

SAFE K:IDS GRAND FORKS

News You Can Use



Spring 2014 Edition

National Poison Prevention Week

Celebrated Annually in March

March 16 – 22 is National Poison Prevention Week and it is set aside each year to raise awareness about the dangers of poisonings. In the last decade, the number of children seeking treatment in the ER from poisonings has gone up 30%. One might think that children are getting into substances such as drain cleaners, bleach or other cleaning agents. What Safe Kids Worldwide discovered in a report issued last year, was that the number one cause of childhood poisonings is currently medications. While vitamins, prescription drugs and medications are intended to make us well and keep our families healthy, they can also cause danger, especially to young children.

Here are a few safety tips to consider when thinking about poison prevention:

- Keep medication out of children's sight and reach. Locked boxes make a great addition to your linen closet or medicine cabinets.

- Put the phone number for the Poison Control Center into your cell phone or post it in your home in an easy-to-find location. (For a free sticker or magnet with this number on it, e-mail safekids@altru.org). This number is a FREE call and can be accessed from any location in the United States.
- Wonder where kids are getting into the medications that poison them. The infographic on page 4 shows that they are accessed on the ground/ misplaced, in purses, on bedside tables/nightstands/ dressers, etc. That being said, ask visitors to place their purses on the closet shelf rather than on the floor of your home. When visiting grandparent's homes, be cautious of medication dispensers such as this one. They may be used by elderly people who have trouble accessing their pill bottles or who are on many medications and dispense them in this form so as not to forget to take them.



- When you have an expired drug or no longer need a medication, consider dropping it off at a disposal site. These drop-off locations have been set up so people can make their home safer by removing unnecessary over-the-counter or prescription drugs from their medicine cabinets. They can be found at local law enforcement agencies and site around the state can be access at the ND Attorney General's web page. Safe Kids Grand Forks also hosts medication take back events throughout the year. Coming up, we will hold one in conjunction with the Healthy Living Expo on March 22, 2014 from 10 a.m. – 3 p.m. and at the Grand Forks Senior Center on April 24 (See flyer on page 5.)



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Keep all medications, including vitamins, out of reach and out of sight.

Safe Kids Star



“A behind the scenes part of our team, Correen is simply amazing at making Safe Kids Grand Forks look wonderful with her graphic design skills!!”

When it comes to making Safe Kids Grand Forks “look good” and very professional, the talents of Correen Radi are tremendously appreciated. Correen is a graphic artist in the Altru Print Services Department and she has spent years designing banners, brochures, books, presentation displays, advertisements and many other items that we use to showcase the work we are doing. Whether it is a brochure teaching new parents about how to use a car seat, a poster announcing a big event or a presentation display to put up in a clinic office, Correen’s attention to detail and visual appeal is impressive. She is always responsive to the needs of our Safe Kids department and has responded so often on short notice for events or needs that arise. She is a VALUABLE part of our team and while we don’t see her physically “at our events or classes”, she is very much “there” in the work that she does.

Correen is a mother and a grandmother (shown here with her most recently born grandbaby). She takes pride in her work and understands that color and layout and images are important in teaching parents, kids and caregivers about injury prevention. We appreciate her work and name her this edition’s Safe Kids Star!! Thank you, Correen for being a valuable part of our team!!



If you are from Minnesota and cannot afford a booster car seat, Safe Kids Grand



Forks may be able to assist!!

With the help of AAA Minnesota, Safe Kids Grand Forks has booster seats for low-income residents of Minnesota who need help in obtaining a car seat. The clients need to set up an appointment for training and assistance with installation of the seat. This can be done by calling the Safe Kids office at 701.780.1660. Appointment times vary so please don’t wait until the last minute to set up a time for help. Contact us today if we can assist.



Playground Safety

This information has been provided by Bill Vasicek. Bill is a Community Safety Coordinator for Altru Health System's Trauma Services Department. He is also a certified playground inspector and a valuable resource to Safe Kids Grand Forks and our playground safety work.

Summer will be here sooner than you think which means your children will be enjoying lots of outdoor activities like spending time at the playground.

To be sure your playground adventures are injury free, check out the following safety tips:

- **Supervision**

Because all playgrounds present some challenge and because children can be expected to use equipment in unintended and unanticipated ways, parents, or a responsible adult, should supervise children on play equipment to make sure they are safe.

