

THINK SAFETY!

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Safe Kids
New York City

Dear NYC Families,

Welcome to the Spring/Summer 2012 edition of Think Safety, a newsletter created by Safe Kids New York City. Safe Kids NYC is a coalition of educators, health care professionals, and child advocates that is devoted to helping you keep the children you care about healthy and free from unintentional injuries. Unintentional injuries – burns and scalds, head injury and brain damage, drowning, sprains, strains, bruises and cuts – are a leading cause of death and hospitalization to children, but they are preventable if we are aware of the many safety tools available to us and know how to use them correctly. The articles you will read in this newsletter were written by experts in the injury prevention field – trauma coordinators from major hospitals in NYC, and health and safety educators.

In addition to this newsletter, Safe Kids NYC presents special programs where children find out about fire safety, bike safety and helmet use, water safety, and pedestrian safety at schools, afterschool centers, safety fairs and more. Every October at Safe Kids Walk This Way programs, we work with FedEx volunteers and health professionals from places like Richmond University Medical Center, to teach kids how to walk to school, afterschool centers, sports and other places safely. We talk to kids, parents and coaches about preventing sports injuries at Safe Kids Week and other sports events.

Through workshops for pregnant and new parents, Safe Kids New York City partners with organizations such as Health Plus, Brookdale Hospital and Staten Island University Hospital to help young families learn about safety from the start with information about child passenger and pedestrian safety, poison prevention and home safety. Car safety seat inspection stations and special events, supported by Safe Kids Worldwide, provide young families with the opportunity to learn about correct car seat installation.

By coordinating safety fairs for older adults, Safe Kids New York City also shares its important safety messages with seniors who may be caring for young children. Events are conducted at hospitals and senior centers all over the city, including Kings County Hospital Center, Roosevelt Island Senior Center, Jacobi Hospital Center and West Brighton Senior Center. At these events, grandparents and other seniors learn how to keep themselves and their families safer at home and on the road.


Safe Kids New York City reaches out to health care professionals, educators, law enforcement officers, social workers and family workers with injury prevention workshops and conferences. Annual professional conferences present information and strategies that can help families reduce unintentional injuries at home and on the road.

We are ready to enjoy being outdoors in the warmth of spring and summer. However, spring is also the start of trauma season, when we see injuries from sports, water activities and heat stroke spike. This edition of Think Safety, with its practical advice for spring and summer safety, provides important information about how to reduce the incidence of unintentional injuries to your whole family as you play outside, bike, swim, do sports and have fun at home and on the road. We will be back in the fall with our Fall/Winter edition, with more handy tips for safety to keep in mind as the weather turns colder.

Enjoy your spring and summer, and think safety!

All the best,

Marjorie Marciano
Coordinator, Safe Kids NYC

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Five Ways to Prevent Sports Injuries

by Audrey Dupree-Sealey, PhD, FNP, Trauma Coordinator, Kings County Hospital Center

1. Wear protective gear
2. Warm up and cool down
3. Know the rules of the game
4. Watch out for others
5. Don't play when you're injured

We want our children to get involved in sports and enjoy the fun and challenges that come with being part of a team. However, we need to be sure that they will stay safe and healthy while they play. Here are five tips to prevent sports injuries from happening.

Wear Protective Gear

Protective gear, such as helmets and protective pads, is worn to keep you from getting hurt. The gear you wear depends on the sport you play.

Helmets are the most common protective gear. They protect your child's head and brain while playing football, hockey, baseball, and softball, and while biking, skateboarding, and inline skating, just to name a few sports!

Make sure your child wears the right helmet for the sport s/he is playing. For instance, don't wear a baseball batting helmet when playing football. The helmet should fit snugly but comfortably, and if it has a strap — like a bike helmet does — it needs to be fastened. Otherwise, it can fall off when needed most.

Other sports require eye protection, mouth guards, pads, wrist, elbow and knee guards, and a protective cup (for boys only). And don't forget your child's feet. Cleats are worn in football, baseball, softball, and soccer. These shoes have special rubber or

plastic points on the soles to help their feet grip the ground when they run around.

Talk with your child's coach to know what gear they need. Encourage them to wear that gear whenever they're practicing or playing.



