

# Panhandle

## Public Health District

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For Immediate Release:

### ***Nicer weather gets more people outdoors, PPHD provides safety tips for being active and driver safety tips too***

People out walking, biking, and rolling should be sure to follow the rules of the road and obey signs and signals. When walking, if sidewalks are available, be sure to use them. If there is no sidewalk, walk facing traffic and as far from traffic as possible.

Cross streets at crosswalks or intersections. Look for cars in all directions, including those turning left or right. If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.

Every bike ride begins with putting on a helmet. But it's equally important that you ensure a proper fit so your helmet can best protect you. Bicyclist deaths are highest during the summer months between June and September. Failing to yield the right of way is the highest factor in fatal bike crashes, followed by bicyclists not being visible. Ride responsibly, and remember: All states require bicyclists on the roadway to follow the same rules and responsibilities as motorists.

Watch for cars entering or exiting driveways, or backing up in parking lots. Embrace walking, biking, or rolling as a healthy form of transportation - get out and get moving!

### **National Highway Traffic Safety Association (NHTSA) provides 8 Safety Tips for Drivers:**

1. Look out for pedestrians everywhere, at all times.
2. Use extra caution when driving in hard-to-see conditions, such as nighttime or bad weather.
3. Slow down and be prepared to stop when turning or otherwise entering a crosswalk.
4. Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the crossing pedestrians so they can stop too.
5. Never pass vehicles stopped at a crosswalk. There may be people crossing where you can't see.
6. Never drive under the influence of alcohol and/or drugs.
7. Follow the speed limit, especially around people on the street, in school zones and in neighborhoods where children are present.
8. Be extra cautious when backing up and look for pedestrians.

PPHD has several exciting opportunities to encourage Panhandle residents to embrace the beautiful spring weather and get moving!

**April 24 - [Walk at Lunch Day](#)**

- Register your worksite here: <http://tinyurl.com/57jn8mb8>
- Any business in the Panhandle can participate by registering with the link above, walking with employees, taking a picture, and posting to our Council Facebook page. We provide one (1) \$15 Subway gift card per participating organization to use as an incentive for walking. Must be within our counties: Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Grant, Kimball, Morrill, Scotts Bluff, Sheridan, and Sioux! Contact Nicole at [nberosek@pphd.ne.gov](mailto:nberosek@pphd.ne.gov) or 308-279-3496 with questions or comments.

**May 1 – [Move this May Wellness Challenge](#)**

- Complete 31 miles in 31 days, return your completed calendar, and you will be entered into a drawing!
- Participants can earn miles by walking, running, biking, rolling, etc. We encourage you to exercise at a park near you OR explore a new state park in the Panhandle!
- To be eligible for the drawing, all participants must register here: <https://tinyurl.com/32b77v2v>. Return the completed calendar below to Nicole at [nberosek@pphd.ne.gov](mailto:nberosek@pphd.ne.gov), by June 7, 2024.

**May 8 - Walk, Bike, or Roll to School Day**

- Walking, bicycling, & rolling to school enables children to incorporate the regular physical activity they need each day while also forming healthy habits that can last a lifetime. We would like to encourage area schools to participate in Walk, Bike, & Roll to School Day on May 8, 2024, and are happy to assist with planning efforts.
- Please contact Janelle Visser at 308-487-3600 Ext. 105 or [jvisser@pphd.ne.gov](mailto:jvisser@pphd.ne.gov) for help in planning your event. There is no cost to participate, events do not require any funds to coordinate.

**May 18 - Northwest Nebraska Volksmarch, Agate Fossil Beds National Monument**

- Pre-register at <https://bit.ly/3vugnOb> by April 29 for a free t-shirt! 5k and 10k route options will be available. The 5K route is on pavement and boardwalk and is easily accessible for wheelchairs and strollers. Cost is \$4/walker, payable upon check-in.

Active Living Advisory Committees in Alliance, Bridgeport, Gordon, Kimball, and the Tri-Cities (Scottsbluff-Gering-Terrytown) are working to make their communities safer to walk, bike, and roll. If you are interested in becoming more involved, contact Janelle Visser at 308-487-3600 Ext. 105.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website [www.pphd.ne.gov](http://www.pphd.ne.gov).