



# News You Can Use



## Looking to the Future & Assuring SKGF Remains Vital and Here to Keep Kids & Families Safe From Preventable Injuries

In 1992, United Hospital at the time, signed on to serve as the lead agency for Safe Kids Grand Forks. For the past nearly three decades, United Hospital / Altru Health System have served in this role and helped our community coalition to grow and expand to cover northeast North Dakota and northwest Minnesota. While much has changed over the years, our dedication to helping parents and caregivers reduce the number of preventable injuries and deaths has not. We are committed to that cause now more than ever. As a community coalition, we have many partners that come to the table to assist us in our important work. Now, we are being challenged to seek partners that can assist us not only with volunteer time and event support, but with operational support as well. We want to assure that the Safe Kids Grand Forks staff and work remain here well into the future.

Currently, we are reaching out to the community and region, asking for their financial support of our program. Each and every dollar will help us as we work to reduce unintentional injuries, the leading cause of death for children under age 19. So whether you are a business, service club, church or individual, we would love to have you join our team of supporters because together, we can do so much to keep the kids of our community and region safe. Here are a few ways that you can help support our team:

⇒ **Reach out to Carma Hanson, Coordinator of Safe Kids Grand Forks**, to discuss giving options. We have recognition levels as noted in the chart on this page. We would love to align your family, business or agency with one of those levels and provide you with the recognition that we have in place for that (website presence, social media call outs, event sponsorships, printed materials, etc.) Carma can be reached at 701.739.1591 and can set up a meeting or Zoom call to discuss some options for you.

⇒ **Go online and donate** at [www.safekidsgf.com](http://www.safekidsgf.com)


(Click the yellow donate box at the top of the page and under Gift Information, select Safe Kids Grand Forks.)

⇒ **Drop a check in the mail** to Safe Kids Grand Forks  
607 DeMers Avenue—East Grand Forks, MN 56721

⇒ **If you are looking for the perfect holiday gift for someone that has everything**, consider giving the gift of safety by making a donation in honor or memory of someone. Shop on-line from the comfort of your home and we will send them a holiday greeting card announcing your generosity in their name.



All donations are tax deductible and please know that the staff and volunteers of Safe Kids Grand Forks appreciate your consideration for support. Each and every dollar, whether \$5, \$500, \$5,000 or \$50,000 is appreciated and will help us to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY!!!!

	Total Pledge Over 5 Years
<b>Champion</b>	\$50,000+
<b>Protector</b>	\$25,000 - \$49,999
<b>Advocate</b>	\$15,000 - \$24,999
<b>Partner</b>	\$5,000 - \$14,999
<b>Supporter</b>	\$1,000 - \$4,999
<b>Friend</b>	\$500 - \$999

Gifts of all amounts given between now and the end of the year will be announced in our 2021 Safe Kids e-newsletter.



# Safe Kids Stars: MACPS Award Winners



The Manufacturers Alliance for Child Passenger Safety (MACPS) is honored to announce the 2020 National Child Passenger Safety (CPS) Hall of Fame Inductees. The MACPS honors these individuals as they are recognized and remembered for the indelible impressions they have left on the safety of their community and/or the nation. Hall of Fame CPS advocates come from all walks of life: vehicle manufacturers, car seat manufactures, injury prevention programs, government agencies, first responders and even your neighbor who has a passion for child safety. They are recommended by members of the CPS community for their leadership in their field of design, manufacturing, education and/or advocacy.

“The Hall of Fame sub-committee reviewed an unprecedented number of applicants this year. We were astounded by the level of participation nationwide and the number of individuals who all deserved a place on this list”, said Vera Fullaway, MACPS Chair. “It was an honor to lead this committee once again this year. I am so proud of all of the inductees and the accomplishments they have made and continue to make in this industry”, noted Robert Wall, Hall of Fame Chair.

We are proud that long-time CPS advocate, **Carol Meidinger**, from North Dakota is one of this year's MACPS Hall of Fame Inductees. Here in our state, we often times refer to Carol as the "mother of child passenger safety". She has trained and mentored nearly all the technicians currently in our state and her contributions are unprecedented!! We are proud to have her on our team and in our state. From the team at Safe Kids Grand Forks, we say a big **“Congratulations Carol”!!**



Also named to this year's Hall of Fame is **Joe Colella**. Joe has been a friend to Safe Kids Grand Forks for many years, including his time at Safe Kids Worldwide and now as an instructor that has come to our state to share his skills and expertise at our bi-annual CPS Conference in Bismarck. We are proud of you too, Joe!!

This note came from Dawn Mayer, ND CPS Coordinator with the ND Dept of Health: “It is not a surprise to see who is on the list from North Dakota. One of our own ND instructors is on the list. When we read the description of who falls into this category of CPS Hall of Fame - indelible impressions they have left on the safety of their community/ state, one person clearly comes to mind – Carol Meidinger. Carol fit this description before she took on her role with active CPS in our state and she continues to leave positive impressions now. I know just because Carol is retiring from her active role with CPS, her impressions will continue because she breathes passion for Child Passenger Safety AND injury prevention.”

The Hall of Fame award couldn't have come at a better time as Carol is retiring from her contract position with the North Dakota Department of Health this month. Anyone who has worked with Carol has been lucky to have her as a mentor- I know I have been. I am so thankful for all she has taught me (and continues to teach me!) and value her friendship.

-Carma Hanson





## Introducing: A Walking Storybook To Teach Back-to-School Safety & Safety on Wheels / Safety Patrol Training—Zoom Style

Each fall, Safe Kids Grand Forks is accustomed to going into the schools in our area to present back-to-school education and our Safety on Wheels program in which students learn about head injuries and have the opportunity to get a bike helmet. Due to Covid and the school's desire to limit outside visitors, we had to get creative this year to share these messages. With the help and partnership of our injury prevention partners at AAA, we created a "walking storybook" that featured information on the AAA Safety Patrol Program and tips from Safe Kids Grand Forks about the four ways that kids get to school: walking, biking, by car and by bus. The "storybook" was designed on yard signs that were set up around the school's perimeter or near their playground. Several schools took advantage of this educational opportunity this fall and had their classroom or gym teachers take the kids out for a walk and learn on the way. **Thanks AAA for your support of this project!!**

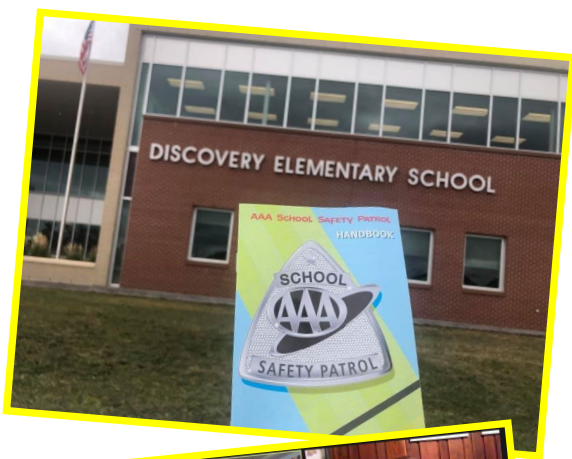
Our Safety on Wheels program is normally carried out in all the 3rd grade classrooms in the Grand Forks Public Schools in the fall but this year, we had the classrooms participate via Zoom. Safe Kids GF Coordinator, Carma Hanson provided the head injury prevention, a demonstration on how to fit a helmet and even shared our popular Jell-o mold brain. Students were then able to order helmets and pick them up at remote sites. **A special thanks to the following businesses for allowing us to use their parking lots for pick up: University Lutheran Church, Calvary Lutheran Church and State Farm—Randy Fenley Agency.**

