

# SAFE K:DS GRAND FORKS

## News You Can Use



2021 Fall Edition

**We've Been Everywhere, Man. . . . We've Been Everywhere!!**

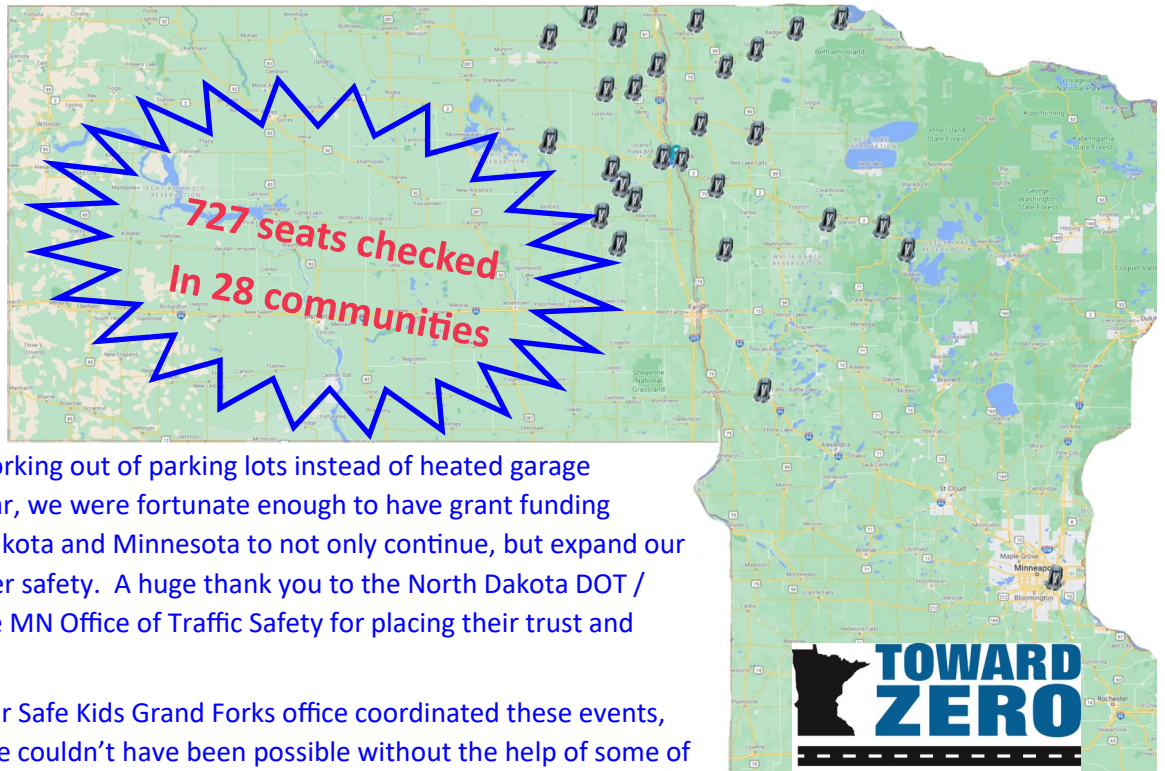
Summer always seems to be a busy time for our work in child passenger safety. While we hold our monthly check up events in Grand Forks and East Grand Forks, we tend to do more of our regional work when the weather is

warmer and we are working out of parking lots instead of heated garage buildings. This past year, we were fortunate enough to have grant funding through both North Dakota and Minnesota to not only continue, but expand our reach in child passenger safety. A huge thank you to the North Dakota DOT / Vision Zero ND and the MN Office of Traffic Safety for placing their trust and support in our work.

While Jasmine from our Safe Kids Grand Forks office coordinated these events, the work that was done couldn't have been possible without the help of some of our Grand Forks techs that were willing to travel and of course the car seat techs that are local to each of these communities.

Since January of 2021 we have held 73 car seat check up events in 28 communities. This does not include our reach with booths at events, radio interviews, school newsletters articles, grocery store bag stuffers, etc. At these events, we have checked 727 seats (111 seats distributed) with the help of over 2,500 car seat tech volunteer hours and an average misuse rate of 80%. (See map above for locations where Safe Kids Grand Forks has traveled this summer.)

Though summer is coming to an end and our "busy" time will shift from car seats to back-to-school reminders and winter safety topics, it doesn't mean that there still isn't work to do to help make sure kids are buckled up correctly and riding safely and legally in the car. If you have questions about car seat or booster use, we encourage you to visit one of our car seat check up events. More information on these can be found on our website at [safekidsgf.com](http://safekidsgf.com) or Facebook (SafeKidsGF). If you don't see an event in your area in the near future, you can always email or call us as well! [safekids@altru.org](mailto:safekids@altru.org) or 701.780.1489



**TOWARD  
ZERO  
DEATHS**

**VISION ZERO**

Zero fatalities. Zero excuses.

# Back-To-School Top Safety Tips

## For Elementary Students



- ⇒ Students should get out of the car on the curb/grass side of the vehicle so they are not getting out into traffic.
- ⇒ Kids 12 and under should be riding in the back seat and away from the airbags and dangers of frontal crashes (the most common type). That means all kids at an elementary school should be sitting in the back seat.
- ⇒ Most kids are not ready to use just a seat belt until they are 4'9" tall. A car or booster seat provides them the best protection until they meet the following criteria:
  - ◆ Back is against the seat back.
  - ◆ Knees bend at the edge of the seat.
  - ◆ Feet are flat on the floor.
  - ◆ Shoulder belt is on the collarbone and not the neck.
  - ◆ The lap belt is across the hips and not the stomach.
- ⇒ If you are carpooling, remember you are responsible to assure all kids in your car are buckled up.

## For Middle & High School Students



- ⇒ Remember: One seat belt per person. Double-buckling two people in one seat belt is not safe.
- ⇒ Seat belts save lives and not only is it illegal to ride/drive without one, it is also unsafe. Buckle up everyone in the car on each and every ride, no matter how far or short the distance.
- ⇒ Most teen crashes are due to inexperience. Parents; practice with new drivers to assure they are making good driving decisions. And, role model the way you want them to drive.
- ⇒ If students are driving motorized bikes/motorcycles to school, remember that helmets are required by law for those under age 18.
- ⇒ Remind student drivers about school bus laws. If the lights are flashing and the STOP arm is out, traffic must STOP from BOTH directions so the kids can cross.

## For All Students



- ⇒ Assure that all students in the vehicle are buckled up on each and every ride.
- ⇒ If riding a bike to school, make sure to wear a helmet.
- ⇒ Don't walk or ride your bike distracted by a cell phone or with earbuds/headphones. You want to assure that on-coming traffic can be both seen and heard.
- ⇒ When crossing the street, be sure to use the crosswalks where vehicle traffic should be watching for you, often with a flashing light.
- ⇒ Make eye contact with drivers before crossing and assure that the wheels of the car have stopped.
- ⇒ Use sidewalks, where possible, rather than the streets.



These messages are shared from our injury prevention partners in North Dakota and Minnesota including

- Vision Zero ND
- MN Office of Traffic Safety
- AAA

# VISION ZERO

Zero fatalities. Zero excuses.

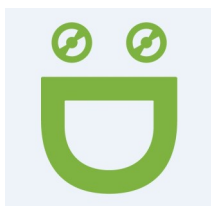


# New Coordinators Join Safe Kids Fargo-Moorhead & Safe Kids Bismarck-Mandan

There are four coalitions in North Dakota and two of them are getting new coordinators. In our last newsletter, we announced that Beth, the former Coordinator of Safe Kids Fargo-Moorhead had taken a position with the ND Department of Health. Her replacement has been named and Katie Oelke, the Interim Manager for SKFM, has been permanently named to that position. We have worked with Katie in her role with SKFM and look forward to continuing that relationship with her and the amazing staff that she has working with her at Safe Kids Fargo-Moorhead!! Welcome, Katie!!

Shortly after our last newsletter published, Nicole Selzler, the first Coordinator that was named to launch the newly formed Bismarck-Mandan Coalition nearly 3 years ago, announced that she was assuming a different position within Sanford in Bismarck. Nicole's position will be filled by Genie Messer who began her duties on August 29th. We are excited to meet Genie and work with her as well as she assumes this new role as the Coordinator for Safe Kids Bismarck-Mandan. Welcome, Genie!!

Together with our colleague and Safe Kids Minot Coordinator, Amber Emerson, we are excited for the great things that will be happening in the name of childhood injury prevention in our state as we all work together to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY!!!



