

# SAFE K:DS GRAND FORKS

## News You Can Use



### 2021 Winter Edition

#### Bill Vasicek's Retirement: Pondering On His Contributions to Safety

Shortly after assuming the role as the Coordinator for Safe Kids Grand Forks, I set out to establish routine car seat check-up events in our community. We approached local dealerships and Rydell's was eager to serve as our host for the events. While working at those events, Bill Vasicek, then a service technician and safety specialist at the dealership, approached us about becoming a car seat technician. Bill became a regular at our events, even recruiting his wife and daughter to that role to work alongside him and our team.

Several years later, Bill took a position within Altru Health System, working in our Trauma Services Division as a Community Safety Coordinator. Over the years, Bill has coordinated and taught hundreds of classes focused on safety and injury prevention. From falls prevention for the elderly, car seat safety for kids, teen driver safety, playground training for child care centers or defensive driving, Bill has had a hand in many of our classes and community safety events.

As Bill focuses on retiring from his full-time position at Altru Health System at the end of the year, we pause and reflect on the amazing impact that Bill has had on the safety status of our community and our region. His fingerprints are on many class curriculums, he has trained hundreds of new child passenger safety technicians and has inspected many playgrounds to make them safer. He has touched the lives of countless children by helping their parents and caregivers learn how to install their car seats correctly. Bill has taught many/most of the car seat technicians in our region and when one reads the class evaluations, you see amazing comments about Bill's pleasant and helpful demeanor, his ability to teach and his passion for this work.

To say Bill has made a profound impact in our community, region and state would be an understatement. His work has been tireless and while we are sad to see Bill retire, we wish him all the best in this next chapter in his life. It is always hard to see folks that have been an integral part of our work and our coalition's "story" move on to different things, but we have been blessed by Bill and have reminded him that we "love volunteers" and he is welcome to join us any time!! On behalf of our team at Safe Kids Grand Forks, we thank you Bill—Gratefully signed, Carma Hanson, Coordinator—Safe Kids Grand Forks

Please help us in wishing well to our friend, mentor, colleague and fellow certified child passenger safety technician instructor, Bill Vasicek!!!! We will be hosting a special "retirement gathering" for Bill on 12.16 at 11:30 a.m. For details, call 701.780.1489.



# Welcome To Our Team, Amy and Tina



**Amy Covington**

NICU and the Family Care Center. Now serving on our Safe Kids Grand Forks team, she brings her wealth of car seat knowledge with her and will be instrumental in helping us to coordinate car seat check-up events, classes, and trainings around our region. Amy has a “can do” and caring attitude that we are blessed to add to our team. She can be reached at our office at 701.780.1866 or [acovington@altru.org](mailto:acovington@altru.org). Amy and Jasmine will be working very closely together on our child passenger safety initiatives as well as other areas on the Safe Kids team.

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We received Tina’s job application while looking for a flextime Safe Kids Specialist to help us with some of our community events. We were thrilled to learn that Tina was also a certified child passenger safety technician and came with a wealth of knowledge in the public health arena (grant writing, programming, newsletter publication, etc.). We eager added her to our team this fall and she has hit the ground running. Tina is one that is eager to new learn about new injury risk areas, is not afraid to try new things and does amazing as an instructor with the schools and students that we work with. We often wonder how we got so lucky and blesse that she found us after moving to Grand Forks with her family. While Tina has expertise in child passenger safety activities, she will work in many areas of our Safe Kids Grand Forks programming. In fact, this fall Tina was willing to work on a nationwide pilot project with farm safety and in that, she covered 8 different risk areas at regional schools. Tina can be reached at [cesanders@altru.org](mailto:cesanders@altru.org)



**Tina Sanders**

**Please help us in welcoming both these ladies, Amy and Tina to our Safe Kids Grand Forks team!!!!**





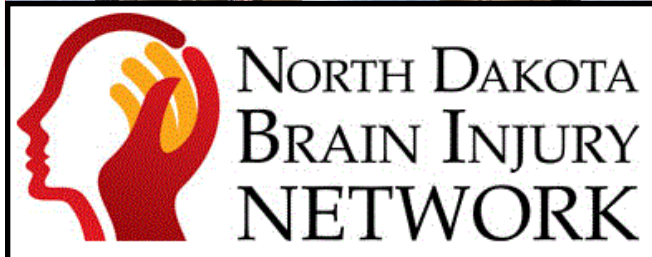
Safe Kids STAR

# Carly Endres



This past year Carly Endres from the North Dakota Brain Injury Network partnered with Safe Kids Grand Forks to help with our “Safety on Wheels” program where we talk with third grade students in Grand Forks and the surrounding region about the importance of wearing a helmet to prevent brain injuries. Carly stepped up and not only helped fit bicycle helmets at these schools, but also helped do some of the presentations. Carly’s expertise with her current job helped when talking with these kids about the importance of keeping their brain safe and some stories about clients she works with who had injured their brains. Carly also helped us out this fall when our schedules were full of back to school work and took on some of the Grand Forks Public Schools too. She is a rockstar and we are SO blessed to have this amazing partnership with Carly and the ND Brain Injury Network.

