



Lancaster City Housing Authority Safety Committee

May 2011

Hermie's Safety Message

Online: www.lcha.ws/newsletters.htm

HERMIE quotes Boyle: "The most important trip you take in life is meeting people halfway."



The League of American Bicyclists is the national sponsor of **Bike Month** and they are promoting **Bike-to-Work Week 2011** from May 16-20 and **Bike-to-Work Day** on Friday, May 20.

Five Steps to Riding Better

1. Follow the Rules of the Road

• Ride with traffic and obey the same laws as motorists.

2. Be Visible

• Ride where drivers can see you & Wear brightly colored clothing at all times.

3. Be Predictable

• Ride in a straight line and don't swerve between parked cars.

4. Anticipate Conflicts

• Be aware of traffic around you and be prepared to take evasive action.

5. Wear a Helmet

• Make sure it fits on top of your head, not tipped back or forward & Replace it immediately if you have a crash.



May is also Older Americans Month 2011

Each year the Administration on Aging (AoA) issues a theme for **Older Americans Month** and the theme of this year's celebration: **Older Americans: Connecting the Community** pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. It also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

For more info: www.aoa.gov

FREE Safety Class at **PAUL DAVIS: Pool Safety**

(1704 Hempstead Rd., Lancaster, PA)

Thursday, May 12: 9-10:30 am.

Refreshments provided.

Just before summer begins learn about **Pool Safety** topics ranging from the proper storage of hazardous chemicals to fall protection.

To register call Rachel Rosenzweig at PDRR at (717) 291-6000 or email her at rosenzweig@pdr-usa.net

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2011 Safety & Wellness Day

"Continuing The Journey"

Thursday, June 23, 2011

at the Lancaster County Public Safety Training Center

See You There! Thank You for joining us.

Safety & Wellness Day is for ALL LCHA Employees!