The 2020-2021 school year marks the 100th Anniversary of the AAA Safety Patrol Program and we are thrilled to have so many schools participating in this partnership. Fifth grade student leaders at local elementary schools are selected by the Safety Patrol Advisor and are trained in how to make their school a safer environment. The students help your kids before and after school with pedestrian, bus, motor vehicle and bike safety assistance. Covid couldn't stop the excited student leaders from stepping up to help and

we were determined to get them trained—Zoom style. In our next newsletter, we will feature some of the AAA Patrollers that are taking place in this program during its 100 year of existence but share images in this edition of their on-line training!! **Thanks AAA for helping to provide supplies for the Safety Patrol Program as well!! (Can you tell, we are thrilled to have such a great partner in this work!!)**

We hope you enjoy these photos (on page 4) of our fall Safety On Wheels and Back-to-School safety education.





Safety Patrol Training at Discovery & Viking via Zoom



Safety on Wheels Training for the GF Public Schools



Walking Storybook on back-to-school safety



## Featured Car Seat - Kids Embrace Character Harness Booster Seat

Bring your child's favorite character into your vehicle with KidsEmbrace!

### Product Features:

- ⇒ Approved for forward-facing use for children up to 65 pounds & 49" in height
- ⇒ Can be converted into a belt-positioning booster for kids up to 100 pounds & 57" in height
- ⇒ Machine-washable (gentle cycle) seat pad
- ⇒ 2-position crotch belt to allow for growth
- ⇒ 3-position adjustable headrest, one-hand harness adjusting system, comfortable contour, 2-position recline, 2 cup holders

Retail Price \$149.99



Safe Kids Grand Forks Presents:

Parent & Foster Parent Safety Sessions



Join us via Zoom conferences as we discuss topics to help keep your kids and family safe from preventable injuries. These sessions qualify as continuing education hours for N.D. foster families in need of them, but they are open to anyone wanting a little more information on these topics, including parents, grandparents, foster parents or other caregivers. The sessions are free but registration at the link below is required. (Once registered, the Zoom link and password will be sent to participants via email. Please register at least two days in advance of each session so we can plan accordingly for sending sessions handouts and password).

**SAFE  
K:DS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM

Thursday – November 19 | 6:30 – 7:30 p.m.

Start Safe (Getting Kids to School Safety by Car, Bus, Bike or Foot)

Wednesday – December 2, 2020 | 7:00 – 8:00 p.m.

Carbon Monoxide Poisoning & Fire Safety & Safe Holiday Decorating

Saturday – January 16, 2021 | 10 – 11 a.m.

The Things Curious Kids Get Into

To register visit the following link at least 2 days prior to the event:

<https://bit.ly/3ekIDFS>

# SAFE K:DS GRAND FORKS



UND THE UNIVERSITY OF  
NORTH DAKOTA

The Safe Kids Grand Forks adaptive aquatics classes offered each spring and fall at UND are being cancelled this fall due to the Covid pandemic. The UND campus is limiting the number of additional folks in their buildings and on the property so water safety courses are being affected by that decision.

Once we are able to get these scheduled, we will provide flyers in our Safe Kids newsletter, on our UPCOMING EVENTS section of our web page ([www.safekidsgf.com](http://www.safekidsgf.com)) and on Facebook. If you would like a personal notification, please send the following

to [safekids@altru.org](mailto:safekids@altru.org):

- ⇒ Child's name and age
- ⇒ Parent / caregiver's name
- ⇒ Phone number
- ⇒ Email

We will add you to our list and update you as classes get scheduled. Thanks for your understanding.

## THE Parent Pep Talk

ADVICE AND UNDERSTANDING FROM  
PARENTS, PROS AND KIDS



The Parent Pep Talk is a heartfelt and humorous podcast filled with advice and understanding from empathetic experts, honest parents, and teens who are willing to talk. It's for all parents looking for a little perspective, a few well-tested tips, and the feeling that you're probably doing a lot better than you think, even if it doesn't always feel like it. The Parent Pep Talk is brought to you by Safe Kids Worldwide and more information can be found at this link or by downloading Parent Pep Talk in your podcast app.

<http://www.parentpeptalk.org/>

SAFE  
K:DS  
WORLDWIDE™

**NO KEYS UNTIL YOU KNOW THE RULES**

- NO CELL PHONES WHILE DRIVING
- NO SPEEDING
- NO DROWSY DRIVING
- NO PASSENGERS
- NO ALCOHOL
- ALWAYS BUCKLE UP

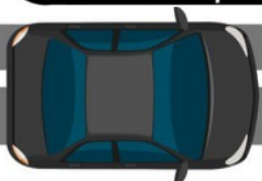
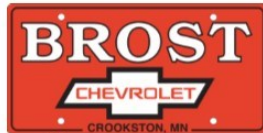
LEARN THE 6 RULES FOR THE ROAD

NHTSA RULES for the ROAD

## 2020 Car Seats Events

While 2020 didn't prove to be an ideal year for checking car seats due to COVID-19, we were able to make some adjustments to our normal way of checking seats. We did many virtual checks through video and social distanced for in person ones with parents on 1 side of the car and the car seat tech on the other. We held many of our check up events by appointment to help avoid large crowds of people. In 2020, we have checked over 500 seats in 17 communities throughout NE North Dakota and NW Minnesota. Thank you to all the car seat techs and businesses/agencies that made these events possible. A special thank you to Rydell Cars, Grand Forks Fire Station #5, Brost Chevrolet in Crookston and Hanson's Auto and Implement in Grafton for the use of their indoor space on a regular basis.

**Rydell** cars.com



## WE HAVE DEFENSIVE DRIVING CLASSES FOR ANY AGE!

Whether you've been driving for 2 years or 52 years, our Defensive Driving courses will equip you with the tools to arrive home safely.



### YOUNG DRIVERS

Teen drivers account for only 5% of licensed drivers, but were involved in nearly 20% of all crashes\*. This course is designed for the unique challenges of younger drivers. It also serves as a great benefit for employees who have young drivers at home!

#### Alive at 25 Defensive Driving course

*Distance-Learning*

December 13, 2020, 4:30pm - 8:30pm, Online

*In-Person*

February 21, 2021, 1:00pm - 5:00pm, Grand Forks

\*Source: NDDOT 2018 Crash Summary Fast Facts



### EXPERIENCED DRIVERS

DDC delivers the highest level of research-driven content, defensive driving strategies, hazard recognition and learner retention exercises.

#### DEFENSIVE DRIVING 4-HOUR COURSE

*In-Person*

December 14, 2020, 6:00pm - 9:00pm, Minot

January 9, 2021, 9:00am - 1:00pm, Grand Forks

*Distance-Learning*

December 10, 2020, 6:00pm - 9:00pm, Online

Register now at [ndsc.org](http://ndsc.org)

Both courses may qualify for an insurance discount and a point reduction!



