergen, Laurel Hill Park in Secaucus or West Hudson Park in Kearny. Remember to practice your safety tips when you ride your bicycle in Hudson County parks!

Join us at the annual Stride & Ride Bike Rodeo. For more information go to www.hudsoncountyparks.org

Traveling on a bright sunny day can be lots of fun; especially when you get to visit one of the many cool places in Hudson County with friends and family.

One fun way to get around Hudson County is on your skateboard. The Hoboken Skate Park on Sinatra Drive is a great place to safely ride your skateboard. There are fun ramps to ride and try new tricks on.

Just remember, before you go skateboarding:

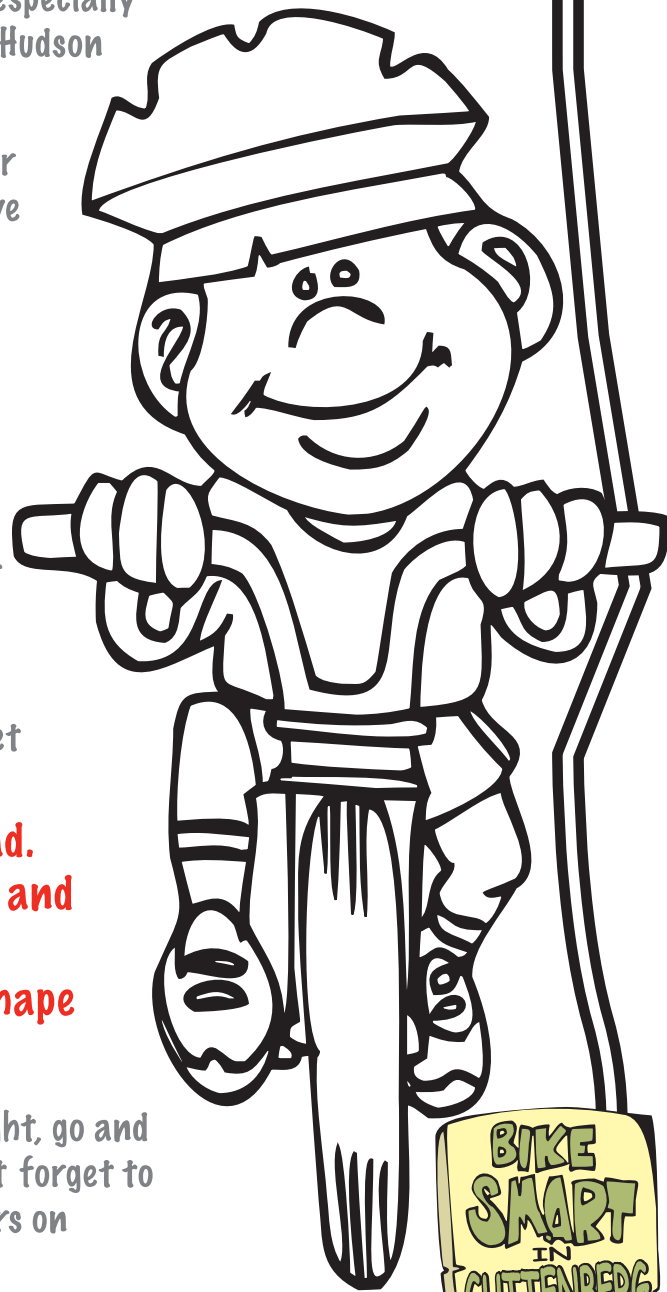
PROTECT YOUR HEAD-WEAR A HELMET!

Wearing a helmet is one of the most important things you can do before going out skateboarding. Helmets are built to be tough and act like a protective block for your head and brain. If you fall, your helmet will make sure that you do not get hurt!

It's important that your helmet fits you **RIGHT!** Have mom or dad help you make sure that your helmet meets these rules!

- **Your helmet sits low on your forehead.**
- **Two fingers fit between your helmet and your eyebrows.**
- **The side straps make a "V" shape under your ears.**