- **Play equipment is appropriate for child's age**

Preschoolers (ages 2 – 5) and school-age children (ages 5 – 12) are developmentally different and need different equipment located in separate areas to keep the playground safe and fun for all.

Equipment not recommended for preschoolers:

- Chain or cable walks
- Fulcrum seesaws
- Log rolls
- Track rides

- Swinging Gates
- Free standing arch climbers
- Free standing climbing events with flexible components
- Overhead rings
- Parallel bars
- Long spiral slides (over 360+)
- Vertical sliding poles

- **Appropriate fall surfacing material is present**

70 percent of all playground injuries are related to children falling to the ground. Acceptable surfaces include wood fiber or mulch, pea gravel, sand, poured-in-place rubber, rubber mats or rubber tiles. Playground surfaces should not be concrete, asphalt, grass, blacktop, packed dirt or rocks.

- **Equipment is safe**

Check to make sure the equipment is anchored safely in the ground, all equipment pieces are in good working order and there are no exposed footings. Equipment should be free of rust, splinters, and missing parts.

- **No ropes are present**

Never attach—or allow children to

attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these. If you see something tied to the playground, remove it or call the playground operator to remove it.

- **Make sure equipment is not too hot to play**

Check for hot surfaces on playground equipment before allowing children to play on it. If shade structures do not protect the equipment from the sun, the surface can become extremely hot and can even cause burns on the skin.

- **No bicycle helmets while playing on the equipment**

Children should not wear bike helmets when playing on playground equipment. They can easily get caught and may cause strangulation.

- **Children wear appropriate clothing**

Safety experts strongly encourage that children wear closed shoes and upper outerwear clothing that does not have drawstrings. It is also recommended that children not use play equipment with anything looped around their neck, for example, necklaces and binoculars.



The Facts about Kids and Medication Safety

Every parent knows it's important to store medicine up and away from children, but every year more than

500,000 parents

and caregivers call a poison control center because a child got into medicine or because they were given the wrong dose of medicine. That's one call every minute of every day.



In 2011, more than **67,000 kids** were treated in an emergency room for medicine poisoning. That's one child every 8 minutes.



Where are children finding medicine?



(2011 emergency room visits; of the 14% of cases known.)

86% of emergency room visits for medicine poisoning were due to the child getting into adult medicine.



(Of the 24% of cases known.)

Put your medicines up and away every time you use them and put the poison control center number in your phone:

1-800-222-1222

TO FIND OUT MORE ABOUT MEDICINE SAFETY VISIT SAFEKIDS.ORG



**SAFE
KIDS
WORLDWIDE™**

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Safe Kids Grand Forks Medication Take Back Event



Safe Kids Grand Forks, in conjunction with the Grand Forks Police Department, will hold a Medication Take Back event at the Grand Forks Senior Center. This will be an opportunity to bring in any unused over-the-counter or prescription drugs you are not using. Help make your home a safer place, especially if young kids are visiting, by getting rid of unused medications and prescriptions.

**Thursday
April 24, 2014**
11 a.m. – 12 noon
Grand Forks Senior Center



For more information, contact
Safe Kids Grand Forks at:
Phone: 701.780.1488
E-mail: safekids@tru.org



HANDS-ON Learning Fair

For Children Birth to 7 and their Families



CELEBRATING 23 YEARS

Saturday, April 26, 2014
10 a.m. - 1 p.m.
Purpur Arena
1122 7th Avenue South, Grand Forks

- Fun Learning Activities
- Parent Information Displays
- Mayor's Proclamation at 9:45



Prevent Child Abuse America

Join us at Hands on Learning Fair

Sponsored by the Northeast Chapter of NDAEYC and Prevent Child Abuse North Dakota
Information: Dawnita 741-6639; Judy 775-4473

Parents plant the seeds to grow lifelong learners.



Please use arena parking lot or street parking for this event and take care not to block any parking lot entrances.

North Dakota Conference on Injury Prevention & Control

"Preventing and Responding to Injuries"

SAVE THE DATE

October 1-2, 2014

Radisson Hotel
6th and Broadway - Bismarck, N.D.