*Sharing Gratitude to:*

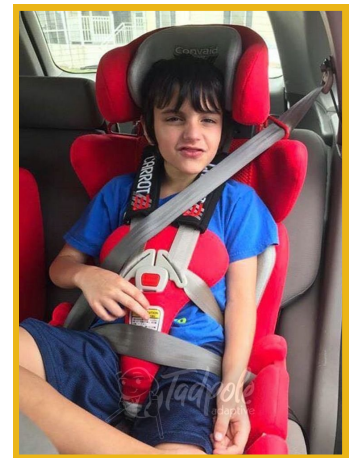


Child passenger safety is important to many of our partners but we are extremely grateful to State Farm. They have provided us with a grant to assist those that cannot afford car seats and financial support to our staff to assist with the proper installation and education on the seats being distributed. We thank them for their commitment to safety and share our gratitude for their financial support, their focus on safety and their partnership with Safe Kids Grand Forks. We are proud to have them on our team!!

*We're happy to be "in this together" with you as our partner!!*

# Special Needs Car Seat Tech Training

Safe Kids Grand Forks is proud to host a training designed for car seat technicians to become special needs car seat certified with “Safe Travel for All Children: Transporting Children with Special Health Care Needs”. This class will take place on September 14 & 15, 2021 in East Grand Forks and is sponsored by the North Dakota Department of Health, National Center for Safe Transportation of Children with Special Health Care Needs and Children’s Minnesota. This 2-day training combines classroom lecture and discussions with hands-on exercises including interactions with families. The technicians will be introduced to medical conditions that can affect what car seat options are available and have hands on experience with different types of medical car seats. If you have a child that has special needs and you would like a consult with one of our specially trained car seat technicians, please reach out to Safe Kids Grand Forks. For more information on this course, please contact Dawn Mayer at the ND Dept of Health at 701.328.4533 or [dr Mayer@nd.gov](mailto:dr Mayer@nd.gov).



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

## 2021 Medication Take Back Events

Did you know that medications are the leading cause of poisoning in young children? Knowing that has caused us to find ways to get expired or unused medications out of the home setting to make them a little bit safer for young children. Several years ago, Safe Kids Grand Forks started hosting drive up/drop off medication take back events in partnership with Altru Health System and the Grand Forks Sheriff’s Department.

The remaining date for the 2021 events will be:

**September 21**

We will host these events in the parking lot near Hugo’s and Perkins on Columbia Road from 8 a.m.—12:30 p.m. Medications can be kept in their original container and labels do not need to be removed. As we get closer to these events, we hope you will clean out your medicine cabinets and bring pills, liquids, patches, ointments, etc. for disposal.



# Featured Car Seat - Evenflo Revolve360

Meet the rotating car seat that's launching a revolution.

Get ready for a major turning point in car seat innovation—introducing the Evenflo® Gold Revolve360™ Rotational All-in-One Car Seat. Once again, Evenflo is changing the game with a rotating car seat that makes getting your child in and out of the car a breeze. Designed to grow with your child, the Revolve360 offers 10 years of use, 3 modes, and the ease of one-time installation. Once you experience the bold moves, leading-edge safety, and premium Gold style, there's really no turning back.

Rear Facing 4-40 pounds, Forward Facing up to 65 pounds, Booster up to 120 pounds  
 10 year expiration  
**Retail \$379.99**



NORTH DAKOTA SAFETY COUNCIL | DRIVER SAFETY

Vehicle crashes are the  
**#1 CAUSE OF DEATH**  
 for young adults **AGE 14 TO 24**



Give your teen the tools they need to stay safe behind the wheel.



## Alive at 25 Defensive Driving Course

Alive at 25 is a nationally-recognized, highly interactive 4.5 hour program helping young drivers stay safe by focusing on the rules of the road, responsible driving behavior and tools for making good choices.

**\$20 DRIVER SAFETY CLASS!**

State Farm is making these classes available to young drivers at a discounted rate of \$20 (Normally \$55). You do not have to be a State Farm policy holder to attend.

Students may qualify for insurance discount and point reduction!

- Bismarck: Sunday, September 12 – 3pm – 7:30pm
- Williston: Sunday, September 26 – 1pm – 5:30pm
- Distance Learning: Sunday, September 19 – 4pm – 8pm
- Fargo: Sunday, October 10 – 3pm – 7:30pm

Class sizes are limited! Register today! | [ndsc.org/driver-safety](http://ndsc.org/driver-safety)

NDSC offers Defensive Driving courses for all ages! Learn more at [ndsc.org/driver-safety](http://ndsc.org/driver-safety)





## North Dakota Department of Health Launches a New Mapping Tool For Car Seat/Child Passenger Safety Assistance

### Child Passenger Safety

- **I Need Help Installing a Car Seat**  
Find where to get help in North Dakota.
- **I Need a Car Seat**  
Find a Car Seat Distribution Program near you.
- **Infant Car Seat Classes**  
Find a birthing hospital near you that offers car seat classes.
- **Best Practice Recommendations**
- **Child Passenger Safety Laws**
- **Additional Resources**

Have questions about where to get help with installing a car seat? Maybe you can't afford a seat and need help getting one? Do you want to know what the best practice is for buckling up your kids? All that and more can be found on the new child passenger safety site created by the North Dakota Department of Health. Check it out at:

[North Dakota Child Passenger Safety Assistance | Department of Health \(nd.gov\)](http://North Dakota Child Passenger Safety Assistance | Department of Health (nd.gov))

### School Bus Safety

As school gets back in session, kids will be getting to and from school in a variety of ways – some walk, bike, take the family car or are dropped off and picked up with the school bus. It is our role to protect each and every student as they are getting to and from school. Last year, Dietrich Bus Service reached out to Safe Kids Grand Forks with concerns about cars disobeying the STOP arm and flashing lights on some of their bus routes. We want to provide a reminder about school bus safety as students head back to the classrooms and we all do our part in assuring their safety.

- When a school bus has their flashing lights on and is stopped with their STOP arm out, traffic in BOTH directions must stop for the bus. The drivers do this as a way of making a crosswalk/walkway in front of the bus for the students who need to cross the street at their drop-off site. **It is ILLEGAL to pass the bus, either from behind it or as on-coming traffic when they are in this situation.** Please know that the bus drivers can take down the license number of any vehicle that violates this law and a traffic citation will be issued by the police department to the owner of the vehicle. That being said, their main priority is to keep the kids on their buses and crossing the street safe, so having drivers comply with this law is important for the safety of every community's students and bus riders.
- If parents or community members notice areas where this appears to be an issue, please reach out to Safe Kids Grand Forks and we can work with local law enforcement on doing traffic monitoring at those sites and can also provide berm signs such as the one shown here.
- Thank you for all doing your part to help assure the safety of our students as they head back to school.

# Become A Certified Child Passenger Safety Technician

## Technician

Minnesota Department of Public Safety Office of Traffic Safety wants to encourage partners/stakeholders from:



**Fire/Emergency Medical & Trauma Services EMS):**



**Law Enforcement (\*Peace Officer Standard and Training\* Credits)**



**Engineering**



One of many goals is to help save lives in seat belt and child safety seat usage, by becoming a Child Passenger Safety Technician. To become a Child Passenger Safety Technician please visit: [Become A Tech | National CPS Certification \(safekids.org\)](#); To search for upcoming training classes visit: [New Search Courses SKCMS \(cyzap.net\)](#)

Once you become a Child Passenger Safety Technician your police department, fire stations etc... can apply for DPS-OTS Free Car Seat Distributions, to give out to low income families in need of car seats.

Feel free to contact Office of Traffic Safety, Occupant Protection Child Passenger Safety Coordinator: Irene Jones at (651)201-7068.

Photo of Office of Traffic Safety, Southern Child Passenger Safety Liaison, with others Toward Zero Death partners in: Education, Enforcement, Emergency Medical, Trauma Services, Engineering.



## 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!!



Thanks Grand Forks Sheriff's Department for offering this service!!



# BEHIND ON BILLS? AT RISK OF LOSING YOUR HOME?

**Help is One Call Away!**

United Way's Families First Program offers assistance for families that are experiencing homelessness or at risk of losing their homes. For qualifying families our services include:



Housing Assistance



Utility Assistance



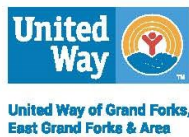
Household Items



Case Management

**TO APPLY FOR HELP CALL: 701.775.8661 or visit [givefegf.org/family](http://givefegf.org/family)**

## Services Available From Our Partners at United Way



# CHILDREN'S ITEMS AVAILABLE FOR FREE!



## KIDZ CLOSET POWERED BY UNITED WAY

Our Kidz Closet provides essential everyday items to children in need. These items are provided to families free of charge.

