



# Safe Kids Grand Forks News You Can Use



## Back To School Safety

As autumn rolls in and summer winds down, we find our kids back in school. By fall, many safety tips that were taught during the previous school year are long forgotten. Safe Kids Grand Forks would like to remind parents to discuss the following safety tips with your children as they head back to school. Remember to follow the Safe Kids Walk This Way four pillar program!

### Pillar 1: Pedestrian Safety

1. Cross streets only at corners and in crosswalks. Do not cross until the light is in your favor.
2. Look left, look right, and left again before stepping into the street. Also, make sure to keep looking left



3. When stepping out in front of traffic, assure that the tires of the car have stopped moving and you have made eye contact with the driver.
4. Wear light colored clothing or a reflective device if walking in low light conditions.
5. Never run across the street!
6. Walk facing traffic and as far to the left as possible when sidewalks are not available.
7. Provide children under age 10 supervision while walking and crossing streets.
8. Always model safety behaviors to children.
9. Remind children to NEVER walk out into

the street between two parked cars.

10. Remember walking is a healthy, fun way to get places. Keep safe and keep walking!!!

### Pillar 2: School Bus Safety

1. When the bus approaches, stand at least 3 giant steps (six feet) away from the curb.
2. Wait until the bus stops, the door opens and the driver says it is okay to get on.
3. If you have to cross the street in front of a bus, walk in a crosswalk and be sure the driver sees you and you can see the driver.



*Back to School Safety  
Continued on page 2*

## September is Child Passenger Safety Month

National Child Passenger Safety Week falls on September 21-27 this year, however Safe Kids Grand Forks celebrates child passenger safety all month long. Safe Kids Grand Forks has various events planned, including car seat checkup events in Grand Forks, Crookston, and Larimore, education in the school systems on motor vehicle safety, and hosting other community education events.

A car seat check-up will be held in Crookston at the University of Minnesota-Crookston at the Altru Here for Life Expo from 10am-2pm on 9-20-2008.

A car seat check-up will be held in Larimore on September 22 from 4-7pm at the Larimore Ambulance building.

A car seat check-up event will also be held on Tuesday, September 23, from 4-7 pm in conjunction with Altru

Hospital's Doll Clinic. The check-up event will be held in the Safe Kids' parking lot at 860 South Columbia Road.

A car seat check-up was also held earlier this month, on September 11th, as part of Safe Kids Grand Forks' routine car seat check-up events. These events occur every month on the second Thursday from 4-7pm

*Child Passenger Safety  
Month Continued on page 5*

# Back to School Safety-continued from page 1

4. Get to the bus stop about 5 minutes early so you are not in a hurry.
5. Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get caught in the handrails or doors.
6. When the bus is moving, sit on the seat and do not stand or walk in the aisle.

### Pillar 3: Motor Vehicle Safety

1. Children should ride in a booster seat for the SAFEST ride. Most children well into grade school should be in a booster for the SAFEST ride.
2. Children ages 12 and under should ride in the rear vehicle seat so they are not in front of an active air bag. Air bags can kill or injure children when they are deployed.
3. All people in the vehicle should be buckled-up on each and every ride.
4. There should only be one person per seat belt.
5. A lap and shoulder belt is much safer than just a lap belt alone.
6. 4 out of 5 car and booster seats are used incorrectly. Be sure to read the seat's owner's manual and the vehicle instruction manual to assure that you are using the seat correctly. Safe Kids Grand Forks has monthly car seat check-up events where certified child passenger safety technicians will assist you with your



car seat questions and inspect your seat for recalls and correct use. Check out page 3 for a list of upcoming check-up events.



### Vehicle reminders for drivers:

1. When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
2. When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
3. Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
4. Slow down. Watch for children playing and congregating near bus stops.
5. Be alert. Children arriving late for the bus or school may dart into the street without looking.
6. Be aware of crosswalks on the street and stop before the crosswalk, no IN them.
7. Children should exit the vehicle on the "grass" or "curb" side so they don't get out directly into on-coming traffic.

### Pillar 4: Bike Safety

1. The most important bike safety tip is WEAR A HELMET at all times. Bike helmets are 85% effective in preventing head injuries that can

injure or kill someone. Get a helmet that fits correctly and wear it on each and every ride.