"Bringing the Pieces Together"

Topics will include:

- General Injury Prevention
- Suicide and Mental Health
- Domestic/Sexual Violence
- Traffic Safety

Continuing education credits have been requested for nurses, social workers, licensed counselors, law enforcement, emergency medical services, and domestic violence advocates.

Purpose:

To encourage professionals to develop multifaceted approaches to promoting awareness, prevention and intervention of unintentional and intentional injuries in North Dakota.

Interested in presenting or need more information?

Call 800.472.2286 or visit
www.ndhealth.gov/injury/trainings.htm.
Registration will be available soon.

Hosted by: North Dakota Department of Health - Division of Injury Prevention & Control

Child Passenger Safety Made Simple

FOR NEW OR EXPECTANT PARENTS



Have you ever tried to install a car seat into a vehicle? Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.

Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Child Passenger Safety Made Simple**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you already have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into your vehicle.

Cost:

Registration fee is included with the prenatal class registration fees of \$15.00. To register, please call 701.780.5179 or log on to altru.org. And, please remember to bring your car seat along if you have purchased it already!! (Fee waived if this is the only class being taken.)

2014 Class Dates

Rydell Auto Center - 2700 South Washington Street - Grand Forks, ND (use front entrance on Washington St.)

2nd Thursday of each month 6 - 7:30 p.m.		4th Tuesday of each month 4:30 - 6 p.m.	
January 9	July 10	January 28	July 22
February 13	August 14	February 25	August 26
March 13	September 11	March 25	September 23
April 10	October 9	April 22	October 28
May 8	November 13	May 27	November 25
June 12	December 11	June 24	December 23



Car Seat Check-Up Events

presented by:



in cooperation with

Rydell Auto Center
2700 South Washington Street



4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety 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 and Altru Health System are pleased to partner with our local GM dealer to offer monthly car seat check-up events.

These are offered the 2nd Thursday of every month from 4:00-7:00 p.m.

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



2014 Dates

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

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit www.safekidsgf.com

Thank You to CD Communications!!

Every once in a while, you get an e-mail or phone call that "just makes your day". We at the Safe Kids office received such an e-mail in early January. There was a company that had a large presentation display that they no longer used but was in terrific shape. They were looking for a non-profit agency that could put it to good use and somehow, we were connected with them through some of our coalition members. What a FUN e-mail and gift.

We are grateful to CD Communications for their donation of this display unit and we promise to

put it to good use. In fact, Safe Kids Grand Forks is getting ready to launch a YouTube video series with safety tips. This display will serve as the backdrop to some of our films and it will be used at health and safety expos!!

CD Communications specializes in new telephone system sales, installation, structured cabling, IP communications and network management and they are based in Minnesota. We offer them our appreciation for their generosity!!

Thanks for making Safe Kids Grand Forks look "pretty snazzy"!!



An Arvig® Company



Car Seat Check-Up Events

presented by:



in cooperation with
Hanson's Auto & Implement

110 5th Street West, Grafton, ND

4 out of 5 car seats are used wrong. Could one of them be yours? Is your child's safety 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 local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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

Proud Program Sponsors



2014 Dates

February 6
April 3
June 5
August 7
October 2
December 4

For questions, call Donna at
Walsh County Health District,
701.352.5139.



Car Seat Check-Up Events

presented by:



in cooperation with

Brost Chevrolet

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety 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 4:30-6:00 p.m.

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



2014 Dates

January 23
April 24
July 17
October 16

**For more information,
contact Altru Clinic
Crookston at
218.281.9100.**

Safe Kids Day 2014 : Mark Your Calendars & Plan To Attend

Last year, Safe Kids Grand Forks held their first annual Safe Kids Day event in May. It was an event designed to do two things: raise awareness to childhood injuries (the number one killer of children under age 19) and to raise funds for our on-going injury prevention efforts in the region.

We were grateful to the many businesses and volunteers that came together to make the event a success and look forward to an even bigger and better event in 2014. This year's event will take place on Saturday—April 12th from 10 a.m.—1 p.m. at Red River High School. We will have many booths and interactive stations on our many injury risk areas including the following: water, poison, motor vehicle, water, ATV and power tools, playground and falls, home safety (including TV tip overs, button batteries, safe sleep and high powered magnets), pedestrian, guns and firearms, sports, distracted driving, emergency preparedness and outdoor safety. Lunch will be served for a \$5 donation and there will be games, prizes, face painting, photo booths, photos with costumed visitors and LOTS more.