**Available items include:**



Clothing



Hygiene Products



Schools Supplies



Infant Care Items

**TO APPLY FOR THE KIDZ CLOSET CALL: 701.775.8661 or visit [givefegf.org/kidz-closet](http://givefegf.org/kidz-closet)**



Want more safety tips, announcements about upcoming events and links to great resources?  
Follow us on Facebook at <https://www.facebook.com/safekidsgf/>



# Smart Sitter

## BABYSITTING CLASS

**November 20, 2021**

**9:00am-2:30pm**

SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 12-15 year olds about the responsibilities of caring for other children. Attendees also receive an introduction to First Aid procedures and CPR. A certificate of completion and a course manual will be provided.

Grand Forks, ND

**Cost: \$50** (lunch included, but please bring a water bottle and snack)

**Registration is required 5 days prior to class date and class size is limited.**

Register online at <https://bit.ly/3tW0log> or scan the QR Code  
For additional upcoming dates visit [safekidsgf.com](http://safekidsgf.com)



*This class has been funded in part by a generous donation from the Lunn Family, given in honor and memory of Cynthia Lunn.*

**SAFE  
K:IDS**  
GRAND FORKS

**Altru**<sup>®</sup>  
HEALTH SYSTEM

Thanks to the generosity of the Lunn Family, we have been able to offer this class in Grand Forks and around the region. These classes have been held in the following communities:

- ◆ Larimore, ND
- ◆ Lancaster, MN

**\*\* Please check our web and FB pages periodically as more class may get scheduled in other locations. Interested in having a class in your community? Call our office to see how we may be able to assist!!**

This class has been funded in part by a generous donation from the Lunn Family given in honor and memory of Cynthia Lunn.



## September is Baby Safety Month:

### Tips For Keeping the Littlest Ones in Your Home Safe While at Sleep



Our clinic safe sleep display shows the proper way for a baby to sleep:

A—ALONE (no blankets, bumper pads, stuffed animals, pillows, etc.)

B—On the BACK

C—In a CRIB (not an adult bed, swing, car seat or bouncy seat)



The baby on the “safe” side is using a sleep sack rather than blankets and has no bumper pads in their bed (The one you see in the image above is from the “unsafe side”.) The baby on the “unsafe” side is under loose blankets and has bumper pads in place.

## Gasoline & Fire Safety Messaging

This past summer, we were able to distribute nearly 2,000 fire safety messages at regional camp grounds in northeast ND and northwest MN. In the bag (put together by our amazing volunteers) was information on the dangers of gasoline and fire and how they don't mix. We also included a fire-starting stick to serve as an alternative to

getting a fire ignited so folks aren't tempted to use gasoline. While this summer has been very dry and campfires are prohibited in many locations, we appreciate the campgrounds being willing to share this messaging with their guests.



# Recalled Infant Products

In June of this year, over 120,000 units of the 4-in-1 Rock N Glide Soother, linked to four infant deaths, were [recalled](#) voluntarily by Fisher-Price. The children were able to turn over and suffocate. Additionally, Fisher-Price also recalled 55,000 units of their 2-in-1 Sooth 'n Play Glider due to the product possessing a similar design to the 4-in-1 Rock' n Glide Soother.

If you own these products, please keep them away from children and participate in the [recall](#). Fisher-Price is offering a refund. If you have an incident to report with these or other children's products, report it at [SaferProducts.gov](#).

Follow the ABC's of safe sleep: **A**lone, on their **B**ack, in a **C**rib, play yard or bassinet that meets strong mandatory standards.

This recall happened two days after the U.S Consumer Product Safety Commission (CPSC) approved their new federal rule regarding infant sleep products. The new federal rule passed by the CPSC bans certain infant sleep products that do not meet the standards for safe sleep, including a ban for products with over a 10-degree incline. This ban will ensure potentially deadly infant sleep products are removed from the market. To learn more about the new rule, please check out the [blog](#) published by Kids In Danger.



## Kidz In Motion—Car Seat Conference Review

Car seats.... “How hard can they be?” What can you possibly talk about for 4 days to become a car seat tech?” “There is really a conference just about car seats?” “You really see 4 out of 5 car seats used wrong?” “Oh... maybe I should have you check my car seat.”

These are things I hear as a car seat tech instructor on a regular basis. I decided to become a tech when I was working in the Peds Clinic at Altru and was looking for something more to do... little did I know I would have a passion for keeping kids safe and it would lead to a career with Safe Kids Grand Forks.

Because of our grant work with the Minnesota Office of Traffic Safety, I was able to attend the 2021 Kidz in Motion Conference in Madison WI in August. This conference was extra special as it was great to be back in person for the sessions and to get to touch and feel new car seats and see the new technology in person instead of just viewing it on a screen.

One of the session made us think about our WHY. Why did we become a tech? Why do we keep recertifying?

If you knew you were going to be in a crash would you get your car seat checked to make sure you were using it 100% correct? ...just to double check? We never know when a crash is going to happen and while we made be a good driver, the other person on the road may not be. For a car seat to do its job and keep kids safe, it needs to be used correctly. There are almost 450 different car seats out on the road and they all have different rules and dos and don'ts - just because your friend's car seat can be used a certain way, doesn't mean yours is the same if it is a different brand or model. Please consider coming to a Safe Kids car seat check just to double check your seat and find out the next steps to be ready for as it comes to child passenger safety. Can't make it to an event? Give us a call with any questions or to

make an appointment for a virtual car seta check. -Jasmine Wangen, Child Passenger Safety Technician Instructor, SKGF



Pictured Left: Safe Kids Fargo-Moorhead Coordinator: Katie Oelke, Safe Kids Grand Forks: Jasmine Wangen, South Central MN EMS: Shelia Denton, Granada Fire and EMS Departments: Dan Denton, Norman-Mahnomen





## Safe Routes To School Maps—Charting the Path to School Safely

There are lots of benefits to kids walking to school, but when planning for their path to school, it is important to keep safety in the forefront. Sometimes, the shortest path is not necessarily the safest. The City MPO is in charge of creating safe routes to school maps that suggest the route that kids should travel, including where there are STOP signs, crosswalks, stop lights, etc. These maps can be access on the MPO web page at: <https://theforksmpto.wordpress.com/safe-routes-to-school-maps/>



# Save the Date!

## Virtual Concussion SYMPOSIUM

Friday, September 17, 2021

*No cost to attend*

Registration information coming soon!

**ndbin.org**



**NORTH DAKOTA  
BRAIN INJURY  
NETWORK**

## New Swim App Offers Water Safety Tips & Drowning Prevention Strategies For Families



**Swim by American Red Cross**  
American Red Cross  
Designed for iPhone  
★★★★☆ 3.7 - 4.6 Ratings  
Free

### iPhone Screenshots



The American Red Cross is pleased to announce their app, called “Swim,” has been refreshed and updated thanks to a sponsorship from The ZAC Foundation. Swim helps the entire family by focusing on water competency, which involves a combination of being water smart, having water safety and survival skills, and knowing what to do in a water emergency. This app teaches users the layers of protection to prevent drowning and about risks around water at home, in other environments, such as lakes, rivers and oceans, as well as in risky situations, such as group gatherings involving water.

To download the app, text SWIM to 90999 and the American Red Cross will send you a link — or you can search for American Red Cross in the iTunes app store or GooglePlay. [Learn more](#) about the Swim app and other drowning prevention digital resources from the American Red Cross.

# ATV Safety

STORIES OF REAL RISKS WHILE RIDING AN ALL-TERRAIN VEHICLE

JIM'S 10-YEAR OLD COUSIN, MARK, IS VISITING AND SPOTS JIM'S MACHINE.

HEY, LITTLE MAN, YOU WANT TO GIVE IT A SPIN?



HECK, YEAH!

JIM GIVES MARK SOME SAFETY GEAR AND TELLS HIM HOW TO GET THE VEHICLE STARTED.



NOW, TAKE IT EASY 'CAUSE SHE'S GOT SOME POWER.

MARK EASES OFF SLOW AND EASY BUT THEN OPENS UP THE THROTTLE.



AGGHH! IT WON'T TURNNNN!!!