2. Safe Kids Grand Forks distributes bike helmets for \$7.00 and multi-sport helmets for \$10.00. Bike helmets are worn only for riding a bike, but a multi-sport helmet can be used for riding a bike, scooter, in-line skates or a skateboard. To obtain a helmet from Safe Kids e-mail [chanson@altru.org](mailto:chanson@altru.org).
3. A bicycle must be equipped with a reflector and a lighted headlamp visible for up to 500 feet for riding after dark (city law).
4. Bicycles have all the rights of a vehicle on the roadway and must obey the laws for vehicles. Use bike paths when available.
5. Never hang onto a car or let someone tow the bike and rider with a car.
6. When driving on the roadway, stay as far to the right as possible, but watch out for parked cars and for cars going the same direction as you on the roadway. Pass carefully.
7. When driving a bicycle, don't carry anything in your hands or on the bicycle that will prevent you from keeping at least one hand on the handlebars. One seat = one rider. Pegs are not for carrying other children, they are for tricks.
8. Use proper hands signals when turning or stopping.



We're on the web!  
[www.safekidsgf.com](http://www.safekidsgf.com)



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If you would like to receive an electronic copy of Safe Kids Grand Forks "News You Can Use" quarterly newsletter, email [klbushy@altru.org](mailto:klbushy@altru.org)

# Safe Kids Program Checks One Million Seats!!



Safe Kids Buckle Up, the child passenger safety program of Safe Kids USA sponsored by General Motors & Chevrolet, has reached a milestone no other program can claim: one million child safety seats checked for proper installation. The milestone was reached in June 2008.

A Safe Kids child seat inspection provides hands-on training for parents and caregivers," said Mitch Stoller, president and CEO of Safe Kids Worldwide. "At about 30 minutes per inspection, the milestone we are celebrating represents more than 500,000 volunteer hours — or 57 years of one person working around the clock. Our thousands of volunteers are the backbone of Safe Kids Buckle Up and they work tirelessly to help make sure the children who come to a checkup event are safer when they leave than when they arrived."

The one millionth seat was checked at an event in the Los Angeles Sports arena. Nearly 200 more car seats checkup events were held through the weekend at Chevrolet and other GM dealerships, and at community locations around the country in celebration of the millionth seat milestone this summer.

"Keeping all children safer in vehicles is one of our top priorities," said Nicole R Nason, administrator for the National Highway Traffic Safety Administration. "Programs like Safe Kids Buckle Up have helped to change the culture of car seat safety in the United States and have been essential in protecting our most precious passengers."

Significant progress has been made since 1997 when the program checked its first car seat. Statistics from NHTSA show a 25 percent drop in vehicle crash fatalities

for children under the age of 5 from 1997 to 2006. (the latest available data).

More good news has been seen in restraint use. Car seats have saved the lives of an estimated 3,800 children ages 0 to 4 from 1997 to 2006. Of the children in fatal crashes where restraint use was known, 46 percent were unrestrained in 1997. This number decreased to 25 percent in 2006.

Safe Kids USA and General Motors have been the leaders in child occupant protection," said Mark V. Resenker, chairman of the National Transportation Safety Board. "As we have said before, the Safe Kids Buckle Up program has given families across the country the peace of mind that comes with knowing how to properly secure their children in a vehicle. Checking a million seats through the Safe Kid Buckle Up program has likely resulted in hundreds of lives being saved because of the proper use of car seats and booster seats."

The partnership between Safe Kids USA and General Motors is the longest-running corporate/nonprofit program of its kind, addressing safety for children in and around vehicles. In 2004, Chevrolet became the lead GM brand for the relationship. Safe Kids has more than 600 state and local coalitions and chapters, staffed mostly by volunteers, who provide injury prevention programs to communities throughout the country free of charge.

"Chevy dealers have become leaders in child safety as they work with Safe Kids Buckle Up to bring this lifesaving program to their communities," said Ed Peper, North America vice president, Chevrolet. "We know a million seats isn't the finish line, but it's a very good start."