We hope you will mark your calendar and plan to attend. We are delighted that the men of ATO fraternity will be assisting us with this event and are grateful to Wells Fargo, our presenting sponsor.

(See flyer on next page of this newsletter)

If you would like to help support the work of Safe Kids, please consider an on-line donation to this fundraising effort. Visit:

<http://give.safekids.org/grandforks>

Every \$5 and \$10 donation helps us in our efforts!!

**WELLS
FARGO**

ATO

SAFE KIDS DAY

Presented by **Children's
TYLENOL**

Join us to learn more about keeping your kids safe! We will have interactive booths set up with lots of information and prizes to take home. Sign up for additional prizes to be drawn after the event!

Safe Kids Day 2014
Saturday, April 12
10 a.m. - 1 p.m.
Red River High School

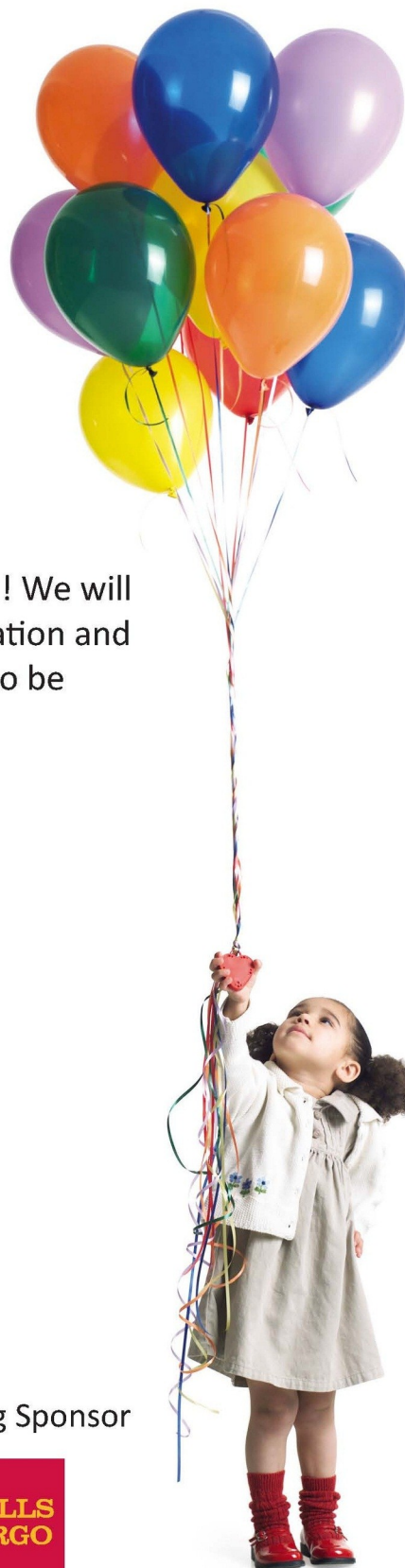
- Safety demos
- Photo booth
- Face painting
- Life Savers Award presentation
- RRV Gymnastics performance



**SAFE
K:DS**
GRAND FORKS

 **Altru**
HEALTH SYSTEM

Presenting Sponsor



Graco Issues Harness Buckle Recall– 2014 Announcement

Potential Problem:

As part of our continuous product testing and improvement process, Graco identified that food and dried liquids can make some harness buckles progressively more difficult to open over time or become stuck in the latched position. Therefore, Graco has decided to conduct a voluntary recall on the harness buckles used on all toddler convertible car seats and harnessed booster seats manufactured from 2009 to July 2013.

Graco would like to stress this does not in any way affect the performance of the car seat or the effectiveness of the buckle to restrain the child. And a car seat is always the safest way to transport your child.

Injuries Reported: 0

Number of Units Affected: 3.7 million

Dates Produced: 2009 through July 2013

MSRP: \$99.00-\$399.99

Models Affected: Toddler Convertible Car Seats: Cozy Cline, Comfort Sport, Classic Ride 50, My Ride 65, My Ride 70, My Ride 65 with Safety Surround, Size4Me 70, My Size 70, Head Wise 70, Smart Seat. Harnessed Booster Seats: Nautilus 3-in-1, Nautilus Elite and Argos.