**We thank you Carly and love naming you this edition’s Safe Kid’s Star!**



## Number of Traffic Deaths on MN Roads Are the Highest Since 2009

Speed continues to be the largest contributing factor in fatal traffic crashes with 133 speed-related deaths reported as of November 4. This is a 31% increase from this time last year and a 106% increase from this time in 2019. To date, speed has been a factor in a third of all traffic fatalities in 2021.

We all know that traveling faster gives you less time to see and react to hazards, makes maneuvering more difficult and creates longer stopping distances.

For instance, let's take a look at the time it takes to make a 30-mile trip at different speeds. The trip takes 32 minutes at the speed limit. Go 10 over and you will only save about 4 minutes. Go 20 over and it saves you only 8 minutes. Is it worth it? Leave 10 minutes earlier and avoid the stress and risk.

If a hit to your pocketbook could change your speed, you should know that although most vehicles reach optimal fuel economy at different speeds, gas mileage usually decreases rapidly at speeds above 50 mph. According to fueleconomy.gov, you can assume that each 5 mph driven over 50 mph is like paying an additional \$0.24 per gallon for gas. For context, a vehicle averaging 25 mpg at 55 mph will see its mileage decrease to 19.3 mpg by driving 75 mph – and that will cost more than \$900 a year!

We all understand the temptation to believe that speeding is a good way to get someplace faster and save time. But in reality, speeding is dangerous and not worth the slight time savings and higher fuel cost. Let's commit to planning ahead for our travel to avoid the temptation to speed. You'll find additional safe driving advice attached.

YOU are important – to your families, friends, and colleagues. By driving smart and slowing down, we can all save lives on Minnesota roads and help everyone arrive home safely at the end of the day.

Submitted by Amanda Monroe – Highway Support Technician, Bemidji MN



*Sharing Gratitude*  
**State Farm**<sup>®</sup>



*We're happy to be "in this together"*

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!!





*It's the most wonderful time of the year,*

but also a time when we want to keep the children in our lives safe!



#### 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.



Do your holiday plans include  
air travel?



**SAFE  
K:DS**  
GRAND FORKS

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.

In 2020, there were 9 deaths and nearly 150,000 ER treated injuries from children's toys according to data from Consumer Product Safety Commissions.

Let's do our part to decrease those numbers in 2021, here are a few tips.

- ⇒ When purchasing sleds, scooters or bikes remember to give the gift of safety and include a helmet.
- ⇒ Look for safety warnings on toys and make sure they are age appropriate.
- ⇒ Toys with high powered magnets, button batteries or small balls should not be given to children under the age of 3.
- ⇒ Balloons can be a choking hazard for children under 8 years, either when they are inflated or deflated. Discard immediately after popped or if it won't inflate.
- ⇒ Shop from stores and online retailers you know and trust to avoid counterfeit toys and products.

If a toy, or any other household product, appears to be dangerous or malfunctions, immediately stop using it, secure it in a safe location away from children, and report the safety issue to [www.SaferProducts.gov](http://www.SaferProducts.gov). This can help reduce the risk of injury to other children.

# Featured Car Seat - Evenflo LiteMax

The LiteMax™ Infant Car Seat is the ideal combination of safety, convenience and value.

For infants between 4 – 35 lb in weight, and 17 – 32 inches in height, the rear-facing LiteMax provides the peace of mind you're looking for in a car seat. The seat is designed with your lifestyle in mind. Featuring an ergonomic handle, carrying the LiteMax is easy. For your infant, the seat's canopy will help protect from the sun, wind and rain.

The LiteMax Sport Infant Car Seat exceeds all applicable federal safety standards and is rollover tested, temperature tested, and structural integrity tested at energy levels approximately 2X the federal crash test standard.

For preemie or NICU babies, this car seat has been approved for infants weighing as little as 3 pounds.

Rear facing: 3-35 pounds

Retail: \$79.98-\$179.99 (depending on trim level)



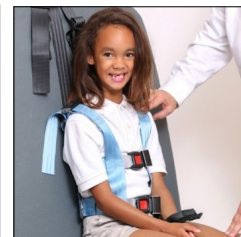
## Car Seat for Children with Special Health Care Needs

We have many amazing car seat technicians across North Dakota and Minnesota (and across the country!) to help caregivers with their car seat needs. But did you know we also have car seat techs that are also trained to help with car seats for children with special needs?

There are many different reasons a special needs seat may be needed. Premature infants who cannot tolerate sitting reclined in a car seat may need to go home from the hospital in a car bed. If a child is having a cast put on their legs, the position and angle of the cast may prevent them from sitting correctly in their car seat and a larger car seat with no sides may be needed.

