

Fireflies

THE KID'S SAFETY SOURCE



Feature Firefighter

Meet Firefighter Norm Nedell



He is a Bike Medic. Medics are special firefighters who help people who are hurt or sick. They save lives. Medics drive a medic unit. Bike Medics ride bikes. It is like an emergency room on wheels.

Firefighter Norm says that being a Bike Medic is different than being a regular Medic. Regular Medics drive medic units to a place where someone is hurt. Bike Medics ride bikes. Bike Medics also get more chances to talk with people. Firefighter Norm says that Bike Medics talk to kids a lot. "When we work at parks we show kids how to wear their helmets right. We also show them our bike equipment so they can get excited about riding bikes."

Firefighter Norm is always safe when he rides his bike. He follows

the rules of the road and always wears his helmet. Firefighter Norm says that helmets are not just for bikes either. "A helmet is part of the equipment you need for riding bikes, skating and skateboarding." Can you think of other sports where people wear helmets?

Firefighter Norm knows that helmets can save people's lives. He has seen it happen. "When you wear your helmet your head is protected. Your head is what makes your body work. If your head gets hurt your body might not work right anymore. Protect yourself. Always wear a helmet!"

When riding his bike, Firefighter Norm always watches out for cars. He also wears bright red clothes and a silver helmet so that drivers can see him. Firefighter Norm says, "I also wear safety glasses. When I ride in a crowd, I could get poked in the eye!"

Bike Medics work at fun events. You might see Bike Medics working at parades, concerts, or Mariners and Sounders games. They work at Seahawks and Huskies games too. If you see a Bike Medic, tell them how you stay safe on your bike.



Who Wears a Helmet?

Draw a line between the person and their helmet.



Safety Message:

- always wear a helmet
- wear appropriate clothing while riding bikes
- be safe while riding bikes



Activity

Do you ever wear a helmet? Tell a story in which you wear a helmet and it keeps you safe.