HEY, SLOW DOWN!

LUCKY FOR THEM BOTH, MARK ENDED UP WITH ONLY A BROKEN ARM. THE NURSE AT THE ER WAS AN ATV RIDER AND GAVE THEM AND THEIR PARENTS SOME SOUND ADVICE:

- CHILDREN YOUNGER THAN 16 SHOULD NEVER RIDE ADULT ATVS.
- MOST RIDERS YOUNGER THAN 16 LACK THE SKILLS NEEDED TO MANEUVER THE FASTER, MORE POWERFUL ADULT ATVS.
- RIDERS YOUNGER THAN 16 SHOULD RIDE AN AGE-APPROPRIATE YOUTH MODEL ATV WITH A SPEED LIMITER.
- BEFORE YOU HOP ON, CHECK THE ATV FOR THE LABEL THAT SHOWS THE RECOMMENDED AGE FOR THAT MODEL.



NSN 14-2

We thank our partners at AgCountry for their support of our farm and ATV safety work.



# Concussions & Fall Sports



As we gear up for returning to school, it is important to keep in mind safety when returning to play our favorite fall sports. Concussion falls into the category of a mild Traumatic Brain Injury (mTBI) and Traumatic Brain Injuries (TBI). These are the second leading cause of death and disability among children and teens, according to the [Center for Disease Control and Prevention \(CDC\) Report to Congress: Traumatic Brain Injury in the United States](#).

Many of these brain injuries are preventable and often, if proper protective equipment is worn and rules are followed, players should be “in the clear.” For those that do experience a concussion, there are many resources out there that the North Dakota Brain Injury Network

(NDBIN) has to offer. What should happen if it is suspected that an athlete has a concussion? According to the [CDC TBI Data](#), the individual should be removed from play. The individual should be evaluated by a healthcare professional with experience in concussion treatment. Inform parents or guardians and keep the athlete out of play until he/she is evaluated. This [information sheet](#) from the CDC should be given to coaches and parents until further guidance can be given by the professional experienced in evaluating concussion. It is important to remember it is better to miss one game, rather than the whole season.

The main thing NDBIN wants people to understand is that a concussion sustained at any point in an individual’s life should resolve itself within four weeks with good concussion maintenance. What does good concussion maintenance look like? A reasonable amount of rest, followed by a measured increase in home and school activities, as long as symptoms are not exacerbated by these activities. NDBIN provides a [Common Academic Accommodations Following a Concussion infographic](#) that gives examples of how to pace workload reduction at school for those four weeks following sustaining a concussion.

NDBIN also provides a community-based concussion management program that can be very helpful for families and school teams struggling with concussion management called [REAP](#). R is for Remove/Reduce, E for Educate, A for Adjust/Accommodate, and P for Pace. We want you to be able to REAP the benefits of good concussion management by taking a team approach to concussion management. This guide, created by Karen McAvoy, is colored coded by each team involved within the athlete’s care. The Family team, School team (physical), School team (academic), and Medical team should all be “at the table” when it comes to determining the best plan of action for the concussed athlete. This team approach can help to ensure that no area is overlooked for the athlete.

NDBIN can be contacted as initial injuries occur, but we want to be looped in when a concussion does not resolve itself within four weeks. At that point other therapy options need to be explored. The brain is so complex that it does not warrant going into details on all therapy options for the purposes of this article, but NDBIN is more than happy to help walk through these options on a case-by-case basis. If you have not utilized us before, NDBIN provides information and support to individuals with brain injury, their family members, and various service providers and agencies. The resource facilitator assists with navigating the service system and provides technical assistance in finding the right resources for each individual. NDBIN offers outreach and education to increase public awareness of brain injury, as well as peer support by connecting people with others who have experienced a brain injury.

NDBIN can provide onsite training to facilities and organizations as well. All services are FREE.



We encourage individuals with questions on concussion to explore our website: [www.ndbin.org](http://www.ndbin.org) or contact our Resource Facilitator Nickie Livedalen at: 1 (855) 866-1884 or email [info@ndbin.org](mailto:info@ndbin.org). We want everyone to have a safe fall as we return to sports but are here for help today and hope tomorrow!

[ndbin.org](http://ndbin.org) • 855.866.1884





October 3—9, 2021 is National Fire Prevention Week

Our partners at the National Fire Protection Association remind us to  
“Learn the Sounds of Fire Safety”

Learn the  
**Sounds**  
of Fire Safety

**FIRE PREVENTION WEEK™**  
firepreventionweek.org

Hear a chirp, make a change!  
A CHIRPING ALARM means the battery, or the entire alarm, must be replaced.

Learn the sounds of fire safety at [fpw.org](http://fpw.org).

Is there a beep or a chirp coming from your smoke or carbon monoxide alarm? What does it all mean? Knowing the difference can save you, your family, and your home!  
Learn the sounds of fire safety at [fpw.org](http://fpw.org).

Hear a beep, get on your feet! A BEEPING ALARM means smoke or carbon monoxide is present — get out, call 9-1-1, and stay out.  
Learn the sounds of fire safety at [fpw.org](http://fpw.org).



# LIQUID LAUNDRY PACKET SAFETY STANDARD

Liquid laundry packets (LLPs), since their 2012 debut to the U.S., have become increasingly popular among consumers for their easy-to-use, premeasured doses that weigh less than liquid detergents. These highly concentrated packets can cause serious harm if they are accidentally ingested or come into contact with the eyes.

The American Cleaning Institute® (ACI) and industry manufacturers continue to work closely with public safety officials and consumer groups to identify best practices and understand LLP accidents to reduce their occurrence. Through this work, these organizations developed a new safety standard comprised of packaging, product and labeling modifications to reduce inadvertent exposures.

Additionally, ACI's laundry safety campaign educates parents and caregivers about the proper use and storage of LLPs to prevent accidental access.

## LABEL FEATURES

Liquid laundry packet packages are labeled with standardized warnings, precautionary and first aid statements, as well as eye-catching safety icons.

### Warning Information

is displayed on the front, and in greater detail on the side or back panel of the package

### Safety Icons

on the back or side panel warn of potential hazards

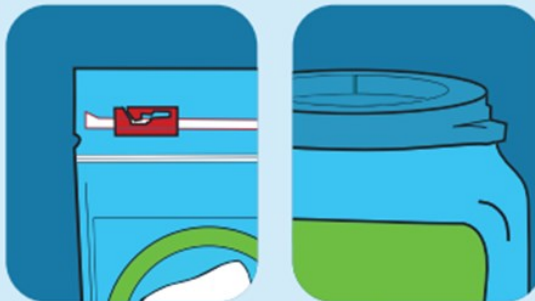
### First Aid Instructions

are included on the back or side panel

## PACKAGE FEATURES

Liquid laundry packet containers must be easy to close in one motion and meet one or more of the following safety requirements:

1. Manipulative skill or dexterity to open
2. Test criteria for being child-resistant
3. Intellectual skill of a child at least six years old to open



4. Force greater than what a child is capable of generating to open
5. Hand dexterity characteristics greater than those of an average-sized child to open

## PACKET FEATURES

### Bitter-tasting film



### Delayed-dissolution film



### Squeeze-resistant packet



As you can see, the manufacturers of these products have done their part to keep the products safe in our home. Now, it is our turn to do our part. If you keep liquid laundry packets in your home for use in your washing machine or dishwasher, keep these products up and out of sight and reach of young children.



## 2021 Class Dates



Are you ready to  
stay home alone?

December 11

9am-Noon OR 1-4pm

Grand Forks, ND

Help your 8-12 year old prepare for independence with this class created by Safe Kids Grand Forks. Drop your child off and they will learn:

- » Fire escape and severe weather planning
- » When to answer the door and the phone
- » Getting to and from school safely
- » Medication safety, first aid and Heimlich maneuver
- » Reasons to call 911
- » Cooking safety
- » Setting house rules
- » And much more!

**Cost \$20**

Registration  
required



This class is funded in part by a generous donation from Dakota Commercial.

**SAFE  
K:IDS**  
GRAND FORKS



Register online at <https://bit.ly/3uhxhtp>

## Be Doggone Smart

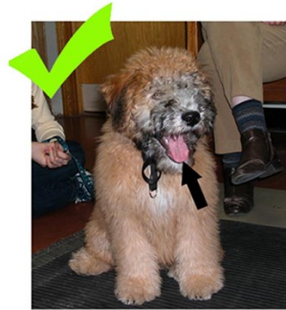
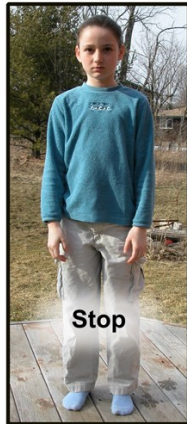
Learn to speak dog and teach others.