Safe Kids Buckle Up has expanded from child safety seat checkups to include a variety of programs to help keep children safer in and around vehicles. This program has distributed approximately 365,000 seats to families in need, deployed a fleet of more than 130 Chevrolet Mobile Car Seat Checkup Vans, established more than 450 permanent child safety seat inspection stations, created a new Automotive Safety Patch program with Chevrolet and the Cub Scouts, and launched the Spot the Tot and Never Leave Your Child Alone programs across the country. The program also works to upgrade state child passenger safety laws. All together, the Safe Kids Buckle Up program activities have touched nearly 15 million people.

"Since the beginning, our goal has been to reach parents, caregivers and children across the country," said Rod Gilum, GM vice president, corporate responsibility and diversity. "We are proud to see Safe Kids Buckle Up reach this important milestone, while recognizing that the job of protecting children must continue to be a priority. Safe Kids is a great partner, and their experts have made Safe Kids Buckle Up a truly dynamic program."

Motor vehicle crashes are the leading cause of death among children ages 3 to 14 according to NHTSA. In 2005, 1,946 children ages 14 and under died and an estimated 234,000 were injured in crashes.

**See page 6 for the award won by Safe Kids Grand Forks during this event!!**

## October 5-11 is Fire Prevention Week

Your home should be a safe haven. But do you regularly check for home fire hazards? If not, there is the potential for danger. Fire departments responded to nearly 400,000 home fires in 2006. That's why the theme of Fire Prevention Week 2008 is "It's Fire Prevention Week: Prevent Home Fires!"

From October 5-11, 2008, fire safety

advocates will spread the word to their communities that; with a little extra caution; preventing the leading causes of home fires—cooking, heating, electrical and smoking —materials-is within their power.

In 2006, there were an estimated 396,000 reported home structure fires resulting in direct damage in 5,580 civilian deaths

and 12,500 civilian injuries and \$6.8 billion in direct damage in the United States. Home fires caused 80% of civilian deaths and 76% of injuries. Heating equipment and smoking are the leading causes of civilian home fire deaths, while January and December were the peak months for home fires and home fire deaths.

*Fire Prevention Week continued on page 4*

## October 5-11 is Fire Prevention Week-continued from page 3

Nationwide, every year, nearly 2,000 children ages 14 and under are injured in residential fires and more than 400 die. Approximately 80 percent of all fire-related deaths and injuries occur in the home.

Fire is especially dangerous to young children, ages 5 and under. They don't recognize the danger and don't know how to react. Every year, dozens of children die while trying to escape from fires- yet only one out of four families say they have developed a fire escape plan.

Plan and practice several escape routes and a safe place to meet outside. Teach children never to go back into a burning building, and to call the fire department from a neighbor's home or a cell phone outside.

Home fires are most often caused by cooking equipment- especially by unattended cooking. Keep children away from cooking and heating appliances. Never leave the kitchen while you are cooking.

Most fire-related fatalities are caused by

smoke inhalation. A working smoke alarm cuts your chances of dying in a fire by about 50 percent. Put a smoke alarm on every level of your home and outside every sleeping area- and test them every month and change the batteries twice a year. (Smoke alarms are also available with 10-year lithium batteries).

Safe Kids also reminds parents:

- Keep matches, candles, gasoline, lighters and all other flammable materials locked away and out of children's reach.
- Never leave a burning candle unattended. Place candles in a safe location away from combustible materials and where children or pets cannot tip them over.
- Place space heaters at least three feet from curtains, papers, furniture and other flammable

materials. Make sure heaters are stable and use protective coverings.

- Ideally, get two different kinds of smoke alarms: ionization alarms to detect flames and photoelectric alarms to detect smoke from a slow-burning fire.
- Consider a home sprinkler system. The combination of smoke alarms and sprinklers can reduce your chances of dying in a fire by 82%.

For more information about "It's Fire Prevention Week: Prevent Home Fires" visit [www.firepreventionweek.org](http://www.firepreventionweek.org).

For more information about this or other safety topics call 780-1489 or email [chanson@altru.org](mailto:chanson@altru.org)



## September is Child Passenger Safety Month-continued from page 1

According to National Highway Traffic Safety Administration research, 8,325 lives of children under age 5 have been saved by the proper use of child restraints during the past 30 years. In 2006, among children under 5, an estimated 425 lives were saved by child restraint use. Research shows that child restraints provide the best protection for all children up to age 8; after age 8 seat belts provide the best protection.