# How are Caregivers Buckling Up Kids?

Results from the 2019 North Dakota Department of Health car seat  
checkup forms used by certified child passenger safety (CPS) technicians



Among 822  
car seats checked,  
**70%**  
had some form  
of misuse.



**66%** of  
rear-facing  
seats were  
*misused.*



**81%** of  
forward-  
facing seats  
were *misused.*



**58%** of  
booster  
seats were  
*misused.*



## Correct restraint used?



**98%** caregivers were using the  
correct seat for child.

*Car seats should be selected based on child's weight, height and age.*



## Child secured correctly?

**43%**

caregivers secured  
children in their  
car seats correctly.

**40%**

*did not* have the harness snug enough on child.

**20%**

used the *wrong* harness slots on the car seat.

**19%**

*did not* position the harness clip at the child's  
armpit level.

*Harnesses should be tight enough on a child so you cannot pinch any webbing between two fingers – anywhere on the harness. Selection of the harness slots should be based on child's size AND whether seat is forward-facing or rear-facing AND whatever the manual recommends.*





## Car seat installed correctly?



# 44%

caregivers installed their car seat correctly.

# 40%

were not installed tightly in the vehicle.

# 19%

of rear-facing car seats were installed at the *wrong* recline angle.

*Install car seats with either the lower anchors/tether (LATCH system) or seat belt. The car seat should not move more than one inch when pulled at the car seat belt path. Use the tether when using forward-facing car seats.*



### Key Findings

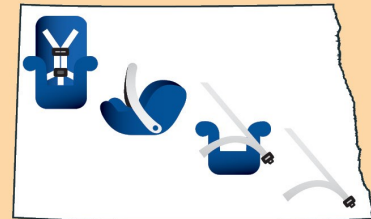
Since 2018, tether strap use has *increased* by **6%**!

- Usage in 2018 was **59%**
- Usage in 2019 was **65%**

*In a crash, a tether keeps the top of forward-facing car seat from moving. This will prevent serious head and neck injuries by protecting a child's head from hitting the front seat.*

Visiting a certified CPS technician for car seat assistance is worth it! Car seat correct use was **17% higher** for those who had already received hands-on help from a certified technician.

- Caregivers *returning* for car seat assistance – **35% were using the car seat correctly.**
- Caregivers seeking assistance for the first time – **18% were using the car seat correctly.**



NORTH  
**Dakota** | Health  
Be Legendary.™

**VISION ZERO**  
Zero fatalities. Zero excuses.

To find a certified CPS technician near you, visit <https://www.ndhealth.gov/injuryprevention/child-passenger/> or call the North Dakota Department of Health at 800-472-2286, press 1.



## Car Seat Tech Corner

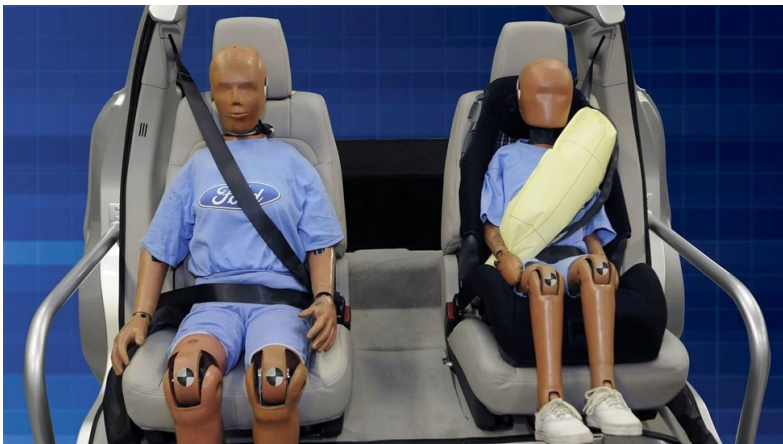


Only a handful of car seat techs in our region have come across an inflatable seat belt when checking car seats. You might not know what it is, but you can be sure that it looks different than a normal seat belt! These seat belts were first introduced in Ford Explorers in 2011 as an upgrade feature and later became available in many more Ford/Lincoln models. The design of this seat belt is that in a crash the shoulder belt portion puffs up like an airbag and distributes crash forces over 5 times the chest area of a regular seat belt.

While these seat belts help make adults safer in a crash, they are not always the best option for a car seat. If a car seat tech, parent or caregiver comes across an inflatable seat belt, you need to check with the car seat manufacturer to see if the inflatable seat belt can be used in combination with the car seat. If not, the lower anchors or another seating position needs to be utilized to install the seat instead.

As of model year 2021, this option of inflatable seat belts in the rear seats is no longer available. Ford will instead shift to including pretensioners and load limiters as standard equipment for seat belts in the rear.

*This article is designed for nationally certified child passenger safety technicians, also known as car seat techs. If you have an interest in learning more about car seats and would like to become a car seat tech, please contact Jasmine at [jwangen@altru.org](mailto:jwangen@altru.org) or 701.780.1660. Classes are held once per year in our Grand Forks coverage area.*



# VISION ZERO

Zero fatalities. Zero excuses.



## Start Safe Presentation to Head Start Families

Safe Kids Grand Forks was given the opportunity to present through Zoom to Head Start families on the 4 ways to get places safely. This presentation was offered to Head Start centers in NE North Dakota and Northern MN. We had 27 families attend the 1 hour long Zoom session and they were given information to help keep their kids and themselves safer.

If you are interested in having this presentation shared with your agency or clients, please contact Jasmine at [jwangen@altru.org](mailto:jwangen@altru.org) or 701.780.1660



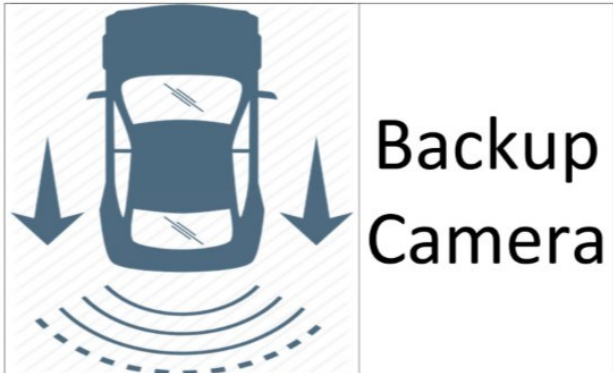
### Start Safe:

By car, bus, bike or by foot. . . .  
Getting kids places safely is important for all of us. Safe Kids Grand Forks will share tips to keep your kids safe and point you to resources to help.

# CHILD PROOF YOUR RIDE



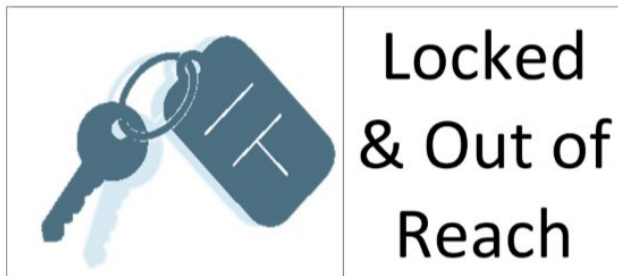
Toys, sports gear, handbags, etc. become projectiles in a crash and cause injury or death. Properly restrain or put loose items in the trunk.