There are also a variety of other medically diagnosed reasons why a child may need a special needs car seat or a consult on how to best transport that child in the vehicle.

If you know of a child that may benefit from a consult with a car seat technician that is also trained in special needs seats, please reach out to Safe Kids Grand Forks and we can help you locate the tech nearest you. 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org)

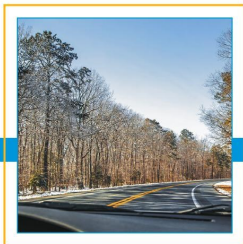




The intersection of 47<sup>th</sup> Ave South and South 20<sup>th</sup> Street (by South Middle School) is getting overhead traffic control devices in early January. This will help with the traffic congestion at this intersection and pedestrian safety for the students who live north of 47<sup>th</sup> Ave S. Please be mindful that when these stop lights go up there will potentially be some lane closures and that will impact dropping your student off at South Middle School. Please give yourself extra time to drop your student off and/or pick them up during the few days it takes to get the stop lights up and working. These lights will help protect all the students at South Middle School when walking and biking to school and we are grateful to the City of Grand Forks for enhancing the school environment in this way.



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## Holiday Travel Safety Checklist

### TIPS FOR FAMILIES

The holidays can be both a joyful and stressful time of year. Families are on the go, running errands, going shopping and taking road trips to visit relatives and friends. Here are tips for keeping your kids safe during holiday travel.

- **Everybody needs their own restraint.** Make it a rule: everyone buckled, every ride, every time, whether it's the long trip to visit family or around the block to the mall. Remember, kids will do what you do — so buckle up every time.
- **If you are flying, take your car seat with you and use it on the plane.** It will be a benefit to have it with you at your destination and when you travel to and from the airport. Rent or borrow a car seat or booster seat if you can't take your child's with you.
- **Watch out for small kids and distracted drivers in parking lots** that are busier than usual during the holidays.
- **Remind your inexperienced teen driver to be extra alert** during the holidays when people are more distracted and the weather can be tricky.
- **Avoid distractions while driving.** No text or playlist is worth the risk of taking your eyes off the road. Set your GPS to voice activated so you can concentrate on driving without having to look at your phone.
- **Plan to use a designated driver or rideshare to make sure you get home safely after celebrating.**
- **Secure loose objects.** Put hot foods, large gifts and anything that could fly around in a crash in the trunk.
- In cold states, **prepare for weather emergencies** by packing extra blankets, food and diapers. Keep your phone charged and make sure someone at your destination knows the route you are planning to take.
- **Keep car exhaust pipes clear of packed snow** to avoid carbon monoxide poisoning.



SAFE  
KIDS  
WORLDWIDE

INTRODUCING

## The Ultimate Car Seat Guide



UltimateCarSeatGuide.org

Also disponible en Español

Safe Kids Worldwide developed

The Ultimate Car Seat Guide to help give parents and caregivers personalized tips for your child.

Enter your child's name, date of birth and weight to get started!

It includes tip for buying, installing, getting the right fit and when to change to the next type of car seat.

It also includes bonus tips!

Check it out: [ultimatecarseatguide.org](http://ultimatecarseatguide.org)

TRAFFIC SAFETY

AAA — THE AUTO CLUB GROUP INTRODUCES...

## Lesson Plans for Student Learning

For more than 100 years, AAA has provided educational programs aimed to teach students the importance of injury prevention and safety in and around traffic. Our traffic safety experts and educators are proud to provide K-12 lesson plans and learning modules so students can learn from home or at school.

At AAA.com/Student, you will find:

- Easy to follow lesson plans with answer keys
- Student worksheets in fillable PDF format (paper-free) for ease of use for e-mail/upload
- Many lessons are accompanied by a supplemental video
- Contact your school administrator regarding primary learning standards



### Lessons for Grades K-4

- \* Child Passenger Safety
- \* Determining the "Pedestrian Safety Gap"
- \* Pedestrian Safety Lessons
- \* Safe or Unsafe?
- \* Safety for Your First Vehicle - Your Bicycle!



### Lessons for Grades 5-8

- \* AAA School Safety Patrol
- \* Bicycle Safety
- \* Pedestrian Safety



### Lessons for Grades 9-12

- \* Car Care & Basic Maintenance
- \* Distracted Driving
- \* Drowsy Driving
- \* Impaired Driving
- \* The Physics of a Car Crash

[AAA.com/Student](http://AAA.com/Student)



Gene LaDoucer  
Director, Public Affairs  
Phone: 701-893-3759  
Email: ELaDoucer@acg.aaa.com



A special thank you to

# BradyMartz

for their generous donation to Safe Kids Grand Forks with funds to help cover part of the cost for class registration fees. If you are wanting your child to attend the Safe at Home Alone or Smart Sitter class but are having financial hardships, please contact our office at 701.780.1489.



Are you ready to stay home alone?