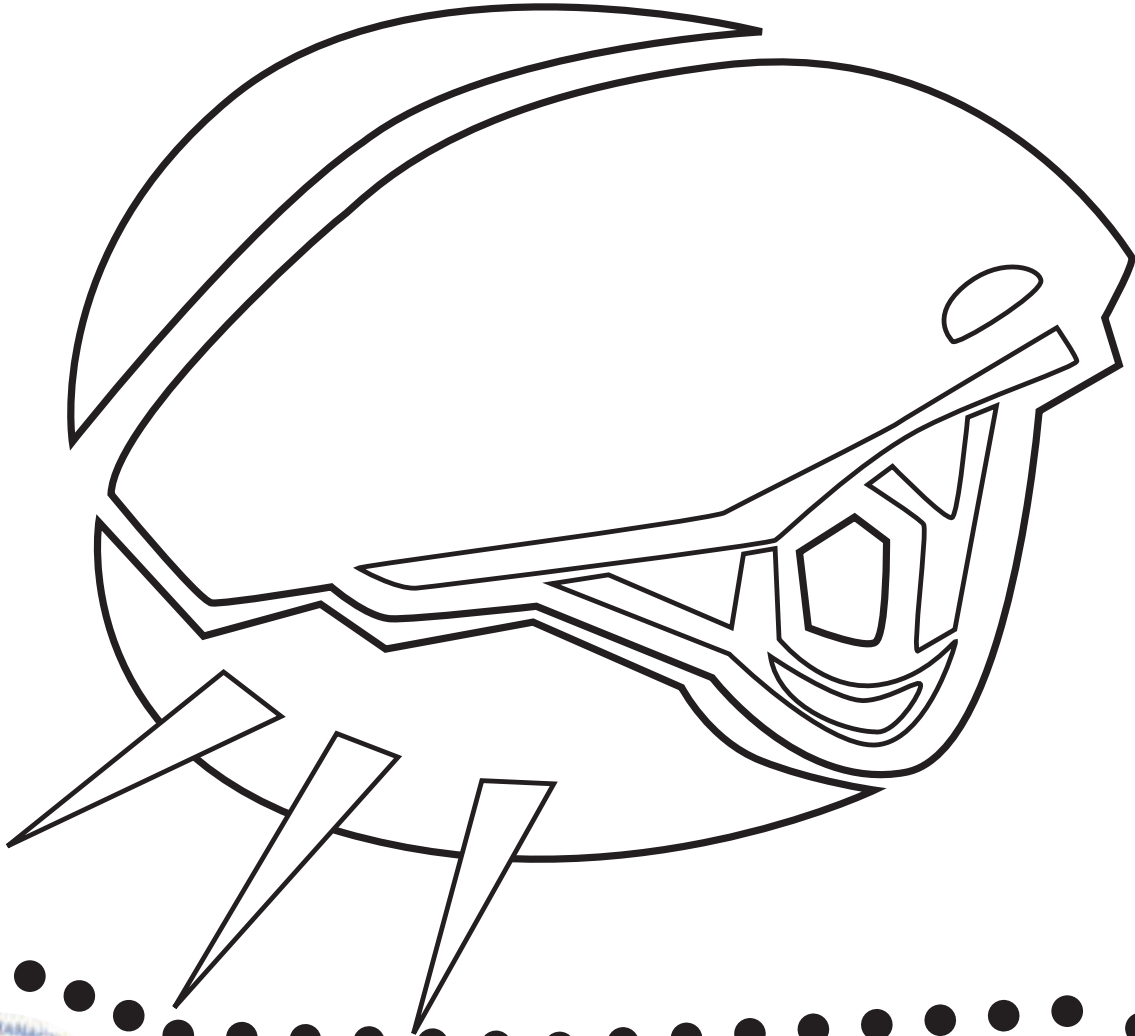
The next time the sun is shining bright, go and visit the Hoboken Skate Park. Don't forget to check out the cool skyscrapers on the waterfront!



PROTECT YOUR HEAD!

THE COOLEST HELMET!

What would the coolest helmet look like? Get your crayons and design your own helmet. Remember to practice safety first in Hudson County!



The TMA helps everyone in Hudson County. It helps adults use buses, trains and ferries instead of cars, especially when they go to work. It also helps kids to be safe when you walk or ride your bike to school. When grown-ups and kids work with the TMA, we are all working to help the environment!

To learn more about the TMA please call 201-324-6222 or visit www.hudsontma.org

Buses come in all sizes but they all have one thing in common—big wheels! Even though these big wheels look cool, it's important to remember that they can be very dangerous. Next time you are waiting for your school bus in Union City, or any Hudson County town, remember to practice safety!

TO GET ON:

Wait for the bus at the bus stop.
Stand five giant steps away from the curb.
Wait for the bus to stop completely before you get on.

TO GET OFF:

Make sure your book bag or coat straps are not dangling. You can get caught on the door or handrails and hurt yourself!

Walk—don't run—when you go down the bus steps.

Look both ways before you get off the bus to make sure that cars are not coming.