Pet only happy dogs. Ask permission.

Learn how to Be a Tree  
so a dog goes away.



[doggonesafe.com](http://doggonesafe.com)



Relaxed, happy dog.



Mouth closed, tail up,  
intense expression.

photos courtesy of the Doggone Crazy! board game [www.doggonecrazy.ca](http://www.doggonecrazy.ca)

**Dogs communicate with body language. Be a Dog Detective. Look for clues that tell you how the dog is feeling before petting any dog, even your own dog or dogs that you know.** © Doggone Safe



## ATV SAFETY

Due to the size and speed of ATV's, the American Academy of Pediatrics recommends that children and youth under age 16 should not ride on an adult sized ATV. If they ride on youth sized ones, be sure they have a helmet and chest protector and have taken an ATV safety course.

This message is brought to you by AgCountry &  
Safe Kids Grand Forks



We are grateful to AgCountry for their support of our farm and ATV safety work. It is amazing to have partners in injury prevention who are as passionate about this work as we are at Safe Kids. We thank you for your partnership and financial support of our work!!



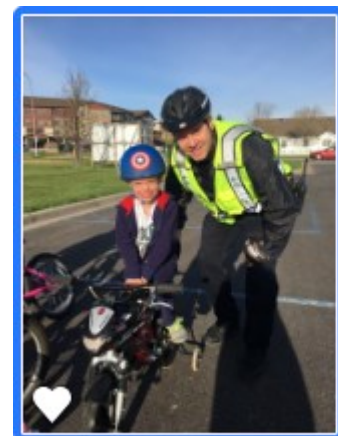
The National Safety Council, in partnership with the National Highway Transportation Safety Administration has just released an amazing new on-line teaching tool for parents and caregivers. This FREE, one-hour on-line training course is designed to teach people about the different types of car seats, their proper use and other important tips to make car seat use easy and correctly done. Sign up to take the class on your time schedule, right from the comfort of your own home. Here is the link to sign up:

<https://learn.nsc.org/products/Car-Seat-Basics-E-Learning.aspx>



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/>



## Officer Lampi Returns To Street Duty

Routinely, the Grand Forks Police Department rotates their positions of folks filling various assignments with the Department. Office Jon Lampi will soon be going back to street duty and his time as the representative on Safe Kids Grand Forks will end. We thank Jon for his passion for our work and the help he has been to our coalition. We look forward to welcoming his replacement but thank him for his time in this capacity. You will always have a friend in Safe Kids Grand Forks, Officer Lampi!!

# CPSC Urges Consumers to Schedule a Safety Check-Up on Products in Their Homes

Report Unsafe Products to CPSC at [www.SaferProducts.gov](http://www.SaferProducts.gov)




WASHINGTON, D.C. –We all know that an annual medical checkup is a good idea to help us stay healthy. The products in consumers’ homes need the same attention at least once every year to be safe. The U.S. Consumer Product Safety Commission (CPSC) is urging consumers to check for unsafe products in their homes.

Most consumer products have safety standards, warning labels or safety devices. Those safety aids include, for example, an immersion-protection device on hair dryers to protect consumers from electrical shocks and electrocution; a label on bicycle helmets, stating that the helmet meets CPSC’s federal safety standard; warning labels on toys, cautioning that small parts can be a choking hazard to young children; and safety information, providing alerts about medication and hazardous household chemicals that must comply with the Poison Prevention Packaging Act.








**Report dangerous products to CPSC at Safer Products.gov.** Consumers should make sure the products at home have these important labels or safety devices. If they don’t, consumers should report the product to CPSC at [www.SaferProducts.gov](http://www.SaferProducts.gov).

**Help protect others.** Reporting unsafe products helps CPSC do its job and lets other consumers know about dangerous products. Reporting also helps CPSC decide whether it should recall a product, issue a fine to the manufacturer, or create a regulation to address the product hazard.


**Consumers should check their homes today.** Consumers should use the following checklist to make sure their consumer products are safe. If a consumer suspects a product in their home is counterfeit, they should let CPSC know about it at [www.SaferProducts.gov](http://www.SaferProducts.gov). Also check for recalled products in the home. The list of recalled products is at SaferProducts.gov, or CPSC’s [recalls](#) app can be downloaded for free.

Consumers Should Check Their Homes for These Products and Others		
Type of Product	What to look for	Photo
Nursery products	Registration card – These should come with baby products. Fill it out, or register the product on the product's website.	
Toys	Toys must have age labels if the toy is a choking hazard for children under 3 years old. Only give children toys that are intended for his or her age to prevent choking or other hazards. Keep toys for older children away from the younger ones.	
Hair dryers	Check hair dryers for an immersion-protection device. This is required to protect consumers from electrical shock and electrocutions.	

Continued on page 22

<p><b>Medications and Hazardous Household Products</b></p>	<p>The Poison Prevention Packaging Act requires that medications and certain household products are in packages that are not easy for children to access.</p> <p>Keep medications and hazardous household products in their original packaging and out of the reach of children.</p>	
<p><b>Bicycle helmets</b></p>	<p>Look for a label stating the bicycle helmet meets CPSC federal safety standard. Helmets that comply with CPSC's standard help reduce the risk of brain injuries from a fall.</p>	
<p><b>Extension cords</b></p>	<p>Check cords to make sure they have been listed by a Nationally Recognized Testing Laboratory, such as Underwriters Laboratories (UL), Intertek (ETL) or CSA_Group Testing and Certification Inc. Unlisted or counterfeit extension cords can cause fires or electrical shocks.</p>	
<p><b>Children's sleepwear</b></p>	<p>Kids' sleepwear must be flame resistant or it must be tight-fitting to protect children from being burned. (sold in sizes larger than 9 months.)</p> <p>If the sleepwear is not flame resistant, it must have a hang tag stating it is not flame resistant and should be worn snug fitting.</p> <p>Loose-fitting sleepwear is more likely to catch fire.</p>	
<p><b>Art supplies</b></p>	<p>Children's art supplies should be labelled: "CONFORMS TO ASTM D-4236," to protect kids from toxic ingredients.</p>	
<p><b>Seasonal lighting</b></p>	<p>Holiday lights must have certain safety features to reduce the risk of electrical shock or fire.</p> <p>Look for a label on the box or the product stating that the lights have been certified by a Nationally Recognized Testing Laboratory, such as UL, ETL or CSA, to meet UL 588.</p>	
<p><b>Fireworks</b></p>	<p>Warning labels: Consumer fireworks have warning labels describing the hazard and function of a fireworks device.</p>	

Continued on page 23

<p><b>Rugs</b></p>	<p>Carpets and rugs must meet federal flammability standards. Small carpets and rugs that do not meet the standards should have this on a label: "FLAMMABLE (FAILS U.S. DEPARTMENT OF COMMERCE STANDARD FF 2-70): SHOULD NOT BE USED NEAR SOURCES OF IGNITION."</p>	
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### About the U.S. CPSC

The U.S. Consumer Product Safety Commission (CPSC) is charged with protecting the public from unreasonable risks of injury or death associated with the use of thousands of types of consumer products. Deaths, injuries, and property damage from consumer product incidents cost the nation more than \$1 trillion annually. CPSC's work to ensure the safety of consumer products has contributed to a decline in the rate of deaths and injuries associated with consumer products over the past 40 years.

Federal law bars any person from selling products subject to a publicly announced voluntary recall by a manufacturer or a mandatory recall ordered by the Commission.

#### For lifesaving information:

- Visit [CPSC.gov](http://CPSC.gov).
- Sign up to receive our [e-mail alerts](#).
- Follow us on [Facebook](#), Instagram [@USCPSC](#) and Twitter [@USCPSC](#).
- Report a dangerous product or a product-related injury on [www.SaferProducts.gov](http://www.SaferProducts.gov).
- Call CPSC's Hotline at 800-638-2772 (TTY 301-595-7054).
- Contact CPSC's Patty Davis at [pdavis@cpsc.gov](mailto:pdavis@cpsc.gov).

## C.A.R.S. (Children & Restraint Systems) Class—2021 Dates

If you are a child care provider or foster parent, safe transportation of children in your care is important. Come find out how to keep kids safe while in the car. The C.A.R.S. (Children and Restraint Systems) class is designed to meet the MN CPS course requirements for licensure & foster parenting and for law enforcement requirements.