*Every week at least 50 children are backed over.*

**All new vehicles (2018+) come with a backup camera** that allows you to see directly behind your vehicle when backing.

**You don't have to wait for a new car to get one!**  
You can add one to any vehicle.



1/3 hot car deaths occur when a child gets into a vehicle on their own and cannot get out

## Locks

**Doors locked:** Keep vehicles locked at all times. Ask neighbors and visitors to do the same.

**Keys:** Always keep keys and fobs where children can't get them.

**If a child goes missing:** immediately check the inside, floorboards and trunk of all vehicles.



1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated like this for the whole trip?

# Gun Safety & FREE Gun Locks

Hunting season is upon us and we want to assure that homes with guns are a safe place for curious kids. Here are a few pointers:

- Teach kids these simple steps if they see a gun:  
**STOP, DON'T TOUCH, LEAVE the AREA, TELL AN ADULT.**
- Store guns and ammunition in a separate and safe/locked place.
- Put gun locks on your guns. **We have FREE gun locks available at our Safe Kids Office. Please contact us at 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org) if you are interested in getting some.**

Safe Kids Grand Forks offers their thanks to the Grand Forks County Sheriff's Department for their partnership to provide these free locks. They can also be obtained at the Grand Forks Sheriff's Department year-round simply by stopping in during office hours. Be safe and happy hunting!!



Want more safety tips, announcements about upcoming events and links to great resources? Follow us on Facebook at:

<https://www.facebook.com/safekidsgf/>



The staff at Safe Kids Grand Forks are here to help with your safety needs but our office is not staffed regular clinic hours. We are often times out teaching classes or conducting community events. We don't want to miss you when you stop by so please call ahead to 701.780.1489 to schedule an appointment for all your safety needs. We look forward to serving you!!

# Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



## PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



## PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



## LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



## After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

## FACTS

- ! **One** of every three home Christmas tree fires is caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes roughly **one in every four** of the fires.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards

**SAFE KIDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM



# Carbon Monoxide Poisoning Prevention Tips

Everything you need to know to keep your family safe from carbon monoxide.

Fuel-powered devices can provide wonderful benefits to families when used properly. But they also underscore an important necessity in the home: the need for a carbon monoxide alarm. Carbon monoxide poisoning can result from faulty furnaces or other heating appliances, portable generators, water heaters, clothes dryers, or cars left running in garages. At its worst, carbon monoxide can cause severe side effects or even death.

## Install Carbon Monoxide Alarms

- Make sure your home has a carbon monoxide alarm. If you don't have one, please go out and get one.
- As with smoke alarms, make sure you have a carbon monoxide alarm on every level of your home, especially near sleeping areas, and keep them at least 15 feet away from fuel-burning appliances.
- You won't know that you have a carbon monoxide leak without a working alarm. So test alarms regularly and replace them every five to seven years depending on the manufacturer's label.
- For the best protection, have carbon monoxide alarms that are interconnected throughout the home. When one sounds, they all sound.
- Carbon monoxide alarms are not substitutes for smoke alarms, and vice versa. Combination smoke and carbon monoxide alarms are available.



## Understand How Carbon Monoxide Can Be Harmful

- Don't use a grill, generator or camping stove inside your home, garage or near a window.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Don't leave a car, SUV or motorcycle engine running inside a garage, even if the doors are open.
- Never use your oven or stovetop to heat your home.
- On the outside of your home, make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.
- Carbon monoxide can accumulate in or around your motorboat, so install an alarm on your boat.



*Carbon monoxide (CO) is a gas that you cannot see, taste or smell. Each year, 184 children in the United States die due to carbon monoxide poisoning and more than 20,000 children visit the emergency room.*



This information has been distributed by Safe Kids Grand Forks and Altru Health System. For more information on childhood safety and injury risk areas, contact Safe Kids Grand Forks at 701.780.1489 or safekids@altru.org.



For more information visit [safekids.org](http://safekids.org).

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## CO in Recreational Spaces

Oftentimes, portable generators are used in sheds, fishing houses, hunting lodges, campers or trailer homes to heat them during cold weather. It is important to remember that carbon monoxide is a by-product of the gas powered generator running. Here are reminders to keep your fishing or camping expedition safe:

- Assure that you have a portable carbon monoxide detector with you as part of your equipment or installed in a permanent location if a generator is being used to heat a shed, mobile home or other type of permanent structure.
- Keep the generator well away from the building so the build-up of the colorless and odorless gas cannot get in through the doors, windows or other open areas. It is recommended that the generator be placed at LEAST 20 feet away from the building with the exhaust facing away. Make sure that your extension cord is long enough and in good condition to reach that far. Also, consider the direction of the wind and how that may blow exhaust fumes back toward the building structure. Keep the generator away from the area of windows and doors.
- Never use items such as fuel-burning lanterns, cook stoves or grills inside a tent, camper, fish house or other recreational building.
- Routinely inspect heating equipment that is used in recreational equipment to assure they are in working order. Also check the batteries of your CO alarm each spring and fall to assure they are still functioning.
- If you are staying at a campsite or using a fish house with others around, be aware of where their generator may be placed and how that could contaminate your air space.
- Carbon monoxide can also build up from the engine of a boat. Stay clear of these areas and assure that people being towed behind a boat are at least 20 feet away. Be aware of CO build-up from neighboring boats that are running on a dock.
- Consider placing a CO detector in the cabin of your boat.



## Know the Signs & Symptoms of Carbon Monoxide Poisoning:

- Headache
- Dizziness
- Fatigue
- Nausea and vomiting
- Confusion
- Irritability
- Eventual loss of consciousness and death

\*\* These symptoms are similar to the flu. Don't ignore them, especially if you find yourself feeling better when you leave the house for work, school or errands and then feel sick again when returning home. An alarm installed in your home, garage, or recreational vehicle is what will save your life from a CO poisoning.

## Leave the House If the Alarm Sounds

- If the alarm goes off, immediately move outdoors or to an open window or door for some fresh air. Account for everyone inside your home.
- Call 911 or the fire department. Remain outside or by an open window until emergency personnel arrive to assist you.

# Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

## HOLIDAY DECORATING

- » Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- » Keep lit candles away from decorations and other things that can burn.
- » Some lights are only for indoor or outdoor use, but not both.
- » Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- » Use clips, not nails, to hang lights so the cords do not get damaged.
- » Keep decorations away from windows and doors.



## HOLIDAY ENTERTAINING

- » Test your smoke alarms and tell guests about your home fire escape plan.
- » Keep children and pets away from lit candles.
- » Keep matches and lighters up high in a locked cabinet.
- » Stay in the kitchen when cooking on the stovetop.
- » Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- » Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



## Before Heading Out or to Bed

**Blow out** lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

## FACTS

- ! **Two of every five** home decoration fires are started by candles.
- ! **Nearly half** of decoration fires happen because decorations are placed too close to a heat source.