Big wheels help to keep buses high up on the road and sometimes a bus driver will not be able to see what is going on behind the bus. Remember to **NEVER** walk behind the bus.

Your help will keep everyone on the bus safe!



There are many different types of trains. There are trains that help people travel from town to town. Others types of trains are used to ship products to places throughout our country. Some trains even have small bedrooms for people that are on vacation!

Trains are very big machines that can move very fast. Trains cannot stop right away and a train conductor cannot see little children crossing too close to the train. That is why it is important to remember to practice safety tips when you are near railroad tracks. One place that you can practice safety tips is at the Hudson Bergen Light Rail stations in Hudson County.



- **STOP!** Wait for the light to turn green before crossing railroad tracks.
- **LOOK BOTH WAYS** before crossing railroad tracks.
- **WALK**—do not run—across railroad tracks.

The Light Rail can help you visit so many different towns in Hudson County. You can ride this special train to Weehawken and jump on the ferry to look at the cool skyscrapers on the waterfront. You can also go to Jersey City and visit Liberty State Park for a picnic with your family!

Riding the Light Rail can be so much fun if you practice your safety tips. Remember, it's up to you to make sure that safety comes first when you are near trains and railroad tracks.

Stranger Danger

Simple Rules To Stay Safe

There are some very simple rules that you can follow to help you stay safe when you are not with a trusted adult.....

1. **NEVER** go anywhere with somebody that you don't know or don't trust. Stay well away from strangers' cars.
2. **NEVER** take anything from a stranger even if it is something personal that belongs to you.
3. **NEVER** talk to strangers even if they know your name. If they try to start a conversation with you it's OK to just ignore them and not look at them. Keep walking or run away if you feel scared.



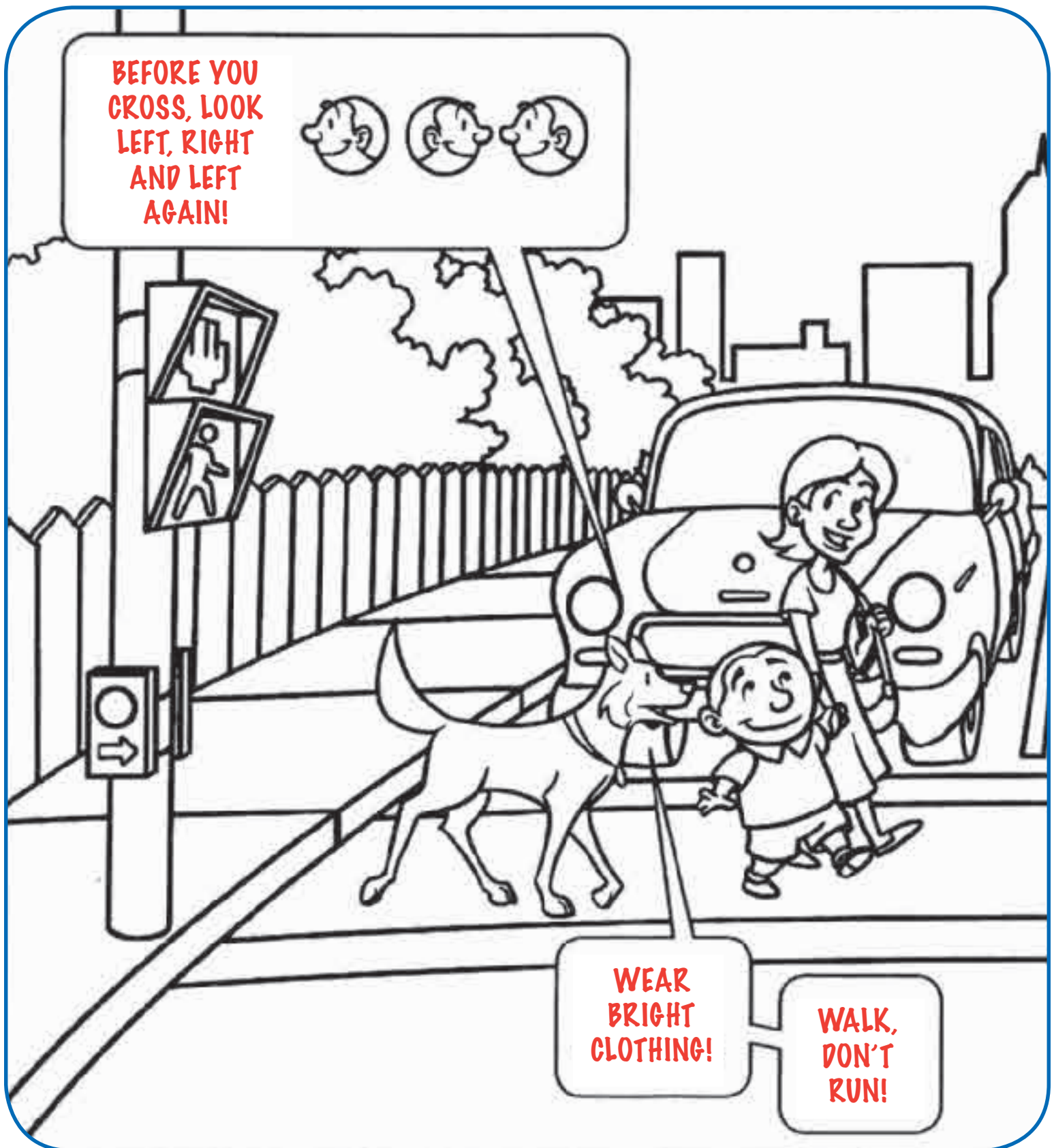
4. **ALWAYS** stay with a friend or a group of friends if at all possible. There are safety in numbers!
5. **ALWAYS** follow rules about places that you are not allowed to go. Make sure somebody knows where you are going and when you will be back.

