



The Transition to Fall, also known as Autumn

Seven Areas for Fall Safety

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Seven Areas for Fall Safety

- 1. Weather-Related Safety**
- 2. Back-to-School Safety**
- 3. Health and Wellness**
- 4. Workplace Safety**
- 5. Home Safety**
- 6. Outdoor Activities**
- 7. Mental Health and Well-being**



1. Weather-Related Safety



- **Preparing for Seasonal Changes:** As September marks the transition from summer to fall, be prepared for unpredictable weather. This could include cooler mornings, warm afternoons, and increased rainfall in some regions.
- **Storm Preparedness:** September is peak time for unusual weather in many areas. It's important to stay informed about weather forecasts, having emergency supplies, and knowing evacuation routes.



2. Back-to-School Safety



- **Traffic Awareness:** Be vigilant as schools reopen. Increased pedestrian traffic, school buses, and changes in traffic patterns can pose hazards.
- **Driving Caution:** Be aware of and adhering to school zone speed limits, stopping for school buses, and being aware of children crossing streets.



3. Health and Wellness



- **Flu Season Preparation:** September is a good time to start thinking about flu prevention. Get vaccinated, wash hands frequently, and stay home if you are feeling unwell.
- **Hydration and Nutrition:** With changing temperatures, you might not feel as thirsty as in the summer but should still maintain proper hydration and eat a balanced diet to stay healthy.



4. Workplace Safety



- **Adjusting to Weather Changes:** As temperatures drop, remember to wear appropriate clothing and be cautious of slippery surfaces caused by rain or early frost.
- **Maintenance Checks:** This is the time to do routine checks of heating systems, fire alarms, and emergency equipment to ensure everything is in working order before colder weather sets in.



5. Home Safety



- **Seasonal Home Maintenance:** September is the perfect time to clean gutters, check for drafts, and inspect heating systems to prepare for the cooler months ahead.
- **Fire Safety:** With an increase in the use of heaters and fireplaces, it is important to have working smoke detectors and carbon monoxide detectors.



6. Outdoor Activities



- **Hiking and Camping Safety:** Fall is a popular time for outdoor activities. It is important to wear bright clothing, staying on marked trails, and being prepared for early nightfall.
- **Wildlife Awareness:** This is the time of the year to be mindful of wildlife, as animals may be more active in preparation for winter.



7. Mental Health and Well-being



- **Transition Support:** Acknowledge that the change in seasons and back-to-school pressures can be stressful. Encourage open communication, taking breaks, and seeking support if needed.



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