For maximum child passenger safety, parents and caregivers should refer to the following *4 Steps for Kids* guidelines for

determining which restraint system is best suited to protect children based on age and size:

1. For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a **minimum**, keep infants rear-facing until at least age 1 and at least 20 pounds.
2. When children outgrow their rear-facing seats (at least age 1 and at least 20 pounds) they should ride

in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40

pounds).

3. Once children outgrow their forward-facing seats (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).
4. When children outgrow their booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belts in the back seat, if they fit properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).

For more information on Child Passenger Safety Week, a national effort to remind parents and caregivers of the lifesaving effect child safety seats have in protecting young children, please visit [www.nhtsa.gov](http://www.nhtsa.gov) or call Safe Kids at 780-1489 or email [chanson@altru.org](mailto:chanson@altru.org).





## Safe Kids Stars

There are lots of great Safe Kids volunteers but maybe none that gets more done and single handedly promotes more Safe Kids programs than Officer Jeremy Hanson. Mr. Hanson has been the Chief of Police in Larimore N.D. for nearly two years. When he took over as the chief, he realized that taking a proactive and positive approach to law enforcement and safety issues was vital. He approached Safe Kids Grand Forks and immediately became a member of our Coalition. Some of the activities that have happened in the Larimore community due to our partnership with Chief Hanson include:

- \* Routinely scheduled car seat check-up events (Jeremy even attended the 4-day tech training on his own time to become a certified technician).
- \* Distribution of bike helmets and head injury presentations in the Larimore schools.
- \* Pedestrian and back-to-school safety presentations in the Larimore Elementary School. Officer Hanson



was also instrumental in writing a Safe Routes To School grant in which Larimore was only one of nine communities in the state to receive funding. Their community will receive nearly \$150,000 for pedestrian safety work in that town.

- \* Splash Into Safety: This event was held at the Larimore Community Pool this summer and taught pool

and water safety to children.

- \* Life Jacket Loaner Program: This program, in which people can borrow a life jacket was started by Safe Kids GF and Officer Hanson as well.

Besides partnering on many Safe Kids programs, Jeremy has done much in the line of drinking and driving safety for the community as well. Needless to say, this Safe Kids Star has helped to create a safer community for the residents of Larimore and the surrounding area!! We are saddened to announce that Officer Hanson will be leaving Larimore on September 24th but we know that his work was invaluable and certainly we have found great inroads to that community. We hope that the next Chief of Police will be as eager and receptive to working with Safe Kids Grand Forks and we wish Officer Hanson well in his law enforcement career.



## Larimore Kids “Splash Into Safety”

On Thursday, June 26, Safe Kids Grand Forks, in a partnership with Larimore Police Department and the Larimore Municipal Pool held “Splash into Safety”, a water safety class. The hour and a half long class was a fun filled event where nearly forty kids rotated to different safety stations to learn life-saving water safety skills. Nine volunteers, including UND nursing students, gave their time to teach the kids about the many risks in and around standing water. The safety stations included Pool & Spa Entrapment Hazards, Basic First Aid & CPR, Life Jacket Selection and Use, Simple Water Rescue Techniques, Fatal Vision Goggles, and Basic Pool Safety.

Police Chief Jeremy felt the class was needed in the community of Larimore as more and more residents

are buying above ground pools as they become more affordable. Many people do not know the risk of owning an above ground pool. The risk is not only to their own family, but to friends and neighbors as well. Toddlers are especially prone to drowning as they are curious and explore water sources and can tumble in head first. They do not, however, have the developmental ability to save themselves. The risk also applies to older children, who may see a pool in a backyard as a fun way to cool off on a hot day.

**Safe Kids Grand Forks would like to remind residents who own above ground pools or have children that may wander near above ground pools of simple steps to take that will keep your own children and neighborhood children safe. Remember to NEVER leave a child un-**

supervised in or around the water. Pool owners should install a four-sided isolation fence at least four feet high and equipped with self-latching gates that completely surround pools or spas. With an above ground pool, remove steps and ladders when the pool is not being used and lock them away securely. Do not let water stand on pool covers. Remember: children can drown in as little as 1”of water. Teach children to never swim alone and enroll them in swimming lessons taught by qualified instructors when they are ready.