It has been approved for Develop credit hours in MN and Growing Futures credits in ND. Safe Kids Grand Forks will NOT be providing class participants with Certificates of Completion. Attendance will be marked complete through the Develop website. (developtoolmn.org)

Please provide your Develop ID number when registering to receive credit.

Please register at least 2 weeks prior to the class.

September 14, 2021 (Tuesday) 6 pm—9:30 pm

October 2, 2021 (Saturday) 9 am—12:30 pm

November 9, 2021 (Tuesday) 6 pm—9:30 pm

December 4, 2021 (Saturday) 9 am—12:30 pm

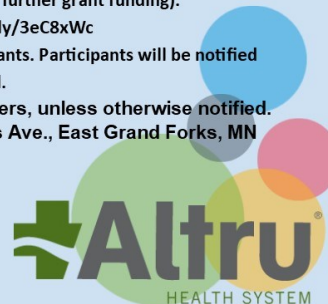
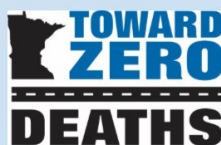


There is no cost to register for the classes in thru September because of grant funding from the Minnesota Office of Traffic Safety (potentially for the rest of the year pending further grant funding).

Registration can be done online at <https://bit.ly/3eC8xWc>

We reserve the right to cancel any classes with less than 6 participants. Participants will be notified 1 week before class if it is cancelled.

All classes are held at the Safe Kids Grand Forks Headquarters, unless otherwise notified. Altru Clinic in East Grand Forks, Lower Level—607 DeMers Ave., East Grand Forks, MN





Farm Safety a Priority For our Partners at AgCountry



Our friends and partners at AgCountry know that farming is a dangerous industry and their commitment to safety runs deep. This past year, they provided financial support to Safe Kids Grand Forks to support our farm safety and ATV work. Their dedication to safety

is also demonstrated in their Grain Bin Rescue Program that you can learn more about on their website at: <https://www.agcountry.com/rescue>

As fall season comes and farmers harvest their crops, we want to share some tips about grain safety to help keep farms a safe environment, not only for the farmers but for the kids that live and work on the farms as well. Grain bins are a dangerous environment and there are three ways in which someone can become entrapped in a grain bin and suffocate. The first is if a person is in the grain bin and the grain begins to flow out, causing the person to get “sucked into” the grain, much like the center of a tornado. The second way of being trapped is if there is a firm layer of grain across the top that breaks, much like ice breaking on water. The third way is similar to an avalanche where the person may be shoveling grain up against a wall and it breaks loose. All of these situations pose a dangerous situation and can cause the person in the bin to suffocate in a matter of minutes. To prevent these types of situations, one should avoid entering the grain bin altogether. If an adult must go in, they need to assure that all the grain removal equipment is turned off and others are aware that people are in the bin. Always enter with a buddy and use a safety harness. Kids should never enter the bins or play around them or grain carts.

Harvest is a busy time on the farm and it is important to know where young kids are and assure they are not playing in areas where farm equipment is operating. There are many blind zones around big pieces of machinery and kids often don’t think about the dangers if they are excited or intrigued by a big tractor or combine, especially if a parent or other loved one may be in them!!





## Newer Cars From Several Automakers Are Recalled to Improve Child Car Seat Safety

Owners of newer vehicles from [Audi](#), [BMW](#), [Ford](#), [Nissan](#), [Mitsubishi](#), [Volkswagen](#), and other auto manufacturers should check to see if their car has a recall for a faulty seat belt mechanism that may make it difficult to install a child car seat safely.

The problem is with a component called an automatic locking retractor (ALR), which locks a seat belt for a snug car seat installation. (If you've ever pulled out a belt and felt it "clunk" and not move any farther, that's the ALR doing its job.)

Because a tight belt is necessary to keep a child car seat in place, a faulty ALR could make it difficult to securely install one using a seat belt. And if a car seat isn't properly positioned during a crash, the child in it could be at increased risk of injury.

The good news is that a free fix is available, and it [takes only about an hour to do](#), according to a spokesperson for BMW. In addition, the seat belt manufacturer says that child car seats can still be installed in these vehicles using LATCH anchors when possible, and that belts with faulty ALRs will still lock in place during a crash.

If you drive one of the vehicles listed above, you should check the [National Highway Traffic Safety Administration web-site](#) to see if it needs recall work done. If it does, contact your dealership as soon as possible. The repair, which can be done only at a dealership, is free. So far, no recalls have been announced for vehicles from these companies, and none of these automakers have provided information to CR about whether recalls are imminent.

In the meantime, there are ways drivers can keep their children safe, including moving a car seat to a rear seating position that doesn't have a faulty ALR, using the lower LATCH anchors if your car seat allows it for your child's weight, and attaching the top tether for all forward-facing car seats. **On many vehicles included in this recall, only the front passenger seat belts are affected, and it's not recommended to install a child car seat in the front passenger seat in the first place.**



With school starting, the backpacks are likely filling up with school supplies, books and personal belongings. While backpacks need to get to and from school each day with the students, it is important that they not get in the way of safely buckling kids into car seats, booster seats or seat belts.

When getting into the vehicle, the backpack needs to be taken off the body and set on the seat or floor separate of the child. If they keep it on, the harness or seat belt will not fit properly and it will place the head and neck away from the head support behind the child. In a crash, this could cause additional forces to the head and neck, resulting in injury.

To help get the backpack on and off easily, assure the straps aren't too tight and limit the amount of things in the backpack that would make it heavy and cumbersome. The weight of the backpack is not only important for ergonomic reasons, but also because in a crash, everything in the car that is not restrained will become a projectile so the lighter the backpack, the less the chance of being injured by it in a crash.



## Backpacks In Cars

## Dorel Recalls 83,000 Pria Car Seats

The Dorel Juvenile Group has recalled 83,000 [Maxi-Cosi Pria 85 convertible child car seats](#) because they may not adequately protect larger children in a crash.

According to documents posted on the website of the National Highway Traffic Safety Administration (NHTSA), children who weigh 65 pounds or more could suffer a head injury in a crash when the seat is in the forward-facing position and secured using the [lap belt only](#) without also using the top-tether strap. The child's head could come in contact with the vehicle interior during the crash, which could result in potential head injuries, the NHTSA notice says.

This noncompliance recall is because in testing the seat failed to properly restrain the test dummy, thereby not conforming to the requirements of Federal Motor Vehicle Safety Standard (FMVSS) 213, which covers child restraint systems.

The NHTSA regulatory crash-tests are conducted on a bench seat using only a lap belt—not a three-point (lap and shoulder) seat belt—and without the top tether strap connected.

Consumer Reports' child safety engineer, Emily Thomas, says that this recall is a reminder for parents to always use the top tether with their forward-facing child car seat. "Whether the seat is installed using the vehicle belts or using the lower LATCH (Lower Anchors and Tethers for Children) anchors, it's imperative for parents to use the top tether strap as an extra measure of safety," Thomas says. "Top tethers are effective at preventing forward movement of your child and car seat."

The Details

**Seats recalled:** 83,000 Maxi-Cosi Pria 85 Convertible child car seats.

**The problem:** The seat may not adequately protect larger children when it's installed in the forward-facing orientation using the lap belts and without the top-tether strap attached.

**The fix:** Dorel Group hasn't provided a remedy at this time, nor has it provided a timetable for recall notification.

**How to contact the manufacturer:** Dorel's customer service can be reached by calling 877-657-9546.

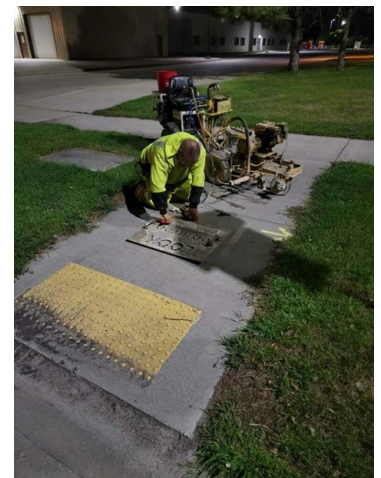


## EGF Launches Crosswalk Paintings with Safety Messages

New Heights Elementary, South Point Elementary and Central Middle School in East Grand Forks all got new parking lots this summer. Safe Kids teamed up with the City of East Grand Forks and Opp Construction to get "LOOK left, right, left before crossing" painted on the sidewalk ahead of the crosswalk areas around these schools. It's very important that when students are crossing the street that they first stop. Look to the left, right and left again. Make sure traffic has stopped in both directions; this means the wheels have stopped and the driver has made eye contact with the person crossing the street. Once they have done all of these things then it is safe to cross the road. We want them to continue to look left and right as they cross the street to make sure they didn't miss any traffic. This will ensure that all kids can get to and from school safely. Drivers, please make sure to watch out for children and remember to slow down in school zones.