A Good Warm Up

It's not a good idea to just bolt on to the field and start playing. Warm up a little before even starting — stretch or take a light jog to get loosened up and ready to play. Warm-ups that last 15 to 30 minutes and include slow, gradual stretching help lengthen muscles and increase blood flow and muscle temperature. By warming up and stretching, muscles are ready to go and are much less likely to get hurt.

Know the Rules of the Game

Traffic lights at intersections help prevent crashes between the many cars, trucks and pedestrians that use the streets together. This works because drivers and pedestrians know the rules and follow them — at least most of the time. It's the same way with sports.

When players know the rules of the game — what's legal and what's not — fewer injuries

happen. Players know what to expect from each other. For instance, soccer players know they can't come from behind, crash into a player's legs, and steal the ball. It's legal — and safer — to go after the ball rather than the player.

With sports that use plays, it helps

to understand the plays and what everyone's role is in each one. Being where you're supposed to be can help you stay out of harm's way, too.

Watch Out for Others

Some rules don't have anything to do with scoring points or penalties. Some rules are just about protecting other people and being courteous. For instance, in baseball or softball, the batter can't fling the bat after hitting the ball and heading for first base. He or she must drop it so that it doesn't hit anyone. Likewise, a diver would make sure that the pool was clear before diving in. Otherwise, he or she might land on someone else.

One way to watch out for others is to communicate on the field. For instance, a baseball player in the outfield might yell "I got it" to avoid a collision with another outfielder.

Listening to the coach during a game also can help keep players safe. It's also good to just be

courteous, like telling someone his or her shoe is untied.

Never Play When You're Injured

It is very important to address injuries as soon as they happen. For those who love sports, it's tempting to get right back in the game, even after an injury. But playing when hurt — or before an injury has had a chance to fully heal — is a bad idea. It can lead to an even worse injury, one that might sideline your child for a long time.

Tell your child to be honest with parents and coaches if they've been hurt. Take him or her to see a doctor for their injuries, when necessary, and follow the doctor's advice about how and when to return to practice and play.

Now you know what kids need to know about staying safe. Hopefully, if you follow rules 1, 2, 3, and 4, you won't need number 5. Or at least not quite as often!

Treatment



The Secret of RICE

RICE is a way of remembering how to treat a sports injury. Take these steps to keep down the swelling, feel less pain, and speed healing:

Rest whatever body part is hurt.

Ice - Use it where it hurts.

Compression - Wrap the body part with a bandage.

Elevate the injured part. In other words, raise it up on a pillow.

Hot Time, Summer in the City: Hydrant Safety

Submitted by the NYC Department of Environmental Protection

As the summer nears, we all look forward to outdoor activities that our children can enjoy with friends and neighbors. To fight the heat of summer, kids often stay cool and comfortable while having fun by playing in the spray of fire hydrants on their block. This is a good time to remind New Yorkers that opening fire hydrants without spray caps is illegal, wasteful and dangerous. Children can also be at serious risk because the powerful force of an open hydrant without a spray cap can knock a child down and cause serious injury. The powerful spray can also obstruct a driver's view of the road ahead and the children's view of oncoming traffic. There is a proper way to use a hydrant. If you are over 18, you can visit your local firehouse and ask them to install a proper sprinkler cap and show you how to use it. This is a free service that can save lives and avoid fines of up to \$1,000 or even imprisonment.

Illegally opened hydrants can impact the entire community. Firefighters need adequate water pressure to put out fires. Opening a hydrant without a spray cap, especially during heat waves when several may be open at the same time, lowers overall water pressure and can hinder firefighting by reducing the flow of water to

hoses and pumps. The reduction of water pressure resulting from illegally opened hydrants can also cause problems at hospital and other medical facilities as well as at local businesses and residences. Open hydrants run at more than 1,000 gallons per minute; spray caps cut that number to 20-25 gallons per minute.

The Department of Environmental Protection is the city agency in charge of overseeing the 109,000 hydrants on our city streets and preventing hydrant abuse. The Hydrant Education Action Program, or HEAT, was launched to inform the public about the dangers of the unauthorized use of fire hydrants during the hot summer. For the past five years, DEP and its partner, the South Bronx Overall Economic Development Corporation (SoBRO), has sent teams of young adults out onto city streets for to inform residents about the dangers of opening fire hydrants without spray caps and let them know about the alternative, safer ways to beat the heat. Look for the HEAT team in your neighborhood this summer.