Dec 11 2021 May 21, July 30 2022

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



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

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



## We have defensive driving classes

# FOR ANY AGE!



Whether you've been driving for 2 years or 52 years, North Dakota Safety Council's defensive driving courses will equip you with the tools to arrive home safely.

Courses may qualify for an insurance discount and a point reduction!

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



## YOUNG DRIVERS

Teen drivers account for only 5% of licensed drivers, but were involved in nearly 20% of all crashes\*. This course addresses the unique challenges of inexperienced drivers. It also serves as a great benefit for families with young drivers at home!

### Alive At 25 Defensive Driving Course In-Person

Check [ndsc.org](http://ndsc.org) for class schedule.

### Distance Learning

December 12, 4pm - 8pm, Virtual

Check [ndsc.org](http://ndsc.org) for additional dates

\*Source: NDDOT 2018 Crash Summary Fast Facts

## EXPERIENCED DRIVERS

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

### Defensive Driving Course (4-hour) In-Person

December 6, 6pm - 10pm, Bismarck  
December 7, 6pm - 10pm, Fargo  
December 13, 6pm - 10pm, Minot

### Distance Learning

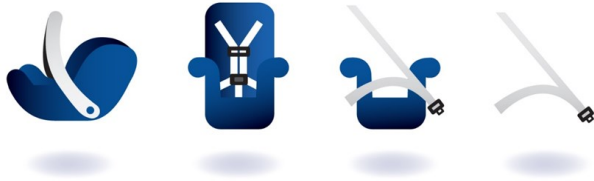
Nov. 30, Dec. 8, 6pm - 10pm, Virtual

Check [ndsc.org](http://ndsc.org) for additional dates

Also available as an online course!

Watch for more of our 2022 scheduled classes and events in our Safe Kids newsletter coming out just after the New Year. It will be filled with flyers from many of our annual events and classes.





### Car Seat Tech Corner

SKAVA – this is most likely an acronym you haven’t heard before... but might start to see more of it in the future. Safe Kids Worldwide has announced the next stage of initiative to ensure child safety in the Autonomous Vehicle age: Safe Kids in Automated Vehicles Alliance.

SKAVA will have four committees that will work to identify deliverables to meet the safety needs of families.

1. Research, Development and Test – to identify ways that research and testing can prevent child injuries in AVs, including areas where voluntary industry standards can be developed and adopted.
2. Education – to craft audience-specific safety messaging.
3. Advocacy – to envision and discuss innovative ways to spread the message of preventing child injuries in AVs.
4. Emerging Issues – to identify, investigate and report to the other subcommittees new challenges that arise, including in the areas of heatstroke, pedestrian and cyclist safety, and school transportation.

If you are interested in more information on SKAVA, check out <https://www.safekids.org/AVs/about-initiative>

*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/East Grand Forks coverage area.*

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

### 2022 Training Schedule



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](http://developtoolmn.org))

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

Please register at least **1 week** prior to the class date.

- January 4, 2022 (Tuesday) 6 p.m.—9 p.m.
- February 12, 2022 (Saturday) 9 a.m.—12 p.m.
- March 8, 2022 (Tuesday) 6 p.m.—9 p.m.
- April 12, 2022 (Tuesday) 6 p.m.—9 p.m.
- May 7, 2022 (Saturday) 9 a.m.—12 p.m.
- June 14, 2022 (Tuesday) 6 p.m.—9 p.m.
- July 19, 2022 (Tuesday) 6 p.m.—9 p.m.
- August 16, 2022 (Tuesday) 6 p.m.—9 p.m.
- September 17, 2022 (Saturday) 9 a.m.—12 p.m.
- October 25, 2022 (Tuesday) 6 p.m.—9 p.m.
- November 29, 2022 (Tuesday) 6 p.m.—9 p.m.



There is no cost to register for the classes thanks to grant funding from the Minnesota Office of Traffic Safety. Registration can be done online at <https://bit.ly/3eC8xWc>

We reserve the right to cancel classes with low enrollment. Participants will be notified 1 week prior to class. 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



Thank you for sponsoring Safe Kids Grand Forks during a recent fundraiser!

## 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

April 2 or August 6, 2022

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/3tW0loq> 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.*



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.



# Recalled Products

**After 8 infant deaths the Bobby Company recalls over 3 million original newborn loungers.**

CPSC states infants can suffocate if they roll, move or are placed on the lounger in a position that obstructs breathing or roll off the lounger onto an external surface, such as an adult pillow or soft bedding that obstructs breathing.

Stop using this product immediately!

The recalled products were manufactured from January 2004 through September 2021. The recalled loungers were sold at Pottery Barn Kids, Target, Walmart, Amazon and other mass merchandisers.

If you or someone you know has a Bobby Original Newborn Lounger, Bobby Preferred Lounger or Pottery Barn Kids Bobby Newborn Lounger contact The Bobby Company at 800-416-1355 or online [www.bobby.com](http://www.bobby.com) and click Recall & Safety Alert for a refund.