The “Splash into Safety” event was sponsored by Safe Kids Grand Forks, Larimore Police Department, Larimore Municipal Pool, and Altru Health System. For more information on water safety, pool & spa safety or any other safety topics, contact Safe Kids Grand Forks at (701) 780-1489.

## Safe Kids Grand Forks Wins Award at Milestone Event!

In June 2008, a great milestone was reached by Safe Kids USA and the Buckle Up Program. An astounding one million seats have been checked since the inception of the Buckle Up program in 1997.

Safe Kids Grand Forks was very proud to participate and is very excited to announce that the coalition won an award in regards to this event. A special competition was held to commemorate the Safe Kids Buckle Up Million Seat Celebration. Safe Kids USA was overwhelmed with entries and said it was a challenge to choose just one winner from each category.

There were five categories to compete for including *Best Chevrolet Partnership*, won by Safe Kids Salt Lake County, *Best Local Media Coverage*, won by Safe Kids Rogue Valley Oregon, *Best Use of a Life Saved Story*, won by Safe Kids Greater Cleveland, and *Most Seats Checked* won by Safe Kids Palm Beach County.

Safe Kids Grand Forks was the proud recipient of the *Best All-Around Event by a Small Coalition or Chapter*. Safe Kids Grand Forks found so much community support for its mission that the coalition held four separate events throughout the week to celebrate the million seat milestone. One event was held at Rydell GM Auto Center, Safe Kids Grand Forks' partner Chevy dealership, and three events were held in outlying rural communities including Northwood, Larimore, and Wahalla. Thanks to all the technicians and helpers who made this possible! TWO MILLION SEATS HERE WE COME!!!



**Congratulations to one of our very own Safe Kids car seat technicians, Sue Shirek. Sue recently celebrated twenty years service with the Grand Forks Police Department. She was recognized by the GFPD for this great achievement. Congratulations to Sue from Safe Kids Grand Forks.**



### Safe Kids Zipper Pulls Are Here!!!

To obtain a Safe Kids retro-reflective zipper pull, please contact Safe Kids Grand Forks. These zipper pulls can be used for jackets or backpacks to increase visibility. Email [chanson@altru.org](mailto:chanson@altru.org) or call 701-780-1489.



**BE SAFE! BE SEEN!**

## UND Nursing Students Conduct Crib/Pool Inspections

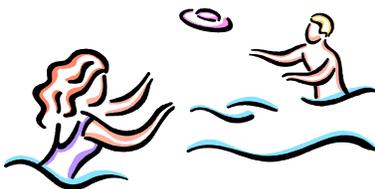
On July 10, twelve UND Nursing Students, in conjunction with Safe Kids Grand Forks, visited Grand Forks hotels to inspect the area around the pools and the cribs the hotel provides to guests. The students were provided with a checklist and brief training by Carma Hanson, Coordinator of Safe Kids Grand Forks. The students then set out to inspect the four participating hotels.

Students examined the cribs to ensure that they had not been recalled and met current safety standards. Some hotels do not use cribs, but rather Pack N' Plays, which were inspected for safety issues as well.

The area surrounding the pool was inspected by the students as well. The students were looking for things such as emergency contact information being displayed, proper safety devices being present, and to ensure there were no water hazards.

UND Nursing Students work frequently

with Safe Kids Grand Forks as the students are required as a part of their curriculum to complete clinical hours. Safe Kids Grand Forks provides the students many opportunities throughout the year to participate in events in which the students satisfy their clinical hours requirements while learning valuable safety information and great life experi-



ence.

Safe Kids was also very fortunate to have Kasey Moseley and Christopher Bancroft, Aquatics Facility Operators and Certified Pool Operators from UND, participate in these inspections as well. Kasey and Chris inspected the actual pool itself in the four hotels. They looked at

the pool and spa drains and made recommendations for changes that should be made concerning safety in and around the pools and spas.

Safe Kids Grand Forks would like to take this opportunity to thank Kasey Moseley and Chris for their help in the pool inspection. Thanks to UND Nursing Students and their clinical instructor, Lois Ustanko for their hard work. Also, a special thanks to all the hotels who allowed the students to participate in this learning experience at their hotel. They include: the Ramada Inn, the Settle Inn, AmericInn and the Travel Lodge. The fact that they take the safety of their guests seriously speaks well of their busi-