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Safe Kids Grand Forks

701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org)





# Do your holiday plans include air travel?



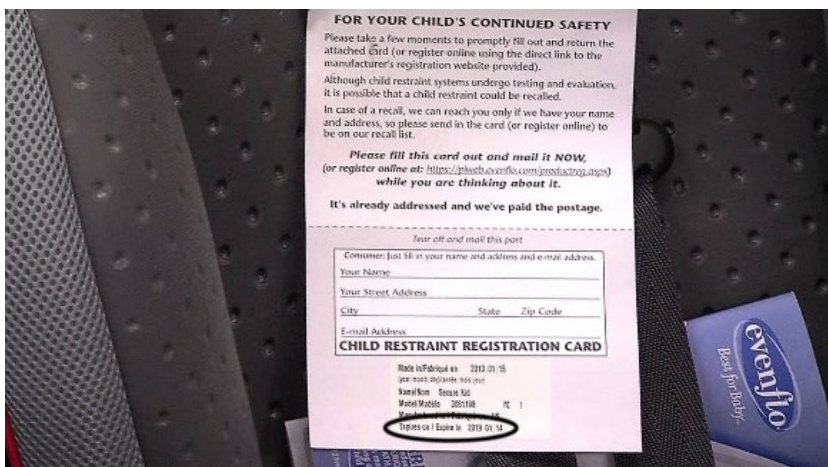
**SAFE  
K:DS**  
GRAND FORKS

## Product Registration & Recalls

Have you ever had a product in your home that you think is dangerous? The U.S. Consumer Product Safety Commission wants to hear from you. Please consider reporting the issue on their website at <https://saferproducts.gov/> Your report could help to get products fixed or off the market that may pose a hazard to your children or family.



Contact Safe Kids Grand Forks and we'd be happy to visit about how to best transport your child on the plane and car seat options once you get to your destination. Email [safekids@altru.org](mailto:safekids@altru.org) or call 701.780.1489.



When you buy a new product (toys, electronics, car seats, etc, be sure to fill out the product registration card. This information is only used to send messaging to consumers if there is a product recall on an item that they have purchased.

Unfortunately, less than 20% of these are filled out and returned with the postage paid card or online, thus leaving folks unaware of dangers that may be lurking in their home.



## Grand Forks Medication Take Back Fall Event a Success

On September 22, Safe Kids Grand Forks, Altru Health System and the Grand Forks Sheriff's Department held their last of three medication take back events in the Grand Forks community for this year. We would like to thank the three agencies that participated in our challenge at this event, encouraging their customers and clients to drop off any unused or expired medications for proper disposal. The winner of our challenge based on the amount of weight collected was Grand Forks WIC. In their bin at the event, they collected 43 pounds of medications, followed by Edgewood Healthcare at 30 pounds and Spectra Health at 10 pounds. In total, 83 pounds of medications were removed from homes and properly disposed of so our real winners were those homes that are a little bit safer due to this effort. We also thank the Grand Forks Sheriff's Department for being on-site to follow all legal requirements for transfer of meds and the proper disposal. Safe Kids Grand Forks and Altru Health System appreciated being able to share safe storage tips and free distribution of cabinet locks to attendees.

Another note of thanks goes out to Dakota Commercial for allowing us to use their parking lot space for these events. The high visibility location has made for great access and wonderful events. We appreciate their partnership as well.

As we look to 2021, we will announce our upcoming dates in the January edition of our e-newsletter. In the meantime, please know that any unused or expired medications can be dropped off at any time at the following locations:

- ⇒ Grand Forks Law Enforcement Center – Operated by the GF County Sheriff's Department (downtown GF)
- ⇒ East Grand Forks Police Department
- ⇒ UND Police Department
- ⇒ Many Local and Regional Pharmacies – Please visit these sites to find locations near you:
  - ◆ ND Locations: <https://attorneygeneral.nd.gov/public-safety/take-back-program/take-back-program-locations>
  - ◆ MN Locations: <https://doseofreality.mn.gov/drug-takeback/find-a-take-back-location.asp>



## Kick Kitchen Fires to the Curb



It is that time of year again! The time when we find ourselves in the kitchen more, cooking meals and making all sorts of goodies. But did you know that cooking fires are the number one cause of home fires and home injuries? Here are a few things you can do to keep your family safe, while still making the foods you love:

- **Be Alert:** If you are tired or have consumed alcohol, don't use the oven or stovetop.
- **Stay in the Kitchen:** If you are boiling, frying, grilling or broiling food, stay next to it. It is far too easy to turn on the broiler, pop in the food, and go to "do something really quick" and come back to a fire. By staying in the kitchen, you can keep your eyes on the food, and attend to it as needed.
- **Use a Timer:** When you pop a sheet of cookies or your favorite hot dish in the oven, make sure you set a timer. This can keep you from losing track of when things started cooking.
- **Keep it Tidy:** A tidy kitchen is not only nicer to work in, but it is also safer. Keep oven mitts, stirring utensils, food packages, towels and curtains away from and off of your stovetop.

### What should you do if a fire starts in your kitchen?

- If it is a small stovetop fire, and you decide to fight the fire, you can carefully smother it by sliding a lid over the pan, and turning off the burner. Leave the pan covered, with the burner off, until it is completely cooled, and safe to handle.
- If the fire is in your oven, and is small enough to fight, you can turn off the heat and close the door of the oven.
- If you have **any** doubt about fighting a fire, just get out! Exit your home, close the door behind you to keep the fire contained, and call 9-1-1 from outside.

This information in this article and several others as noted, were compiled and written by Liesl Carlson. During her time as a Marketing student at UND, Liesl did an internship with us and we are excited to have her back as a guest writer and Safe Kids volunteer!!



### United Way Provides Partnership with SKGF to Assist With Car Seats For Those In Need

The United Way of Grand Forks, East Grand Forks & Area and Safe Kids Grand Forks are excited to announce the launch of their new program Car Seats for Kids. Car Seats for Kids is a collaboration between the two agencies that will ensure children are kept safe when traveling in a vehicle. Thanks to a generous donation from United Way, Safe Kids is able to provide car seats to families in need at little to no cost. To apply for a car seat, please contact Safe Kids at 701.780.1489. Together, we are fueling opportunities to thrive!



**Phone:** 701-772-5684 **Website:** randy@rfenley.com

**Address:** 2750 26th Street S, Suite A, Grand Forks, ND 58201



Stay Connected:     

### QUOTES FOR GOOD

The Randy Fenley State Farm Agency is proud to partner with Safe Kids Grand Forks in our mission to improve child safety. The Fenley agency will donate **\$10 for every auto quote** provided during 2020 when you mention "Quotes for Good". These dollars will be used for the many Safe Kids programs that improve the safety and well-being of our community and region.

Call Randy for your free quote today.

**Randy Fenley**  
Owner



## Watch Out For That Ice!

As temperatures drop, snow begins to fall, and the ground starts to frost over, we need to refresh ourselves on ice safety. Maybe you live near a lake, or enjoy taking your family ice fishing during the winter months. In all scenarios, it is good to know some basic tips for being safe around ice for both you and your family.