Solution:

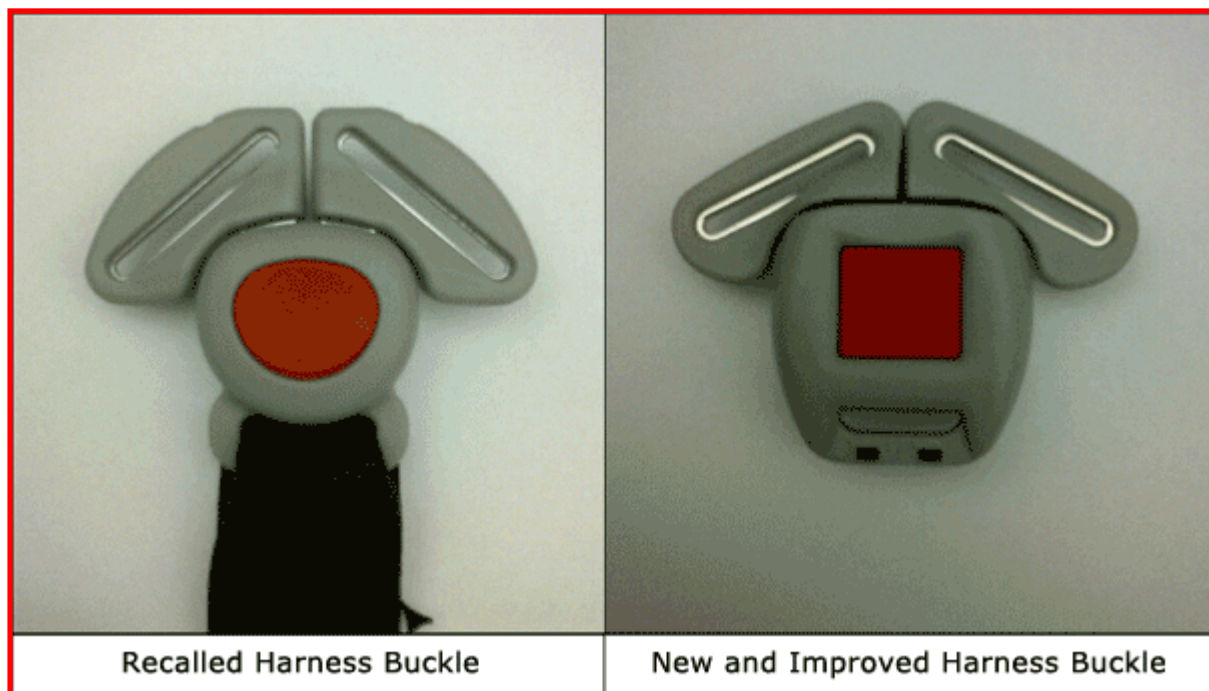
Graco offers a new and improved replacement harness buckle to affected consumers at no cost. If you are experiencing difficulty with your harness buckle and cleaning has not improved its performance, please contact our Graco customer service team at 1>800-345-4109 (Monday through Friday from 9 a.m. until 5 p.m.) or consumerservices@gracobaby.com.

Cleaning Tips for Harness Buckles:

- To clean your buckle, turn the restraint over and push the retainer through the harness strap slot. Place the buckle in a cup of warm water and gently agitate the buckle, pressing the red button several times while it is in the water.
- Do not submerge the harness webbing and do not use soaps or lubricants, only rinse the harness buckle with warm water.
- Shake out the excess water and allow the harness buckle to air dry.
- Reattach the harness buckle into the same slot and re-check harness for correct installation according to the car seat manual before use.

Graco is also offering video clips on their website that show how the buckles can be cleaned and replacement tips. Please visit their web site for more information.

If you have a Graco brand seat, please take note and take action on this recall!!





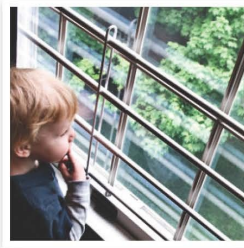
Fall Prevention Tips

Everything you need to know to keep your kids safe from falls.

From the moment your baby starts to crawl, the world is a magical place filled with new adventures and discoveries. From a child's perspective, everything is a potential mountain to climb (that giant bookshelf), obstacle to overcome (those pesky stairs) or mysterious place to investigate (anywhere beyond the safety gate). Little bumps will happen but we're here to help so these brave expeditions don't result in something more serious.