Enjoy the summer! Stay cool and stay safe with hydrant sprinkler caps!



Warm Weather Food Safety

*By Lauren Schwartz
NYC Poison Control Center*

As the weather gets warmer, it's great to spend time outdoors picnicking in the park or barbecuing at home. However, every year approximately 48 million Americans get sick as a result of foodborne diseases, according to the Centers for Disease Control. (www.cdc.gov 2011). Here are some tips for keeping yourself and your family safe while enjoying outdoor dining (Source: www.fda.gov):

- **Keep food cold:** Cold food should be stored at 40°F or below. Use a cooler with ice or frozen packs.
- **Separate food to avoid contamination:** Keep uncooked meat, poultry and seafood tightly wrapped to avoid leaking on food such as vegetables and fruit that will be eaten raw.
- **Never leave food out:** Food should never be left outdoors for more than two hours and no more than one hour when the temperature gets to about 90 °F.
- **Keep food hot:** Cooked food should be kept at or above 140°F.

If bringing hot food to your meal, eat it within two hours of buying it. When cooking on the grill, use a meat thermometer to check.

- **Wash your hands:** Always wash your hands thoroughly with soap and water for at least 20 seconds, especially before cooking and eating, and always after handling raw meat, poultry and seafood.

The FDA provides more food safety tips including a safe food temperature chart. <http://www.fda.gov/food/resourcesforyou/Consumers/ucm109899.htm>

The Poison Control Center is available 24 hours a day at 1-800-222-1222 to answer questions about food safety as well as questions about other types of poisoning. All calls are handled by registered pharmacists and nurses certified in poison information. Translator services are available. All calls are confidential and free of charge. Visit our website at <http://www.nyc.gov/html/doh/html/poison/poison.shtml> to find out more information and download our multilingual materials.



Mode Matters

By Michelle Kaucic, MPA, Community Coordinator, NYC Department of Transportation

Diversify Your Transportation Portfolio.

"Any investment person will tell you that diversity is fundamental to a successful investment portfolio. That's true for your personal transportation portfolio as well. When you diversify your ways of getting around to include walking, biking, car-sharing, taxi and public transit, you're likely to find more money in your pocket, a healthier, more energetic body, and even new friends." (Michael J. Walk, Maryland Transit Administration). Here in New York City, we are faced with a swiftly growing population along with a need to reduce our contributions to climate change. Personal transportation choices can impact your life... and the Earth.

Lower Your Carbon Footprint.

A carbon footprint is a measure of the impact human activities have on the environment in terms of the amount of greenhouse gases produced. How does your commute compare? If you travel 10 miles in an SUV, you create about 16 pounds of carbon dioxide (CO₂). The same trip in an average passenger car creates 12 pounds of carbon and in a hybrid car, 4 pounds of carbon. A bus creates 5 pounds of carbon on a 10 mile trip, but because you're sharing a ride with lots of other folks, your environmental impact is much less. The subway creates about 2 ½ pounds of carbon in a 10 mile trip. Better yet, walking, biking or skating produces no carbon.

Why is My Street Changing?

Lots of New Yorkers are diversifying their travel—and for many reasons. New York City's motor vehicle registrations have gone down by 5percent and traffic volumes have decreased by 2.4percent. Between 2000 and 2010, there was a 10percent growth in bus and subway ridership and a 262percent increase in commuter cycling. The city's new street designs are meant to encourage sustainable modes of transportation, utilize greener materials, and provide space for trees and vegetation—while allowing for the unique and varied street needs across the city.

Where Do I Start?

Change your daily commute or your casual trips. Try taking a different mode once a week or commit to walking all trips under a mile. Talk to your kids about the importance of walking or biking for their health and our environment. Create maps of the places you'd like to walk bike and figure out your route with your children. For more environmental activities for youth, visit these links:

New York City Department of Transportation's Walk Ways Program for Students
<http://www.nyc.gov/html/dot/html/safety/walkingschools.shtml>

U.S. EPA - A Student's Guide to Global Climate Change
www.epa.gov/climatechange/students

North American Association for Environmental Education - Air & Climate activities
<http://eelink.net/pages/EE+Activities+-+Air+and+Climate>

National Environmental Education Foundation
<http://www.neefusa.org>

newsletter1201108-pediatric-asthmashtnl
www.pulmonaryreviews.com
www.medscape.com



The Book Corner

By Louise Lareau, Children's Librarian,
 Children's Center, New York Public Library

With the arrival of warm weather, there will be an increase in the number of farmers' markets that can be found in our local communities. Get out and enjoy the bounty of the season. Yummy things await!