According to the Minnesota DNR, if the ice is less than 4 inches thick, stay off of it! New, clear in color ice must be at least 4" thick to ice fish, or do other activities on foot. If the ice is white in color it must be double that thickness; this means the ice would need to be 8 inches thick before you should ever walk on it. Ice depth needs to be checked every 150 feet, as thickness can vary from one point to another.

Supervise your children, and keep them off of frozen bodies of water. Remember that ice is never 100% safe, so proceed with great care.

For new, clear ice only (note: double these thicknesses for white ice):

- ◇ Less than 4" – Keep off of it
- ◇ 4" – Activities on foot or ice fishing
- ◇ 5"-7" – ATV or snowmobile
- ◇ 8"-12" – Car or small pickup
- ◇ 12"-15" – Medium truck



The infographic shows a cross-section of ice with different thickness levels. Above the ice, icons represent various activities and vehicles: a person ice fishing, a person snowmobiling, a snowmobile, a red car, and a black pickup truck. Below the ice, the minimum thickness guidelines are listed in yellow text: 4", 5-7", 8-12", and 12-15". At the bottom, the text reads "Ice is never 100% safe!" in large white letters.

Minimum Thickness	Activities / Vehicles
4"	Ice fishing, walking on foot
5"-7"	ATV, snowmobile
8"-12"	Car, small pickup
12"-15"	Medium truck

**Ice is never 100% safe!**

Provided by Liesl Carlson

Source: <https://www.dnr.state.mn.us/safety/ice/thickness.html>



## Toys, Toys, Toys!

Toys are a ton of fun for kids and even for adults. They can provide hours of entertainment, creativity and problem-solving challenges. That may be the case, but did you know that around 475 kids under the age of 15 go to the emergency room each day for toy-related injuries? Almost half of those children are under the age of 5.

### What can we do to keep our kids having fun and out of danger?

- \* Keep your child's age in mind while purchasing a new game or toy for them. Read the warning labels and instructions for toys, even those you receive as gifts, before allowing your child to play with them.
- \* Check toys for choking hazards before buying. Latex balloons are very dangerous for young children to play with.
- \* Keep toys separated by age. Something that may be fine for your 8-year-old to use, might not be okay for your 3-year-old. Keep their toys separate, and teach your older children the importance of keeping their "big kid" toys out of the hands of their younger sibling.
- \* Use a bin or container to store toys in when playtime is over. Make sure there aren't any hinges or holes that could pinch curious fingers.



Provided by: Liesl Carlson

## Recipe for Fighting Frostbite

The key to staying warm while playing outside is to dress in layers! Have your kids put on a base layer of long johns and warm socks. Cover that with 1-2 shirts, a sweater and a pair of pants. Finally, top it off with a winter coat, snow pants, snow boots, gloves/mittens and a hat that covers their earlobes.

Set time limits for your kids to be outside. If you need to set a timer to help keep track of how long they have been outside then do so. Periodically, entice them inside with a cup of hot chocolate or some other warm treat. Have them hydrate, and warm up fully before letting them back outside.

Keep eyes on your kids to make sure they are playing safely, staying out of the streets, and walking carefully in slippery areas. Be alert to changes in their skin color, and any signs of frostbite.

### Here are signs to look for:

**First degree frostbite:** skin is red in color, stings and has a burning sensation

**Second degree:** skin is yellow or grey in tone and feels tender. May also have a "pins and needles" feeling.

**Third degree:** skin has a waxy white appearance and feels numb.

If frostbite is a concern, bring your child inside, gently warm up the affected area (i.e. hold frostbitten fingers to non-affected chest). As always, if you are concerned that you cannot address it on your own, call your doctor.



Written by: Liesl Carlson

## Winter Weather: It is Coming!!

My name is Deputy Grove, and I work for the Grand Forks County Sheriff's Office. Winter is upon us and I wanted to take a few minutes to share some winter driving, and vehicle tips with you which will keep you safe and warm this winter!

First, and probably the most important thing, start getting in the habit of allowing yourself an extra half hour in the mornings. Start by using this extra time to go out and start your vehicle to let it warm up. There is nothing worse than starting your day out on the wrong foot, and having to drive to work in a cold car. But, always make sure your car is running while OUTSIDE of the garage if it is attached to the home so you don't cause a carbon monoxide situation in the house.

While your car is warming up, take this time to clear any snow and ice off the windows, it is very important to clear off all of the windows on your vehicle. Do not forget to clear off your hood, as the loose snow will blow onto the windshield when you start driving, and can cause white out conditions for a short time, which can cause an accident. It is also important to clear off the roof of your vehicle, as the same effect can occur when the snow blows off, but it can blind the people driving behind you.

Now that you have your car warmed up, and cleared off, you can head back inside and finish getting ready for the day. Look at you, already one-step ahead of everyone else!

Now the second part of allowing yourself some extra time in the mornings comes into play. This extra time will help for your commute to school, work or any errands that you are running. It is important to know the route that you are driving, as it can change from day to day during times of heavy snow. Remember when you are driving it is important to slow it down and take your time to get from point A to point B. This will drastically improve your safety while on the road, and keep you out of an accident which will severely delay your commute. Keep in mind that driving slowly also comes into play when approaching intersections, stoplights, and stop signs. Even in the winter months, there are plenty of kids walking to school. They are likely bundled up and cold, causing their view to be obstructed. They are also more likely to not spend the amount of time they should looking for traffic. Do not try to beat that yellow light in the winter, as that almost never works out well. A good habit to get into is to stop at the stop sign, and then creep forward until you can see all oncoming lanes before going through the intersection. Taking a few moments to go through an intersection, will save you more time in the end.

A couple more tips to keep in mind during these winter months:

- Never let your gas tank get below a half tank. If you end up in the ditch, keeping your car running will keep you warm.
- Keep an eye on your tire tread; keeping your tires in good health will keep you on the road.
- Keep a shovel in the trunk.
- Keep a backpack or bag packed with emergency roadside items such as:
  - A blanket
  - An extra set of socks
  - Nonperishable dry food items
  - Water, if it freezes it can always be thawed out
  - Gloves
  - Winter clothing such as an extra jacket and snow pants
  - A hat or facemask
  - A pair of boots
  - Hand warmers
  - Emergency candle and matches



If you have children make sure you have a bag with these items for each of them as well.

I know it seems like a lot, but if you find yourself in the ditch in the middle of a blizzard, these items can be lifesaving. It is also important to make sure you are always dressed for the weather. If you are just running to the gym, make sure to dress for the weather outside, and not your destination. Trust me, digging your car out of the ditch in nothing but a hoodie and sweatpants is not a fun task at all.

Thanks to these tips, your winter driving days can be safe and stress free. Look at you, you just made it to work on time safe and warm, with a smile on your face, and you still have a full cup of coffee!

This article has been provided by Deputy Mitch Grove with the Grand Forks Sheriff's Department. They are a member of our coalition network and we thank them for their partnership.



## The Dark Side of Medicine

Did you know that medication is the leading cause of child poisoning? Nearly 52,000 children 6 years of age and younger visited the emergency room in 2017, because of medicine poisoning. It is always important to keep all medications up and away, and out of reach and sight of children, no matter how often you take that medication.

