



Watch Works

Charles County
Sheriff's Office

Sheriff Rex W. Coffey
May 2014

Bicycling is fun, good exercise.

Before you get started:

Inspect Your bicycle

- * Lift the bicycle by its seat and spin the rear wheel. It should spin freely without wobbling, slowing quickly or touching the brake pads.
- * Apply the rear brake smoothly to stop the wheel. The brake pads should touch the wheel rim evenly. When released, the brake should spring back into place.
- * Lift your bicycle by the handlebars, and spin the front wheel. It should spin freely without wobbling or touching the brake pads.
- * Apply the front brake smoothly to stop the wheel. The brake pads should touch the wheel rim evenly. When released, the brake should spring back into place.
- * Inspect brake pads. Replace them if they become worn or cracked. They should be at equal distances from the wheel rim.
- * Check the spokes on both wheels. Replace broken spokes before riding.

- * Check the tire tread. There should be no worn patches.
- * Make sure tires are properly inflated. Check the tire side-walls for proper inflation information.
- * Check your handlebars. Stand in front of your bicycle holding the wheel tightly between your knees and try to move the handlebars back and forth or up and down. They should not move.
- * Lift the frame near the handlebars and turn the front wheel back and forth. It should swivel freely.
- * Make sure brake levers are secure.
- * Apply the brakes and try to move the bicycle forward and backward.
- * Make sure the ends of the handlebars are protected.
- * Make sure the seat is secure and does not move from side to side.
- * Clean reflectors and headlight. Make sure they are securely attached.
- * Lubricate the chain if needed.

5 Keys to Safe Bicycling:

- * Wear a properly fitted bicycle helmet.
- * Be visible.
- * Stay alert.
- * Know and obey traffic rules.
- * Be predictable.

You should always wear a properly fitted bicycle helmet. Do not assume you will be safe from injury just because you are going a short distance or riding on an unpaved surface. Most serious bicycle accidents occur on residential streets or bike paths and do not involve vehicles.

Always remove your helmet when you finish riding and instruct children to do the same. Children should never wear helmets while playing on playground equipment. Helmet straps could get caught on the equipment and cause injury.

Be Predictable

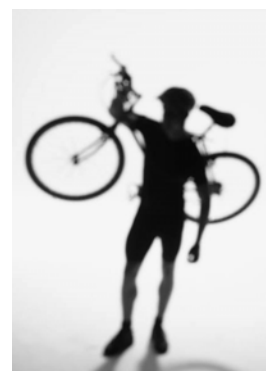
Use hand signals to communicate your intentions to other vehicle drivers and bicyclists.

Say "passing on your left" to notify pedestrians or other bicyclists that you are moving around them.

Dates to Remember

May 11
Mother's Day

May 26
Memorial Day



Be Prepared for Emergencies

I know you have heard this over and over again, but there are so many people that aren't prepared when a natural disaster occurs.

Your friends and family may not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electricity or phone services are shut off?

Get a contact list together:

- * Local Law Enforcement
- * County Public Safety, Fire/Rescue
- * Local Hospitals
- * Local Utilities
- * Insurance Agent

Do you have a meeting place away from home where you can be found if phone service is out?

Put together a Basic Disaster Supplies Kit:

- * Water - one gallon of water per person per day for at least three days, for drinking and sanitation.
- * Food - at least a three-day supply of non-perishable food.
- * Battery-powered or hand crank radio and a

NOAA Weather Radio with tone alert and extra batteries for both.

- * Flashlight and extra batteries.
- * First aid kit.
- * Whistle to signal for help.
- * Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- * Moist towelettes, garbage bags and plastic ties for personal sanitation
- * Wrench or pliers to turn off utilities.
- * Manual can opener for food.
- * Local maps.
- * Cell phone with chargers, inverter or solar charger.

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- * Prescription medications and glasses.
- * Infant formula and diapers.
- * Pet food and extra water for your pet.

- * Cash or traveler's checks and change.

Food Facts

When the Power Goes Out:

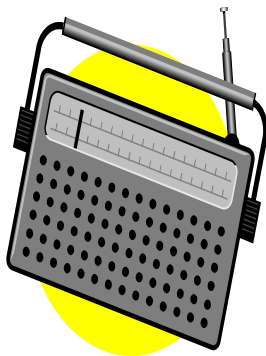
Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.

The refrigerator will keep food cold for about 4 hours if it is unopened.

A full freezer will keep the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.

Keep a thermometer in your freezer and refrigerator. When the power is stored and the freezer thermometer reads 40 F or below, it is safe to refreeze or cook.

Refrigerated food should be safe as long as the power was out for no more than 4 hours and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40 F for two hours or more. Keep in mind that perishable foods that are not kept adequately refrigerated or frozen may cause illness if consumed even when they are thoroughly cooked.



A word from your Community Organizer: Connie Gray (301) 932-3080

I've been trying to get information out to the neighborhoods about National Night Out. This is something we do once a year to get neighbors out of their homes and outside to meet their neighbors and spend some time with them. If your neighborhood has never joined in on our

National Night Out celebrations and would like more information, please call me. If you have had a NNO celebration in the past but not recently and want to join in this year, call me. If you join in each year but have not received a registration for this year, please call me. National Night Out

keeps getting bigger each year. Every year we hear stories about how someone met a neighbor and now they are great friends. Start a new tradition and join us this year on August 5th for our annual National Night Out. Meet your neighbors. Have Fun!



Cybersafety for Kids Online

Just as you wouldn't send children near a busy road without some safety rules, you shouldn't send them onto the information superhighway without rules of the road. Too many dangers from pedophiles to con artists can reach children through the Internet.

GETTING STARTED
Explain that although a person may be alone in a room using the computer, once logged on to the internet, he or she is no longer alone. People skilled in using the Internet can find out who you are and where you are. They can even tap into information in your computer.

Set aside time to explore the Internet together. If your child has some computer experience, let him or her take the lead.

Visit areas of the World Wide Web that have special sites for children.
CONTROLLING ACCESS

The best tool a child has for screening material found on the Internet is his or her brain. Teach children about exploitation, pornography, hate literature, excessive violence, and other issues that concern you, so they know how to respond when they see this material.

Choose a commercial online service that offers parental control features. These features can block contact that is not clearly marked as appropriate for children; chat rooms, bulletin boards, news groups, and discussion groups; or access to the Internet entirely.

Monitor your children when they're online, and monitor the time they spend online.

TELL YOUR CHILDREN

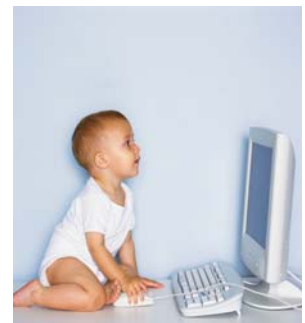
To always let you know immediately if they find something scary or threatening on the Internet.

Never to give out their name, address, telephone number, password, school name, parent's name, or other personal information.

Never to agree to meet face to face with someone they've met online.

Never to respond to messages that have bad words or seem scary or just weird.

Never send a picture of themselves without your permission.





**Charles County
Sheriff's Office**

**6915 Crain Hwy.
P.O. Box 189
La Plata, Md. 20646**

**301-932-2222
301-932-3080**

CCSO.US

**Watch Works is a publication of the Charles
County Crime Watch Program. If you wish to have
your name removed from our mailing list, please
call 301-932-3080**