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AVOID REGRETS: TIPS FOR TRAVELING SAFELY IN TAXIS

Taxi & Travel Friendly Car Seats & Boosters

By *The Car Seat Lady*, www.thecarseatlady.com

In 2000 (the most recent year for which data are available), 2,600 children were injured in 17,000 taxi-related accidents in New York City. Studies show that NYC taxi passengers are 2.5 times more likely to be seriously injured or killed than the passengers in the other vehicle involved in the crash.

Accidents happen - but you can prevent injuries. Have NO REGRETS; protect your children. Make sure that quick taxi ride to school or a playdate doesn't send your child to the hospital.

DO:

- Keep kids rear-facing as long as possible - it's 5 times safer than forward-facing - even for 3-year-olds!
- Keep kids in a 5-point harness car seat as long as possible
- Use a booster until the child passes the 5-step test

DO NOT:

- Let anyone ride UNrestrained. A seat belt is ALWAYS better than nothing.
- Buckle two people in one belt. Things in a crash weigh their weight times the speed of a crash. An adult will weigh several thousand pounds, crushing a child sitting on their lap or carried on their chest.
- Put the shoulder belt behind the child's back or under the arm. This removes all head & chest protection
- Forget your own seat belt. Restrained passengers are 4 times more likely to die if one person in the car is not restrained, as the unrestrained person becomes a human missile.

To learn more about rear-facing and forward-facing car seat options, as well as booster seats and booster alternatives for use in taxis, go to www.thecarseatlady.com -- "Using Taxis".

Great View & Safe Too!

By *Samantha Carter*, NYC Department of Transportation, Certified Child Passenger Safety Technician Instructor

According to the New York State occupant restraint law, children must use an appropriate child restraint until their 8th birthday while riding in a motor vehicle. Safety belts in cars are designed to fit adult passengers, not children. Once a child out grows his or her five point harness restrain, (s)he is ready to move into a belt-positioning booster seat – not the safety belt in the car.

Why use a booster seat?

Booster seat use reduces the risk of injury in children ages 4 to 8 by 45 percent, compared to using safety belts alone, according to The Children's Hospital of Philadelphia Research Institute (CHOP). Booster seats are designed to "boost" a child up so that the safety belt fits properly and provides the proper protection. In addition, children like riding in boosters because they can see out of the window and ride more comfortably with the proper fit of the lap and shoulder belt. Whether you use a no back or high back booster seat for your child, it must always be used with a lap and shoulder safety belt.



When is my child ready to use a safety belt alone?

Children are old enough and big enough to use the lap and shoulder belts in the car when the vehicle safety belt fits them properly, with the lap portion of the belt low and snug across the thighs, and the shoulder portion across the chest and shoulder without cutting across the face and neck. The child should be able to sit with his or her back up against the vehicle seat and knees bent at the edge of the seat. The American Academy of Pediatrics recommends that all children use a belt-positioning booster seat until the vehicle safety belt fits correctly, usually when they are 4 feet 9 inches tall and between 8 and 12 years old. Find out if your child is ready to use the safety belts without a booster seat by taking the five-step test. Go to www.carseat.org for more information.

Buckle Right Low and Tight – Everyone, Every Ride!

Car seat and booster seat resources:

American Academy of Pediatrics, www.aap.org

The Children's Hospital of Philadelphia, www.chop.edu

Safe Kids USA, www.usa.safekids.org

NYS Governor's Traffic Safety Committee, www.safeny.ny.gov

Keep Cool and Safe in Summer!!

Submitted by the Bureau of Environmental Disease Prevention, New York City Department of Health and Mental Hygiene

As we look forward to the summer, the New York City Department of Health reminds New Yorkers to keep cool when it is hot outside. Heat can cause serious illness and can even be fatal for certain people.