Install Window Guards and Stops

- Screens are meant to keep bugs out, not children in. Properly install window guards to prevent unintentional window falls. For windows above the first floor, include an emergency release device in case of fire.
- Install window stops so that windows open no more than four inches.



Open Windows From the Top and Close After Use

- If you have windows that can open from both top and bottom, make a habit of opening just the top to prevent accidental falls. Keep in mind that as kids grow, they may have enough strength, dexterity and curiosity to open the bottom.
- Keep windows locked and closed when they are not being used.

Keep Kids From Climbing Near Windows

- For your crawlers and climbers, move chairs, cribs and other furniture away from windows to help prevent window falls.
- Never move a child who appears to be seriously injured after a fall — call 911 and let trained medical personnel move the child with proper precautions.

Secure Kids When Seated

- Keep babies and young kids strapped in when using high chairs, infant carriers, swings and strollers.
- If your baby is in a carrier, remember to place it on the floor, not on top of a table or other furniture.

Help Babies Learn to Stand and Walk Safely

- There are some things to know about baby walkers: They don't come with safety features that prevent the walkers from rolling down the stairs, and it's easy for children to fall or reach higher objects that may be unsafe. So please be extra careful.
- Because baby walkers can be dangerous, try using a stationary activity center. These items give your baby a chance to practice standing and moving more safely. Look for one that is on a stable, non-moveable base and place it away from stairs, hot appliances or window cords.



Unintentional falls are the leading cause of non-fatal injuries for children in the United States. In 2010, unintentional falls resulted in nearly 3 million injuries requiring treatment in an emergency room.

Play on Soft Surfaces at Playgrounds

- Take your kids to playgrounds with shock-absorbing surfaces such as rubber, synthetic turf, sand, pea gravel, wood chips or mulch. If your child falls, the landing will be more cushioned than on asphalt, concrete, grass or dirt.
- Click for [more tips on playground safety](#).

Be Smart, Protect Your Head

- It's important that kids have the freedom to be creative and push their limits. That means wearing a helmet for appropriate activities such as biking or snowboarding to prevent a head injury that can ruin the fun down the road.

Use Shopping Carts With Wheeled Attachments for Kids

- Don't leave your child alone in a shopping cart.
- If possible, use shopping carts that have a wheeled child carrier that is permanently attached. Some of these models look like cars or benches attached to the shopping cart, so your kids will love them.
- If you are placing your child in a shopping cart seat, use a harness or safety belt. If the belt is missing or broken, select another cart.
- We know that letting your child ride in the cart basket, under the basket, on the sides or on the front of the cart is fun. It can also be dangerous.

Watch Out for the Stairs

- Use approved safety gates at the tops and bottoms of stairs and attach them to the wall, if possible. Remember to read the manufacturer's instructions and warning labels to make sure you have the right gate for your needs. Not all gates are safe for use at the top of stairs.
- Actively supervise toddlers on stairs. Hold their hands when walking up and down stairs.



Prevent Slips at Home

- Consider anti-slip rugs for the floors in your home, and mats or decals in the bathtub or shower to help prevent dangerous falls.
- Keep hallways and stairs well-lit and clear of clutter.
- Don't let kids play on high porches, decks, stairs or balconies. If it's unavoidable, make sure they are supervised by an adult.

Show Older Kids How to Be Responsible

- Talk to your kids about appropriate play behaviors. We know some play can be physical, but it's important to know when and where it's appropriate.

Prevent TV and Furniture Tip-Overs

- Secure TVs and furniture to the wall using mounts, brackets, braces, anchors or wall straps to prevent tip-overs. These kinds of accident happen more than you might think so take a few minutes, secure your TV and furniture, and then never worry about it again.
- Don't let children climb on furniture or use drawers or shelves as steps.
- [Learn more about TV and furniture tip-overs.](#)



Getting Your Bike Ready for Spring

The snow will eventually melt, and it will be time to bring those bikes out of hibernation! After having been out of commission for nearly half the year, a few minor tune-ups will be in order to ensure our kids' safety.

Take a look at the tires and wheels. Is the tread worn? Are the tires properly inflated? Hold up the front and back ends of the bike and spin one wheel at a time, making sure that they are spinning straight and not wobbling from side to side. During this process, you can also check the chain on the bike to make sure it is not too loose and is properly lubricated.