**SKE Outdoors recalled TurboSKE Kids Toddler bike helmets due to the risk of head injuries.**

The bicycle helmets do not comply with U.S. CPSC federal safety standard which posing a risk of a head injury. The recalled helmet were sold in size small and multiple colors. The recalled helmets were sold on Amazon.com and other websites from August 2020 through July 2021.

If you or someone you know own this helmet immediately stop using the helmet and return them free of charge to SKE Outdoors for a full refund or replacement helmet.





## Grateful For Our Partnership With Grand Forks Optimist Club

Safe Kids Grand Forks wants to extend a HUGE thank you to the Grand Forks Optimist Club for their on-going support of the “Safety on Wheels” program.

They were able to get the bike rodeo portion of the “Safety on Wheels” program started up again this year. Last year this part of the program didn’t happen because we were unable to get into the schools because of COVID.

This fall we were able to start it back up with the Grand Forks Public Schools. The students LOVE the bike skills part of the “Safety on Wheels” program and were super excited to have it back. Thank you, Grand Forks Optimists for your on-going support of kids in our community and your partnership with Safe Kids Grand Forks to make this training happen.



*Seasons Greetings and Happy Holidays*

from

**SAFE  
K:DS**  
GRAND FORKS

*From all of us at Safe Kids Grand Forks, thank you for the rich privilege of helping to keep the kids of our community and region safe at HOME, at SCHOOL, at PLAY and ON the WAY. May your holidays be festive and safe.*

## As we prepare for the winter months ahead please remember the 3 P's of winter driving from the National Highway Traffic Safety Administration

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice. Additional preparations can help make a trip safer, or help motorists deal with an emergency.

*The three P's of Safe Winter Driving:*

**PREPARE** for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

### **PREPARE FOR THE TRIP**

**Maintain Your Car:** Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

**Have On Hand:** flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. *For long trips, add* food and water, medication and cell phone.

**Stopped or Stalled?** Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

**Plan Your route:** Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.

### **Practice Cold Weather Driving!**

During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.

Steer into a skid.

Know what your brakes will do: *stomp on antilock brakes, pump on non-antilock brakes.*

Stopping distances are longer on water-covered ice and ice.

Don't idle for a long time with the windows up or in an enclosed space.

### **PROTECT YOURSELF**

Buckle up and use child safety seats properly.

Never place a rear-facing infant seat in front of an air bag.

Children 12 and under are much safer in the back seat.

### **PREVENT CRASHES**

Drugs and alcohol never mix with driving.

Slow down and increase distances between cars.

Keep your eyes open for pedestrians walking in the road.

Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible. If you are planning to drink, designate a sober driver.





## Medication Take Back Events Review

We had a BUSY year with medication take back events and this year, we conducted them in Grand Forks and the surrounding region. 2021 events included: 3 events in Grand Forks, 2 at the Grand Forks Senior Center, 2 Thompson events, and one each in Lakota and Northwood, ND. Our Grand Forks events pulled in 399 pounds of medication, our Senior Center events pulled in 36 pounds of medication and our regional events pulled in 33 pounds of medication for a total of 468 pounds of medication collected for safe disposal.

We'd like to thank our sponsors of the Grand Forks events: Altru Health System, Grand Forks County Sheriff's Office and the City of Grand Forks and thank Dakota Commercial for letting us use their space for these events. A special thank you to all our challengers this past year: Grand Forks Police Department, UND Police Department, Grand Forks County Sheriff's Office, ND Brain Injury Network, Spectra Health, Grand Forks Women Infants & Children (WIC), Grand Forks Head Start, Grand Forks Early Head Start and Tri-Valley Head Start of East Grand Forks.

We'd like to send a thank you to the Nelson County Sheriff's Office, Thompson Police Department and the Northwood Police Department for their help with our regional events this year. We had some special help at our Northwood Take Back Event from the UND College of Nursing students. They staffed the take back event and did education on safe storage, dosing and disposal of medications at Miller's Fresh Foods and Northwood Drug.



**Outdoor enthusiasts are reminded to be aware of early ice conditions before traveling onto and across North Dakota waters!**

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



### A few reminders include:

- Edges firm up faster than farther out from shore.
- Snow insulates ice, which in turn inhibits solid ice formation, hiding cracks, weak and open water areas.
- Ice can form overnight, causing unstable conditions. Ice thickness is not consistent, as it can vary significantly within a few inches.
- Avoid cracks, pressure ridges, slushy or darker areas that signal thinner ice. The same goes for ice that forms around partially submerged trees, brush, embankments or other structures.
- Anglers should drill test holes as they make their way out on the lake, and an ice chisel should be used to check ice thickness while moving around.
- Daily temperature changes cause ice to expand and contract, affecting its strength.
- The following minimums are recommended for travel on clear-blue lake ice formed under ideal conditions. However, early in the winter it's a good idea to double these figures to be safe: 4 inches for a group walking single file; 6 inches for a snowmobile or all-terrain vehicle; 8-12 inches for an automobile; and 12-15 inches for a pickup/truck.