As we approach the holiday season and find ourselves visiting family and friends, or as people come over to our homes, it is ever more important that we keep medication safety top of mind. Take this information to your family, friends and caregivers, and ask them to partner with you to keep your kids safe.

Think about how your kids might find access to your medications. Do you keep spares in your purse, on the counter or nightstand? If you have meds in your purse, can you store your purse up high on a shelf or hang it on a hook out of reach and sight of your child?

Do you have items in your home that you don't consider medicine, but still pose a threat? Even items like vitamins, eye drops and diaper rash creams can be harmful if kids get into them. Treat them as you would a prescription medication, and keep them out of sight and reach of your children.

When administering medicine to your kids, make sure you follow the dosing directions, and use the dosing device that comes with the medication. Don't fall into the temptation of using a kitchen spoon to give your kids medicine.

Keep the free, 24-hour Poison Help number in your phone and posted in your home: **1-800-222-1222**. If a concern arises about how to administer medicine or what to do in a poison emergency, give them a call, and they can help walk you through what to do next.

Provided by: Liesl Carlson



If you are a Thrivent member and have Thrivent Choice Dollars, Safe Kids Grand Forks would love to have you donate them to our organization. We will put them to good use to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. Questions about how to donate? Call us and we can assist. Thank you for considering us in your donation plans.

## Railroad Safety: Shining Light on This Risk Area

**Did you know that every 5 days, a child in the United States is killed on or near railroad tracks?** Besides those children being killed, hundreds of others are injured on railroad tracks and North Dakota ranks the highest in the nation per capita: 1.25 injuries / 100,000 children. Minnesota has .39 incidents / 100,000 people. Teens ages 15-19 are at greatest risk of being injured or killed by a train and for every death, nearly three children suffer injuries that are often debilitating and require extensive medical treatment.

Recently, Safe Kids Grand Forks was provided with a grant from Union Pacific to help educate middle and elementary school aged students on this topic and we are grateful for this support. Here is some important information about train incidents and reminders about ways to keep your family safe around railroad tracks.



### How Do Kids Get Hit by Trains?

There are two main circumstances that result in rail tragedies:

- **collisions at railroad crossings,** and
- **trespassing incidents:** being hit by a train while walking, sitting, taking pictures, or “hanging out” on or near railroad tracks

### Railroad Crossing Collisions:

Railroad crossing collisions commonly occur when:

- a driver is not paying attention near the tracks,
- when drivers or pedestrians choose to go around a safety barrier,
- when drivers or pedestrians race to cross the track before the train comes, or
- a driver loses control of their car on or near the tracks.

Drivers and pedestrians may believe they have time to cross safely because they think they will see or hear an approaching train, or they think the train can stop for them. The reality is this: A train can take up to a mile to stop, so unlike an approaching car, it cannot stop for people on the tracks. By the time the locomotive engineer sees something on the track ahead, it is too late to stop.

### Trespassing Incidents:

Trespass incidents commonly occur when people are hit by a train while walking, sitting, standing or doing anything else on or near railroad tracks at locations other than a designated crossing. Many people do not understand they are trespassing on private property and it is therefore both dangerous and illegal. Today’s trains are not as loud as most people think when approaching, there is no clickety-clack sound, and there may not be a horn to warn trespassers to clear the tracks. Further, many people don’t realize a train is much wider than the tracks. The area around the tracks is private property and being on it is illegal to protect people from the many risks.

Most trains are about three feet wider than the tracks on either side, so even if you clear the tracks, you may still get hit by the train.

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(Continued on page 25)





### Tips for Parents and Caregivers—Railroad Safety Tips

Safe Kids Worldwide and Union Pacific recommend the following safety tips to help prevent railroad-related injuries:

1. **Only cross train tracks at a designated crossing.** Designated crossings are marked by a sign, lights or a gate.
2. **If lights are flashing or the gate is down at a railroad crossing, wait for the train to pass completely, the gates to lift and the lights to stop flashing before crossing the tracks.** It is never okay to rush across and try to beat the train. Trains may be closer and faster than you think, or your car may stall or get stuck on the tracks.
3. **Allow enough space for your vehicle to completely clear the entire railroad crossing, not just the tracks, before you attempt to cross.**  
Remember, trains are at least three feet wider than the tracks on either side, so even though you clear the tracks, you may still get hit by the train.
4. **If you are using a cell phone, headphones or playing a game, remember: heads up, devices down when you cross the tracks.** Once a train starts to brake, it can take up to a mile for the train to stop. So, when you see a train, it's already too late for it to stop for you. Also, modern trains are quieter than you might think.
5. **Don't be tempted to walk along the train tracks.** It might be a shortcut, but it is dangerous and not worth the risk.



In the month of December, we will be conducting railway safety training in the Thompson Elementary School. Safe Kids Grand

Forks will teach SADD and National Honor Society Students about train safety and they will then teach the students in grades K—6. We are grateful to them for this partnership and will share more information in our upcoming newsletters.

## Winter Sports Safety: Helmets

Protect yourself and children from a serious head injury during the winter! Wear a helmet when you and your family are skiing, sledding, ice skating or snowboarding. There are special helmets made just for these sports. They are made of a harder plastic, contain extra padding for protection and warmth and have a strap to affix ski goggles. The information on the back side of this sheet provides specific helmet recommendations for a variety of winter sports.



Safe Kids Grand Forks has a limited number of winter helmets for adults and children available at a greatly reduced price throughout the winter. The helmets are available in a variety of colors and cost \$25.

While protective helmets have not been designed for all winter sports, wearing a bicycle or multi-sport helmet is also an option as it provides some protection instead of none.

If you are interested in purchasing a helmet, please contact Safe Kids Grand Forks to determine the colors and sizes currently available.

Phone: 701.780.1489 | Email: safekids@altru.org



Additional winter sports safety tip:

1. Teach children to always sled feet first, not head first down a hill.
2. Enroll children in ski or snowboarding lessons prior to hitting the slopes.



## Upcoming Classes & Events

Watch for our January 2021 e-newsletter with full information on all our classes and events scheduled for 2021.

For more information on each class and how to register visit [safekidsgf.com](http://safekidsgf.com) or find us on Facebook at Safe Kids GF.



**Smart Sitter**  
**BABYSITTING CLASS**

January 23, 2021 9:30am-2:30pm  
\$50 registration includes lunch



**Car Seat Check-Up Events**

presented by:  
**SAFE KIDS GRAND FORKS** **Altru HEALTH SYSTEM**



Rydell Cars—December 10 4-6pm  
Call 701.780.1489 for an appointment due to Covid space limitations. Free of charge.



**Bringing Home Baby car seat class**

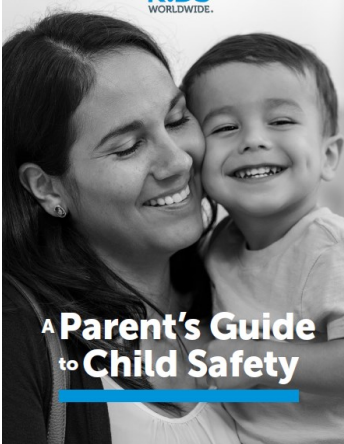

December 10  
6-7:30pm  
\$5 per couple



**SAFE AT HOME ALONE**

Are you ready to stay home alone?