Individuals in greatest danger live in homes without air conditioning or do not use air conditioning. Their risk factors include:

- 65 years or older
- Have a chronic illness or mental condition
- Are overweight
- Take certain medications that cause possible side effects when it's hot outside

You can take simple steps to protect you and your family:

- Use an air conditioner. Fans alone are not enough to cool when it's hot outside. Air conditioning can save lives! You can save energy and money by setting the air conditioner temperature control to "low" or 78° and by using it only when someone is home.
- If you don't have an air conditioner, go to a cool place like a library or a friend's home that has air conditioning. You can also call 311 to find the nearest cooling center.
- If you go outside, wear light, loose-fitting clothing and avoid strenuous activity. Stay in the shade and out of direct sun.
- Whether you are indoors or outside, drink lots of water (even if you don't feel thirsty). Avoid drinks with caffeine, lots of sugar, or alcohol.

Watch out for the warning signs of heat illness:

- Hot dry skin OR cold clammy skin
- Trouble breathing
- Rapid heartbeat
- Confusion, disorientation or dizziness
- Nausea and vomiting

Call 911 immediately if you see someone with these symptoms, particularly among individuals who are at greatest risk for heat illness (see section above).

Don't forget to be a buddy - check on grandparents, and other elderly family, friends and neighbors to make sure they are safe and cool! Be alert for signs of heat illness. Remember -- you and your family can stay safe, comfortable and save money this summer by following these simple steps!!



Please join us in our efforts to keep New York City children safer.

Current Safe Kids New York City members include:

AAA New York
 Amerigroup
 Bellevue Hospital Center
 Bike New York
 Brookdale Hospital Medical Center
 Elmhurst Hospital Center
 FedEx
 Health Plus
 Jacobi Medical Center
 Kings County Hospital Center
 Lincoln Hospital Center
 Lutheran Medical Center
 Millennium Development Corporation
 Montefiore Children's Hospital
 Morris Heights Health Center
 New York Public Library
 NY-Presbyterian Hospital
 NYC Administration for Children's Services
 NYC Department for the Aging
 NYC Department of Education
 NYC Department of Health & Mental Hygiene
 NYC Department of Transportation
 NYC Fire Department
 NYC Health and Hospitals Corporation
 NYC Poison Control Center
 NYC Police Department
 NYC Police Museum
 North Shore/LIJ Lenox Hill Hospital
 North Shore/LIJ Staten Island University Hospital
 Richmond University Medical Center
 Roosevelt Island Public Safety
 St. Barnabas Hospital
 US Consumer Products Safety Commission

Call 212-839-4750 for more information

PLAYGROUND SAFETY:

SUPERVISION, SUPERVISION, SUPERVISION!

By Damaris C. Rosario, Esq., Director, NYC ACS Safety First Office

As the summertime approaches, our children are more eager than ever to leave the confines of their playrooms everywhere and spend time outdoors in playgrounds and parks around the city. But remember: Supervision is a critical part of making a day at the playground safe and fun rather than risky.

The Centers for Disease Control estimates that each year, more than 200,000 kids are treated in hospital emergency rooms for playground-related injuries. We know that many of these injuries could have been prevented with proper supervision. Younger children may underestimate the dangers inherent in their play, while older children often want to test boundaries and do things they think may be fun, but in fact, can be risky. It's important that you understand the abilities and behaviors of the children in your care as they relate to the playground environment. You want your children to enjoy themselves as you provide the opportunities for both fun and proper supervision.

If it seems like the child in your care is able to move from one corner of the playground to the other to another to another in a total of five minutes, be ready for a more intense type of supervision and interaction at the playground. You may not be able to make a playground day 100% injury free, but you can take steps to help prevent serious injuries or consequences from happening. For example, make sure that playground equipment is used in an appropriate manner and that children are not taking unnecessary risks. This is when ongoing supervision is critical – you need to have your eyes on your child to monitor his or her actions and to be able to act swiftly if and when an injury does occur so you can get the necessary

assistance.

When you first get to the playground, examine and even test the equipment before allowing your children to use it. For example, a swing that has rusty hinges and/or a cracked, hot seat can lead to cuts, burns or an accidental fall. It's worth taking an initial look around at the equipment to make sure that it is clean, well maintained and will not harm a child.

It is your responsibility to set up simple rules that can help keep your children safe at the playground, and to share these rules with caregivers and others who may be with your children. Be sure your children also know your



family's playground rules. A lack of proper adult supervision of children can not only be irresponsible but can also be deemed neglectful.