Thank you to the City of East Grand Forks and Opp Construction for helping to keep kids safe going back to school!

We are grateful to our Minnesota Safe Routes to School grant funding that has been instrumental in our work to improve the safety of students in the East Grand Forks school system.



# Car Seat Check-Up Events

presented by:



## 2021 Dates

**Rydellcars.com**

2700 South Washington Street  
Grand Forks, ND

**Second Thursday of every month from 4-7 p.m.**

January 14	July 8
February 11	August 12
March 11	September 9
April 8	October 14
May 13	November 11
June 10	December 9

No appointments needed at Rydell's

## EGF Fire Department

415 4th St NW | East Grand Forks, MN

January 26	12-2 p.m.
February 22	9-11 a.m.
March 25	12-2 p.m.
April 22	9-11 a.m.
May 24	12-2 p.m.
June 24	9-11 a.m.
July 20	12-2 p.m.
August 23	9-11 a.m.
September 23	12-2 p.m.
October 26	9-11 a.m.
November 23	12-2 p.m.
December 21	9-11 a.m.

**Appointments at Fire Department required, call 701.780.1489**

**Stop by and make sure your children have a safe ride.**

### Baby on the way?

Register for our Bringing Home Baby class offered monthly. This class is taught by a certified car seat technician and will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.1489.

For more information, visit [www.safekidsgf.com](http://www.safekidsgf.com)



# Car Seat Check-Up Events

presented by:



In partnership with MN Office of Traffic Safety



4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4 - 5:30 p.m.

**Stop by and make sure your children have a safe ride.**



www.brostchevrolet.com

## 2021 Dates

**January 28**

**April 22**

**July 22**

**October 28**

**4 - 5:30 p.m.**

For more information, contact Polk County Public Health at 218.281.3385.

Also, join us in Grand Forks at Rydell Cars the second Thursday of every month between 4-7 p.m. in the service area.

in cooperation with  
**Brost Chevrolet**

1600 University Ave, Crookston, MN

# Car Seat Check-Up Events

presented by:



Public Health  
Walsh County Public Health



**To schedule an appointment, call Walsh County Health District at 701.352.5139.**

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Walsh County Health District and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6 p.m. at Hanson's Auto & Implement on Hwy 17 in Grafton **by appointment only.**

in cooperation with:



14830 Hwy 17, Grafton, ND

## 2021 Dates

**February 4**

**May 6**

**August 5**

**November 4**



For additional car seat check-up events in Grand Forks and other surrounding areas, please visit Safe Kids Grand Forks on Facebook!



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!!

# How Cool Is This?!?!?!?



Safe Kids Grand Forks Coordinator, Carma Hanson, is dear friends with Kelly Ransdell who happens to work for the NFPA. While on vacation together, they were discussing the theme of the 2021 National Prevention Week Campaign. Kelly noted that it would be “Learn the Sounds of Fire Safety” and remarked that she wanted to include someone sharing the message with American Sign Language. Carma immediately thought about ND’s very own ASL signer that has been providing this skill during the Governor’s State Covid updates. She reached out to Lindsay Solberg Herbel and she

ultimately connected us with Tammy Derrick, a ND resident who uses ASL as her first form of communication. Together, they were able to create the ASL portion of the video shown all around the country (and in other countries of the world too) to launch National Fire Prevention Week. What an honor to have these ladies representing our state and helping out in our injury prevention work. To view the video, visit this link: <https://www.youtube.com/watch?v=dglE1B1ydlk>

**Thank you Tammy and Lindsay for helping to make this video possible!!**



## Splash Into Safety Around Our Region

Water safety is a lifelong skill and one that kids should be introduced to at an early age. This year, thanks to the time of one of our flextime Safe Kids staff members and the University of North Dakota RN to BSN nursing students doing their community health clinicals with us, we were able to provide Splash Into Safety water safety classes in Cavalier, Larimore and East Grand Forks. We thank the pools in these communities

for allowing us to use their facilities and the nursing students that shared their time and expertise in this topic with the students in attendance.



# PASSENGER SAFETY FOR PRE-TEENS

## KEEPING YOUR PRE-TEENS SAFE IN CARS

- ◆ **Kids are VIPs.** Just ask them. We know VIPs ride in the back seat, so keep all kids in the back seat until they are 13.
- ◆ **Wear your seat belt.** When adults wear seat belts, kids wear seat belts. Be sure everyone in the vehicle buckles up, too. Setting that good example starts when kids turn forward facing in the car after age 2 or more. Your child has been watching what you do for years!
- ◆ **Talk about riding with others.** Talk to your kids about riding with experienced drivers who do not drink or do drugs. Explain what “experienced” means and discuss your family rules with your child. Teach your child to buckle up in anyone’s car when you are not there to protect them.
- ◆ **Team up with the other parents of your kid’s friends.** Set common rules (curfew, number kids in a car, seat belt use) so all the kids have the same rules and avoid peer pressure.
- ◆ **Driving before you know it.** Your pre-teen will be driving before you know it. Click here to [learn how to help them get ready to drive.](#)

### Finding the Safest Way to Ride for Your Pre-teen

- ◆ **Booster seats.** Many pre-teens still need to ride in a booster. Smaller kids may need to use a [booster seat](#) when they are between 8-12.
- ◆ **Seat belt.** Find out if your child is ready for a [seat belt](#).



## SEAT BELT USE

Do you use your seat belt on every ride? Buckling up on every ride is the single most important thing a family can do to stay safe in the car. Here are a few tips to make buckling a part of every car ride.

**Hard Facts about Not Wearing Seat Belts:** More than half of teens (ages 13-19) and adults (ages 20-44) who died in crashes in 2015 were not wearing a seat belt. (NHTSA)

### Top Tips about Wearing Seat Belts

Don’t be in a hurry to move your child out of the belt positioning booster seat. The adult seat belt usually does not fit well until sometime between the ages of 8 and 12, depending on the size of your child.

Find out if your child is ready for the seat belt alone by doing the [Safety Belt Fit Test](#):

- ◆ Check knees and feet. Your child’s knees should bend at the edge of the seat when her back and bottom are against the vehicle seat back. Her feet should touch the floor for comfort and stability.
- ◆ Check the lap belt. The vehicle lap belt must fit snugly across the hips or upper thighs.
- ◆ Check the shoulder belt. The shoulder belt must fit across the shoulder and chest, NOT across the neck.
- ◆ If your child doesn’t pass the test, keep him in a booster seat until he does.
- ◆ Remember, just because the seat belt fits your child in one car doesn’t mean the seat belt will fit in all cars. Do the Seat Belt Fit Test in every car before permanently moving from the booster seat to seat belt alone.

**Be a good example. We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every ride.**

**Be sure everyone in the vehicle buckles up, too.**



# Sharing Gratitude To Our Safe Kids Supporters

  
 \$50,000 & Above







  
 \$25,000—\$49,999










  
 \$15,000—\$24,999









  
 \$5,000—\$14,999














  
 \$5,000—\$14,999













We are grateful for your support and also thank our supporters at the Supporter and Friend level of giving (recognized in the Spring 2021 Newsletter). We are successful in our work thanks to EACH AND EVERY volunteer and supporter of our injury prevention efforts.

Thanks for helping to keep kids safe at  
 HOME, at SCHOOL, at PLAY and  
 ON the WAY.

# Safe Kids Specialist Turned First Time Mom: My Top Tips For New Parents

Hello everyone! My name is Jessica Gonitzke and I work as a Safe Kids Specialist. My safety focus areas are home, wheeled sport and pedestrian safety. I have had a lot of titles in life but my newest and favorite is now Mom. Jack Paul was born on June 24<sup>th</sup>, 2021 at 1PM ~ 8 pounds, 3 oz and 21.5 inches of perfection. I've worked at Safe Kids for about 5 years now and I've learned a lot about keeping kids safe, but it's a whole new ballgame when it's your own child you are working to help keep safe now. Here are my top tips after becoming a new mom.