January 30, 2021  
9-Noon OR 1-4pm  
\$20 registration



**A Parent's Guide to Child Safety**

“Being a parent is the most important job you will ever have and it comes with the least amount of orientation.”

Carma Hanson—Coordinator, Safe Kids Grand Forks

Our parent organization, Safe Kids Worldwide, is always working hard to find ways to provide resources to parents and caregivers to help make keeping their kids safer a little bit easier. This summer, they launched a new tool called “A Parent’s Guide to Child Safety”. This toolkit provides a room-by-room, risk area guide for ways to keep your children safe from a whole host of injury areas. In some ways, this serves as bit of an “orientation binder” for parenting. Check it out on their web page at <https://www.safekids.org/parents-guide-child-safety>

## Winter Coats and Car Seats

Did you know you can keep your child both warm and safe in the car? Did you know that bulky winter coats, snow pants and car seat liners should not be used in the car seat as it makes the harness straps too loose to be effective in a crash? The extra fluff from those bulky items can compress in a car crash making the harness straps too loose, which can cause injury or ejection. Here are some great ways to keep your child safe in the car while also staying warm!

No coat or a light weight fleece.

Wear a warmer coat while going to and from the car, warm the car ahead of time and use a blanket for warmth as needed.



Use a car seat cover that goes around (but not inside) the car seat. This does not affect the tightness of the harness straps.



Harness the child in their seat, then put the coat on backwards for warmth.




Unzip and open up the coat, then buckle the child. This will remove some of the bulkiness from being between the child and straps.



Always remember to "Strap Before You Wrap". Put the child in their car seat buckled first, then add layers of warmth over them.

## Winter Sports Safety: Which Helmet To Use

Activity	Type of Helmet
Skiing Snowboarding Snow Tubing	Ski Helmet
Snowmobiling	Snowmobile Helmet
Although a helmet has not been designed for the following two activities, until such a helmet exists, wearing one of the three listed types of helmets may be preferred to wearing no helmet at all.	

Activity	Type of Helmet
Ice Skating Sledding	Hockey Helmet Skateboard Helmet Ski Helmet

For further information about winter sports safety, please visit Safe Kids Grand Forks at [safekidsgf.com](http://safekidsgf.com)

**SAFE**  
**K:IDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM

# Keep household products and small objects out of children's reach and sight.

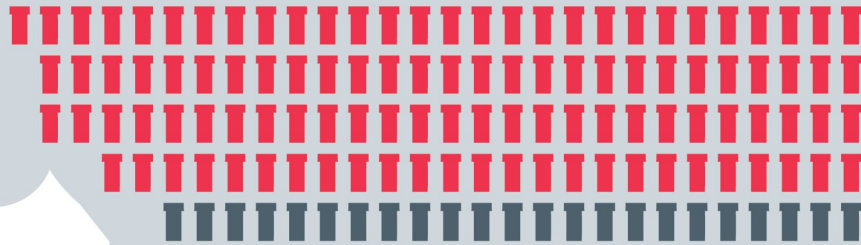
## Did you know?

Every day, **65 children** are seen in the emergency room (ER) due to exposure to **household cleaning products**.<sup>1</sup>



Products to be mindful of include soaps, detergents and bleaches.

Every day, **130 children** are seen in the ER after getting into **medicine** when their caregivers weren't watching, and **23 are hospitalized**.<sup>2</sup>



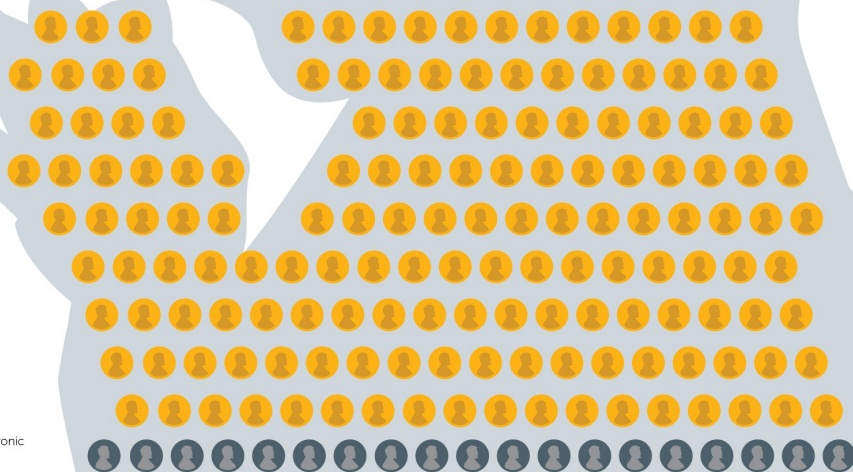
Medicines meant to treat pain, heart conditions and allergies are most often involved.

Every day, **9 children** are seen in the ER after getting into cosmetics and/or **personal care products**.<sup>1</sup>



Products to be mindful of include hand sanitizers, creams/lotions, makeup, dental care products and deodorants.

Every day, **173 children** are seen in the ER after swallowing or choking on a **small object** and **19 are hospitalized**.<sup>1</sup>



Coins account for 40% of these ER visits. Other small objects to think about include toys, jewelry and batteries.

<sup>1</sup> Source: Consumer Product Safety Commission (CPSC), National Electronic Injury Surveillance System (NEISS). Data is for ages 0-4 and is based on estimates for year 2019.

<sup>2</sup> Source: Centers for Disease Control and Prevention (CDC), NEISS-Cooperative Adverse Drug Event Surveillance Project (NEISS-CADES). Data is for ages 0-4 and is based on combined average estimates for years 2018 and 2019.



## North Dakota Game & Fish Provide Life Jacket Loaner Boards in NE North Dakota Locations

Recently, we announced that through a partnership with the North Dakota Game & Fish Department, three new life jacket loaner boards have been established in the northeast part of North Dakota. Stump Lake Park in Nelson County, Red Willow Resort in Griggs County and the Larimore Dam in Grand Forks County were selected to receive signs and life jackets this past summer. In this photo, you see the image of

the one set up at the Larimore Dam. Nat Bronsen, Manager for the Larimore Dam had this to say: "Thank you for the opportunity to participate. I think it will be a hit next year!!! The beach has been real busy the last few years, especially this year and I am sure there are families who will use the life jackets."

In the last edition of our Safe Kids Grand Forks e-newsletter, we showcased the site at Stump Lake and next spring, we will show you the Red Willow Resort location. We are grateful to the North Dakota Game & Fish for providing this service to the boaters / swimmers of our region.

NORTH  
**Dakota** | Game and Fish  
Be Legendary.™



## MENTAL DISTRACTION RATING SYSTEM

Even with your eyes on the road and your hands on the wheel, mental distractions dangerously affect drivers behind the wheel.

**Mild Danger**  
Example: Listening to the radio or an audio book

**Moderate Danger**  
Example: Talking on a hand-held phone or a hands-free phone

**High Danger**  
Example: Using voice-activated texting or email feature

AAA  
AAA.com/distraction