### And some life-saving safety tips:

- Wear a personal flotation device and carry a cell phone.
- Carry ice picks or a set of screwdrivers to pull yourself back on the ice if you fall through.
- If someone breaks through the ice, call 911 immediately. Rescue attempts should employ a long pole, board, rope, blanket or snowmobile suit. If that's not possible, throw the victim a life jacket, empty water jug or other buoyant object. Go to the victim as a last resort, but do this by forming a human chain where rescuers lie on the ice with each person holding the feet of the person in front.

## Where are the safety risks in your laundry room?



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.

If you are traveling this holiday season, be sure to check the home or hotel environment to assure that some of these home safety dangers we discuss are not present at the place you are staying. Here are some things to consider:

- ⇒ If you are traveling and will be packing OTC or prescription medications in your suitcase, consider using a locked medication box to store your products.



- ⇒ Ask the home owners at the place you are staying if you can put door knob covers on the rooms leading to these items (bring them with you) or put items behind cupboard doors.



- ⇒ Watch kids more closely when in a different environment as they are bound to explore a new setting.

## POISON CONTROL HELP LINE

1-800-222-1222

### When to call:

- Questions about what medicine to give
- If the wrong amount of medicine was given
- If your child has taken medication that he or she was not supposed to

### When to call

911 instead:

- If your child stops breathing.
- If your child collapses.
- If your child is unresponsive.



Text **POISON**

to 484848

To add the help line to your contacts.

**SAFE**  
**KIDS**  
GRAND FORKS





Two 3rd grade classes in Minnesota were pilot programs for the Progressive Ag Foundation Farm Safety program. Students in Todd Bergeron's class at Greenbush School and Jackie Simmons' class at Badger School participated in eight hands-on lessons on topics including ATV, Sun, Chemical, Water and Weather Safety.

The students learned how to identify utility flags prior to digging and planting activities, as well as how to assure they are safe around vehicles and large equipment. It was an amazing experience for all of us. I absolutely feel like I learned just as much as the students.

The program is provided as an alternative to Farm Safety Day events, which have been on hold during COVID. Because of our past experience in holding Farm Camps in a day-long, large group setting, we were thrilled to be able to take part in this newly formatted pilot program and are eager to see how it is rolled out based on our input.



Tina Sanders

Safe Kids Community Resource



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K:DS**  
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!!





# November is Carbon Monoxide Awareness Month

Carbon Monoxide (CO) is an odorless, colorless gas that can kill you. CO is produced from burning fuel. CO can build up indoors from faulty furnaces or appliances, generators, fire places, or cars left running in garages. It can poison people and animals that breathe it in. Carbon monoxide poisoning can cause serious side effects and can result in death.

- From 2010 - 2015, 2,244 people were killed from unintentional carbon monoxide poisonings, That's over 400 each year!
- An estimated 21,000 people go to the ER each year because of CO poisoning,
- 4,000 people end up hospitalized each year because of CO poisoning
- Young children are at greater risk of CO poisoning because of their small size.

## Carbon Monoxide Detector Tips:

- Install battery operated or battery back-up CO detectors in your home. Test the alarms regularly, and replace every 5-7 years or according to manufacturer's label.
- Place the detector on every level of your home, and especially near sleeping areas.
- Keep detectors at least 15 feet away from fuel- burning appliances.
- Have your heating system, water heater, and any other gas, oil or coal burning appliances serviced by a technician each year.
- Do not use a gas range or oven for heating your home, cabin or camper.
- Do not use a generator inside your home, basement or garage. Keep the generator more than 20 feet away from any door, window or vent.
- When warming your vehicle, remove it from the garage immediately. Do not leave it in the garage with the door open.
- Make sure vents for the dryer, furnace, stove and fire place are clear of snow and other debris.

## Signs and Symptoms

The signs of carbon monoxide poisoning are very similar to the flu. Carbon monoxide poisoning is especially dangerous for people who are sleeping, and the effects of CO poisoning can happen before anyone realizes the problem.

Carbon Monoxide Poisoning	Flu
Dizziness	Dizziness
Weakness	Weakness
Headache	Headache
Nausea	Nausea
Fatigue	Fatigue
Vomiting	Vomiting
Chest pain	Chest discomfort
Mental confusion	Sore throat
Shortness of breath	Stuffy nose
Blurred Vision	Fever/Chills
Loss of Consciousness	Muscle or body aches
	Sneezing

## What To Do When the Alarm Sounds

- If the alarm sounds, immediately move outdoors. Make sure everyone in your home is accounted for.
- Call 911 or the fire department. They will come with their meter to check the levels of CO.
- If you are experiencing any symptoms of CO poisoning, seek medical attention.





# Child Safety Around Gas Fireplaces

3rd degree burns are serious and can happen in less than 1 second from contact with the glass on the front of a gas fireplace.