**Car Seats:** There are SO many car seats on the market these days. They all have so many different options, but the thing is they are ALL safe. When choosing one for my son there were a few things we needed. We ended up choosing a seat that can also be used without the base to install in the car if we need grandparents or someone else to transport Jack.

There is a great resource out there called "The Ultimate Car Seat Guide" that can help choose what car seat will be best for you and your family. I would highly recommend going to the Bringing Home Baby class that we at Safe Kids Grand Forks offer twice per month. I know how to install seats as I am now a car seat technician, but if you aren't, this class is so helpful at learning the dos and don't of car seats and at the end they will help you install your seat in your vehicle. This way you can feel confident teaching others who might transport your child how to properly install them in the car to keep your child safe. To access the Ultimate Car Seat Guide, visit: <https://ucsg.safekids.org/>

**Safe Sleep:** When bringing home a newborn, you do not get much sleep the first few nights. Jack was no different; he had his days and nights mixed up for the first few days which made us get little to no sleep at night. Both my husband and I had concerns about SIDS like most parents do. Here are the steps we took to help mitigate these fears for us. First, he has a firm mattress in his bassinet with sheets that fit it and do not bunch up. He is alone in his bassinet which means no blankets, pillows, stuffed animals or bumper pads. He is swaddled in a sleep sack that helps keep him warm and safe. His bassinet is in our room so that we can keep an eye on him as he sleeps. All of these put together help keep him as safe as possible when he sleeps and helps ease our minds.

**Childproofing:** There are plenty of things you don't think about before you have a kid. You can keep your cleaning supplies wherever you want, medications on the counter or an accessible cabinet, etc. Once you have a kid everything has to change because they are changing every day and before you know it, they will be crawling, walking and being able to push chairs up to counters to climb. So far, we have outlet covers on, a gate in front of the stairs and locks on our lower cabinets where we have cleaning supplies stored under our kitchen and bathroom sinks. This way I do not have to think about doing this once he can start crawling.

**Kids Left in Cars:** Working for Safe Kids I have always struggled with people who say that it's bad parents who unintentionally left their child in a car that was either seriously injured or died as a result of it. We know that the majority of kids who are left in cars are done so by parents unintentionally. Of course, we hear in the news sometimes of actual bad parents who left their child in a car intentionally, but this is far less often than people think. It is not bad parents who have unintentionally left their child in a car; it's busy parents. It's the parent who doesn't normally drop their child off at daycare, the child falls asleep in the car and the parents drives to work not thinking about needing to drop that child off at daycare because it's not normally their job. My husband and I have talked a lot about this because as new parents we worry about this. It's going to be my job most of the time to drop Jack off a daycare since it's on my way to work, but there will obviously be times where he will be dropping him off if I can't. We have some things put in place to make sure that Jack is never unintentionally left in the car.

- We plan to text the person who dropped him off to make sure that he was dropped off that morning.
- The person who is dropping him off will plan to put something they need for work in the back seat such as a cell phone, left shoe, keyfob, etc. so that they cannot go into work without it.
- Our daycare will also text us to see if Jack is coming that day if he hasn't shown up by a certain time that we have determined.

Working at Safe Kids, I have learned a lot about how to keep Jack safe, but I still don't know everything. Remember to reach out to others if you have questions; it's okay not to know everything, we learn as we go. I hope you learned something new as well or will share one of these tips with a friend.





## Halloween Safety

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective things that parents can share with kids to help reduce their risk of injury.

### Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers.
- Choose face paint and makeup whenever possible instead of masks as they can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

### Trick-or-Treat With an Adult

- Kids over the age of 12, who are mature enough to be trick-or-treating without supervision, should be reminded to stick to familiar areas that are well lit and stay in groups.

### Walking Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Watch for cars that are turning or backing up. Teach children to never run out into the street or cross between parked cars.

### Drive Extra Safe on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 to 9:30 p.m. so be especially alert for kids during those hours.

### Be Safe in Motor Vehicles

- Be sure your trick or treaters are buckled in their car or booster seat or seat belts when traveling.
- Have kids exit on the curb/grass side of the vehicle so they are not getting out into traffic.



### Halloween Burn Safety Tips

- Keep candles, matches and lighters out of children's reach. This includes pumpkins with candles.
- Be careful with costumes around jack-o-lanterns or candles that may be serving as a porch/step decoration.
- Use light sources other than open flames to illuminate decorations (i.e. flame-less candles, battery operated lights, glow sticks, etc.)

Many communities throughout the region offer indoor or parking lot events. These are a great, safe alternative to trick or treating.

In an effort to promote attendance at indoor community events rather than out walking on the streets on Halloween, Safe Kids Grand Forks compiles a list of regional Halloween events each year and posts it in a "Halloween Event" on our Facebook page. Please check back for that closer to Halloween and if you are aware of any events, pumpkin patches, etc. that you would like added to that page, please contact us by sending information to [safekids@altru.org](mailto:safekids@altru.org)

**BE SAFE = BE SEEN on Halloween!!**  
(Or attend an indoor event where you don't have to content with low light conditions.)



# SKGF Lead Agency, Altru Health System Invests in School Athletics

## Demonstrating On-going Support of Sport Safety

The Grand Forks school district and Altru Health System have forged a 10-year, \$750,000 agreement -- the first of its kind -- which calls for the health system to provide athletic training services and funds for equipment and facility upgrades in exchange for corporate sponsorships.

Under the collaborative agreement, Altru will provide athletic trainers for each middle and high school, \$20,000 per year for equipment, and a \$35,000 per year contribution for replacing the track and turf at the Cushman Athletic Complex. "This is a great partnership," School Board President Eric Lunn, a pediatrician, said at a recent board meeting, where he noted that students who need further consultation on a health issue are not referred to Altru but receive a recommendation from the trainer to see their primary care provider. The agreement allows for the doubling of athletic trainers -- to two at each high school and two to cover the four middle schools, said Mark Rerick, athletic director for Grand Forks Public Schools. For Grand Forks Public Schools, that coverage "is, first and foremost, the most important part to us," Rerick said.

"In previous agreements, we've had one athletic trainer at each high school and one to cover all four middle schools, which essentially means your poor middle school athletic trainer is really covering nobody, because they're just running all over the place. And our high school athletic trainers always had the sense of being needed where they aren't. "And, of course, providing coverage at contests means that our practices were always uncovered," he said. Because of the number of facilities in use "on any given night, especially in the winter, we might have two or three facilities that are uncovered," Rerick said. "So being able to double our coverage is going to increase the availability of athletic training staff for our kids. The ultimate benefit for our kids is just knowing that we'll have an athletic trainer available for them at pretty much all times," he said.

As has been the practice in the past, if a student has a health issue, that student and his or her family are advised to see their primary care provider, and are not referred to an Altru provider, Rerick said. "We want our families to choose the medical care they normally choose, whatever they feel is best for their family."

At the Cushman Athletic Complex, "the track surface and turf itself are at end-of-life right now and need to be replaced," Rerick said. The \$35,000 per year investment will offset replacement costs. "Turf replacement, depending on the base surface, can be in the \$650,000 to \$800,000 range for the turf, and that's not including the track," he said. "So those funds that are allocated for Cushman will be specifically to offset track and turf replacement, and that'll be every year moving forward because that's where those funds are needed." Altru's annual \$20,000 investment in sports equipment will boost the district's budget in that category for grades 7-12, which is in the \$65,000 to \$80,000 range, he said.

The most important benefit in this agreement for Altru is "community good will," Rerick said. "You're talking about two of the larger employers in the Grand Forks area now with a 10-year agreement to take care of each other -- that's first and foremost.

"Being able to have their logo on the turf (and) their logo on all of our sidelines, obviously that's going to be good publicity for Altru and it helps strengthen their presence as a medical provider in town. "There are other little things that are written in, in terms of sponsorship recognitions and things like that, but I think all of that is secondary to being able to show the community how dedicated Altru Health is to our kids."

In the past, agreements of this type have been less formal, Rerick said. "It's been an exchange of services. Altru has covered our athletic services for us and, in exchange, we're offered a handful of advertising opportunities for them.

"This is obviously much bigger than that and because of the size of the dollar amount, and the strength of the sponsorship agreement, that was the necessity of the ten years." This partnership "is a really good thing for both entities" and for students, Rerick said. "Ultimately, that's our goal -- to improve the health of our kids, improve the experience of our kids, and really help them to get the most out of our athletic program as possible."