Never run into the street after a toy.



Ask an adult for help whenever possible. Remember to stop, look, and listen before approaching the street. Never enter the street from between parked cars. Oncoming traffic cannot see you. Find a crosswalk or safe place to cross the street where you can see traffic.

HOW TO SAFELY CROSS





REMEMBER: NEVER ENTER
THE STREET FROM
BETWEEN PARKED CARS!

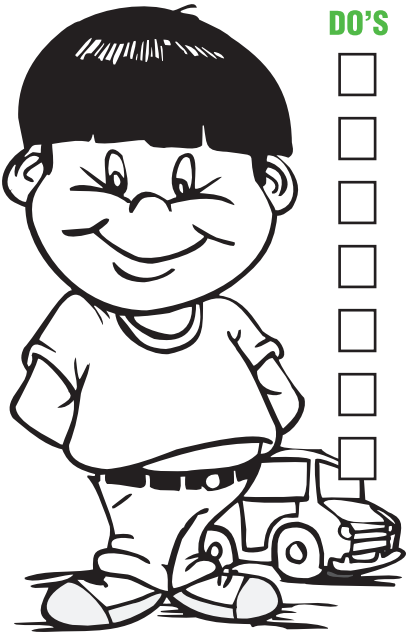
THERE'S A
PEDESTRIAN
SIGN! COLOR
IT YELLOW!

AND IF YOU'RE
ON THE SIDE OF THE
ROAD, WALK
WHILE FACING TRAF-
FIC!

USE CROSSWALKS
AND INTERSECTIONS,
WHERE DRIVERS
EXPECT TO SEE YOU!

THE DO'S AND DON'TS OF SAFETY!

Fill in the letters that should go in circles to complete the sentence below! When you're done, can you recognize which of these rules are a DO or a DON'T?



DO'S DON'TS

☐
☐

Cross the ☐treet when the light is yellow or red.

☐
☐

We ☐r bright clothes to help cars see you on the road.

☐
☐

Ride your bike in the same direction as tra ☐fic.

☐
☐

Baby saf ☐ty sea ☐s should alwa ☐s face the rear of the car.

☐
☐

Wait ☐or the bus to stop completely before gett ☐ng on.

☐
☐

Run across ☐ailroad track ☐.

☐
☐

Walk behind ☐he school bus.

“

_____ !”

Word search

Learning how to ride safely in Hudson County is very important for us at the TMA. Can you find these words that you just learned about in this book?

“Bicycle” “Train”

“Safety” “Bus”

“Hudson County”

“Seatbelt” “TMA”

“Helmet”

S	K	A	T	O	B	H	A	S	K
L	A	E	L	M	I	U	I	O	Y
S	D	F	A	T	C	D	K	N	A
O	A	Z	E	L	Y	S	S	D	D
C	H	F	B	I	C	O	T	F	H
P	H	M	E	R	L	N	C	B	T
H	W	Y	R	T	E	C	Y	U	R
T	R	A	I	N	Y	O	E	S	A
P	T	G	L	R	E	U	U	C	E
W	D	A	T	M	E	N	O	N	A
H	E	L	M	E	T	T	M	L	O
A	V	D	Z	Y	F	Y	C	Q	W
N	D	G	T	I	M	T	M	A	H
S	E	A	T	B	E	L	T	B	A