Every day, **3 children** under age 6 go to the ER for burns related to fireplaces, including gas fireplaces.



Young children can be **unsteady** as they learn to walk, often using surfaces within their reach to pull themselves up.



Little ones have **slower reflexes** and may not be able to move their hands away quickly when they touch something hot.



Young kids have **thinner skin** on their palms than adults, which can lead to more serious burn injuries.

## How hot are they?



boiling water

212°F



baking a cake

350°F



hair iron

400°F



glass on a gas fireplace

500°F

## Tips for Parents and Caregivers

**Watch children around fireplaces.** When a gas fireplace is turned on, the glass is extremely hot and can take more than an hour to cool down after it is turned off. Keep children away from the fireplace to prevent burns from the hot glass.

**Make sure your gas fireplace has a safety screen or safety gate.** These barriers help keep children away from the hot glass on fireplaces. If you need a safety screen, contact the fireplace retailer or manufacturer for the best option for your fireplace.

**Keep fireplace remote controls out of children's reach and sight.** Make sure children also stay away from on and off switches for gas fireplaces.

**Think about places outside of your home with fireplaces.** When traveling to other homes, restaurants, hotels or resorts, there may not be a safety screen or safety gate installed. Keep children away from the fireplace and teach them not to touch the glass.

**If there is an emergency, call the doctor or 9-1-1 immediately.** Physicians can give you information on how to treat a burn correctly.

**SAFE  
K:DS  
WORLDWIDE.**

# Cooking Safety

## A Checklist for Parents



- Teach your children to stay a safe distance from hot stoves and appliances.



- Avoid carrying or holding a child while cooking on the stove.



- Kids love to reach so use the back burner of your stove. Turn pot handles away from the edge.



- Remind yourself to check on food frequently by using a timer, especially when baking or simmering.



- Check to make sure appliance cords are coiled and away from counter edges. Take an extra second to make sure hot foods are away from the edge of your counters as well.



- Stay close when you are using a grill or turkey fryer.

- Wear short, close-fitting or tightly-rolled sleeves when cooking.



- Take a minute to test your smoke alarms.

- Teach your kids how to cook safely.

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

**SAFE  
K:IDS**  
GRAND FORKS


6053-0381 JULY 16



## First Annual Tim Goetz Memorial Bowling Fundraiser


The Grand Forks Optimist Club held their annual bowling fundraiser for Safe Kids Grand Forks, but this year it was different. Tim Goetz, one of Safe Kids Grand Forks biggest champions, was not there. Tim passed away in January of 2020. He was excited to get this annual event going and we know he would be honored that the Optimist Club is continuing this tradition in his name and memory. He would be so proud of his club, his friends and his partners in this important work that we do to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. Tim was passionate about this work and his connection to Safe Kids was undeniable. We want to say a huge thank you to all those that helped organize the event, the many sponsors and those that came out to bowl and support our effort as well. Please enjoy some of the pictures from the event below.



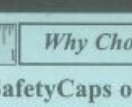


# SafetyCaps

*broader protection for a safer home*





Regular Plugs are 1 3/8 inches wide



SafetyCaps are 2 1/4 inches wide

*Why Choose to Use Safety Caps?*

SafetyCaps offer a wider shield, reducing the potential for ingestion, and ventilation holes eliminating the risk of suffocation.

**SAFE KIDS**  
GRAND FORKS

To purchase Safety Caps from Safe Kids Grand Forks, contact our office at 701.780.1639 or [safekids@altru.org](mailto:safekids@altru.org) to arrange for pick up. Cost is \$2.00 for 12 outlet covers.

6053-0094 FEB 15



**We have safety caps available in our office.**

**If you are in need or know someone who is the cost is \$2 for 12 outlet covers.**



**Did you know that children aged 1 to 2 years old are at the greatest risk for getting into laundry pods?**

Laundry pods are colorful and can look like candy to these young children. Children this age are still learning by putting things into their mouths, so if they get ahold of a laundry pod they most likely will put it into their mouth. These pods are filled with a very concentrated laundry solution because of their small size they need to be to clean the clothes. These pods are meant to dissolve in water so when a child puts it in their mouth, it will start to dissolve and they might swallow the concentrated solution. Children who unintentionally swallow this solution can suffer from excessive vomiting, difficulty breathing, severe eye burns and irritation, temporary vision loss and loss of consciousness. More commonly, kids often bite into them and can suck the concentrated detergent into their lungs, causing a chemical-like pneumonia that can be dangerous to their breathing ability. Please see the images below on more statistics and how to keep kids safe from laundry pod poisoning.

**Keeping Kids Safe Around Liquid Detergent Packets**

Liquid detergent packets are concentrated and designed to dissolve in water.

More than 700 children age 5 and under experienced serious effects after getting into detergent packets in 2012 and 2013. That's an average of one child per day.

More than 33,000 calls were made to poison centers for detergent packet incidents since 2012. That's one call every hour.