Here are a few tips for keeping playground time fun and safe:

- Go over the rules and guidelines on how to play safely with your children and their caregivers
- Be sure their footwear and clothing is appropriate for playground activities – sneakers, comfortable clothes, water shoes for playing in the sprinklers. If they ride a bike or scooter or skate to the playground, they need a helmet while they are on wheels, but not while they are playing

- Assess the entrance and exits of the playground. Is there a gate or area where children can wander out? If so, supervise their movements and be sure they know your rules about staying in your sight
- Take notice of the overall design of the playground. Are the equipment edges rounded? Is the equipment age-appropriate for the children in your care?
- What surfaces are used? Does the ground have rubber matting or asphalt? Are there metal objects that can become hot to the touch in the summertime?
- How is the equipment spaced? Are the swings spaced apart from other activities or gated from other equipment?
- Are the grounds and equipment well maintained? Is there any broken glass or large branches on the ground? Is the sandbox filled with litter? Is the equipment in good condition?
- Are there any objects in the playground that can block your child from your line of vision?

Your awareness and supervision can make summer days at the playground exciting and enjoyable, as well as safe and injury free! Have fun!

For more information on playground safety and statistics, please visit:

Safe Kids USA

<http://www.safekids.org/safety-basics/safety-resources-by-risk-area/playground/?gclid=CJmw-p62164CFcRM4AodRUcEaw>

The Centers for Disease Control

<http://www.cdc.gov/HomeandRecreationalSafety/Playground-Injuries/index.html>

Kids Health, part of the Nemours Foundation

http://kidshealth.org/parent/firstaid_safe/outdoor/playground.html#

Make Your Community Safer and More Active!

By Samantha Hillson and Sarah Wolf, New York City Department of Health and Mental Hygiene Built Environment Program

What Is Active Design?

The built environment is all around us. It includes the buildings, sidewalks, streets and parks that make up a neighborhood. The way a community is designed can influence our behavior and can either promote or discourage physical activity and safety.

Active design is about creating spaces to encourage physical activity so that it becomes a routine part of our daily lives. Active design is one of the ways that we're fighting the obesity crisis. In New York City, nearly 40% of children and 56% of adults are overweight or obese. Regular physical activity helps us maintain a healthy weight. Children who are fit are also more likely to perform well in school.

Some of the key features of a community where active design is evident are:

- A pleasant and safe environment for both pedestrians and cyclists
- Recreation spaces for adults and children that are attractive and accessible
- Access to affordable, healthy foods and beverages

- Buildings that promote stair use (clearly marked, well-lit, and attractive stairwells and signs that encourage stair use), have secure bicycle storage and have indoor and outdoor spaces that encourage physical activity

Safety and Active Design

A safe environment is important for promoting walking and biking in our neighborhoods. Sidewalks must be maintained, crosswalks must be clearly marked, and when appropriate, there should be physical buffers between the sidewalk and the street. There also should be adequate bike lanes to promote safety for those who want to bicycle.

What Can You Do in Your Community?

You can help make your community a safe and healthy environment! There are lots of resources to help you create an active community. Partner with community groups to make your healthy vision for the community a reality. Work with your local community board to approve proposals that incorporate active design into new developments.

Active Design Resources in NYC

Increase active recreation spaces

- Organize a Playstreet to increase play space for children: playstreets@health.nyc.gov
- Work with your local Business Improvement District (BID) to coordinate a Weekend Walk: www.nyc.gov/weekendwalks
- Apply to transform an under-used space into a Public Plaza. Send an email to plazas@dot.nyc.gov or call (212) 839-6693
- Plant a Community Garden: greenthumbinfo@parks.nyc.gov

Create a pleasant and safe pedestrian and cyclist environment

- Order a Cityrack for bicycle storage: cityrack@dot.nyc.gov
- Order a CityBench for your street: www.nyc.gov/citybench
- Order a street tree: www.milliontrees.nyc.gov
- Apply for a Slow Zone to slow down traffic in your neighborhood: slowzones@dot.nyc.gov
- Make your neighborhood more attractive with an Urban Art project: www.nyc.gov/urbanart

Increase access to healthy foods

- "Adopt a Shop" in your neighborhood to help bring more healthy foods to your local stores. For help with working with local stores to increase healthy offerings, contact shophealthy@health.nyc.gov
- Encourage stair use in your building
- Order a "Burn Calories, Not Electricity. Take the Stairs!" sign to place at elevators, escalators and stairs to encourage stair use by calling 311