Children at greatest risk are 1 and 2 year olds.

36% of incidents happen when product is outside of the container.

Children have required hospitalization due to:

- difficulty breathing
- excessive vomiting
- severe eye burns and irritation
- temporary vision loss
- loss of consciousness



6053-0341 FEB 16



**Keeping Kids Safe**

Around Liquid Laundry Packets



Keep liquid laundry packets up, out of children's reach and sight.



Keep packets in their original container and keep the container closed.



If a child gets into them, call the Poison Help line immediately: 1-800-222-1222.







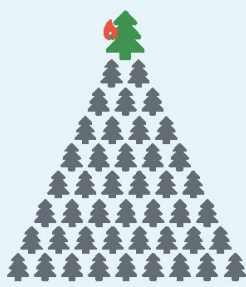




The staff at Safe Kids Grand Forks are here to help with your safety needs but our office is not staffed regular clinic hours. We are often times out teaching classes or conducting community events. We don't want to miss you when you stop by so please call ahead to 701.780.1489 to schedule an appointment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

**SAFE KIDS GRAND FORKS**  
 (701) 780-1489



# Put a **FREEZE** on Winter Holiday Fires

It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

 <p><b>More than half</b> of the home decoration fires in December are started by candles</p>	 <p><b>More than 1/3</b> of home decoration fires are started by candles.</p>	 <p>The top 3 days for home candle fires are <b>Christmas Day, New Year's Day</b> and <b>New Year's Eve</b>.</p>
 <p>Keep candles at least <b>12 inches</b> away from anything that burns.</p>	 <p>Although Christmas tree fires are not common, when they do occur, they are dangerous.</p> <p>On average, <b>1 of every 45</b> reported home Christmas tree fires resulted in death.</p>	 <p>A heat source too close to the Christmas tree causes <b>1 in every 4</b> winter fires.</p>
 <p>Read manufacturer's instructions for the number of light strands to connect.</p>	 <p>Make sure your tree is <b>at least 3 feet away</b> from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.</p>	 <p>Get rid of your tree after Christmas or when it is dry.</p>

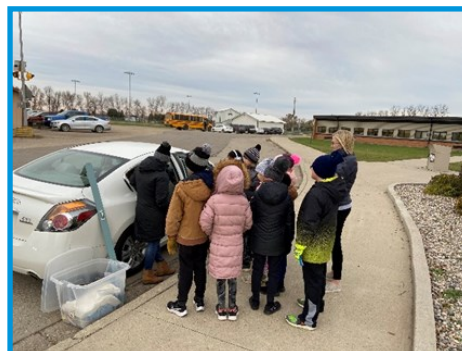
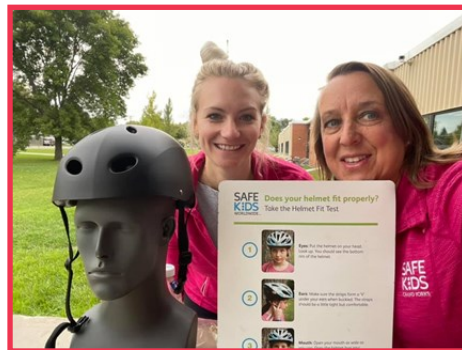


For more information on how to prevent winter fires, visit [www.usfa.fema.gov/winter](http://www.usfa.fema.gov/winter) and [www.nfpa.org/winter](http://www.nfpa.org/winter).

# Safety Around Schools

“Safety Around Schools” is a program that we conduct to teach kids how to safely get to school, whether it be by bus, car, bike or walking. At the bike safety station, we discuss proper helmet use and bike riding safety tips. At the bus station they learn how to be safe while riding the bus, emergency exits, to be respectful of the driver and how to properly exit the bus. At the car station they learn why it’s important to ride in the back seat, be buckled up every time and be in a car seat or booster seat. At the pedestrian station, students learn how to cross the street safely, be seen while out in the early morning or evening and to walk with an adult. This fall Safe Kids Grand Forks has conducted this program in Grafton, Devils Lake, Hoople, Crystal, Park River and East Grand Forks. We had some amazing partners to help us do this work that we’d like to give a special shoutout to.

- Police Chief Dumas and Officer Nikko, Grafton Police Department
- Mark, Grafton Public School Bus Service
- Kaitlin Atkinson, Vision Zero ND
- Officer Dallas and Hennen, Devils Lake Police Department
- BJ, Devils Lake Public School Bus Service
- Debbie, East Grand Forks Public School Bus Service
- Deputy Leadens & Deputy Graham, Walsh County Sheriff’s Office
- Kevin, Park River Public School Bus Service
- Sheriff Meidinger & Chief Deputy Ramsay, Pembina County Sheriff’s Office
- Lindsey, Heather, Will, Amanda, Lori, Kristin & Tavia from Brady Martz & Associates



**VISION ZERO**

Zero fatalities. Zero excuses.



# 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.