Check the brakes. Smaller bikes tend to have pedal brakes, which don't require a whole lot of maintenance, but bikes with hand brakes need to be checked more thoroughly. Begin by picking up the front of the bike and spinning the tire. Grab the

front brake lever and stop the tire. It should stop instantly. Repeat this with the rear tire. If either brake doesn't grab and quickly stop the wheel, you will need to get them adjusted to prevent an accident. Also check all brake cables for any fraying and replace if there is any indication that they have been kinked or cut in any way.

The seat may need some adjusting because chances are, your child has grown a bit since the last time he/she rode the bike. Make certain that your child's feet are still able to touch the ground while sitting on the bike, but that his/her knees aren't so bent that it's uncomfortable and hard to pedal.

Check to make sure the handle bars are tight and facing forward. Also make sure that the handlebar grips have plugs covering the ends to provide protection against injury if an accident should occur.



Ensure that both front and back reflectors are present and that they are tight and facing straight out. This will assist cars in noticing your child if riding at night. And finally, **please** ensure that your child has a properly fitted helmet and actually wears it while riding. The chin strap should buckle snugly under the chin and hold the helmet so it doesn't wobble. Check the pads in the helmet for wear and replace as needed.

The safety of our kids is critical, and bicycle safety is just one small piece of the big picture. But by performing these quick checks, we can help ensure that they are safer, in one area of their young lives, when they hit the road again!

Submitted by Tanja A. Kapinos, GF
Optimist Club Member

Coastie Asks "What Color is Dad's Life Jacket?"

At boat shows and public events, Coastie the Safety Boat and U. S. Coast Guard Auxiliary volunteers ask kids what color their dad's life jacket is. Sadly, over half the kids can't answer because they have never seen it. A few kids answer it as a question, meaning they are not sure. About two out of ten proudly state the color and that Dad wears his all the time.

Dads are generally the boat captains on a family outing. Dads are usually the best boat handlers and make the docking decisions. However, because of a variety of careless actions, Dads may also be in a good position to go overboard or cause someone else to go over the side. Not alerting passengers when moving the boat, making sudden changes of speed or course, reaching for a net, even breaking in the next generation boat handler who doesn't remember to communicate can all cause a dunking.

When is a prime time for Dad to wear his

life jacket? One is when operating alone. A boat will drift about two miles per hour slower than the wind. How fast can you swim? Another good time is with passengers who don't have competent boating and water skills. Here again, Dad is essentially operating alone only now there are more chances for inexperienced people to fall overboard or cause someone else to fall overboard.

The boat captain sets the example. "You, my child, must wear a life jacket but I'm Dad, I don't have to." What kid can't wait for the day to be like Dad? When your child is asked, "What color is Dad's life jacket," what will the answer be?

The U. S. Coast Guard Auxiliary is a volunteer Component of the U. S. Coast Guard charged with promoting public education and boating safety. For more information or how to volunteer contact us at uscgaux9130@live.com.



The Dangers of Television Tip-overs

Who, growing up, didn't hear "don't sit so close to the TV! You'll strain your eyes!" or "all that TV will make you near-sighted"? While science has disproved that television can hurt kids' eyes, it turns out that Grandma wasn't so far off. Parents are starting to tune in (pun intended!) to recent research that television—in addition to being a major factor in childhood obesity—has enormous impacts on even our littlest ones.

Children 0-3 who are exposed to daily television have delayed language skills and speech problems. They also have increased attention problems by the time they're in school. Not only that, but even "educational" programs hurt the development of very young children, and so does "background TV": when parents leave on adult shows while life is going on in the home. One study shows that having background TV on drops the number of words spoken by a parent to a child by 770 fewer words per hour.

So okay, you turn off the tube, at least while the kids are awake, and maybe allow your kindergartener one episode of *Jake and the Neverland Pirates* on Saturdays. Your TV is now baby-proof, right?

In a country where virtually every home has one television (and most have more), TV's pose one other major threat, overlooked by most families. Today's parents grew up with huge, heavy, impossible to budge box TV's. But today's kids are growing up with sleek flat-screen TV's that have the catch-22 of being rather heavy (at least for kids) and easy to knock over.

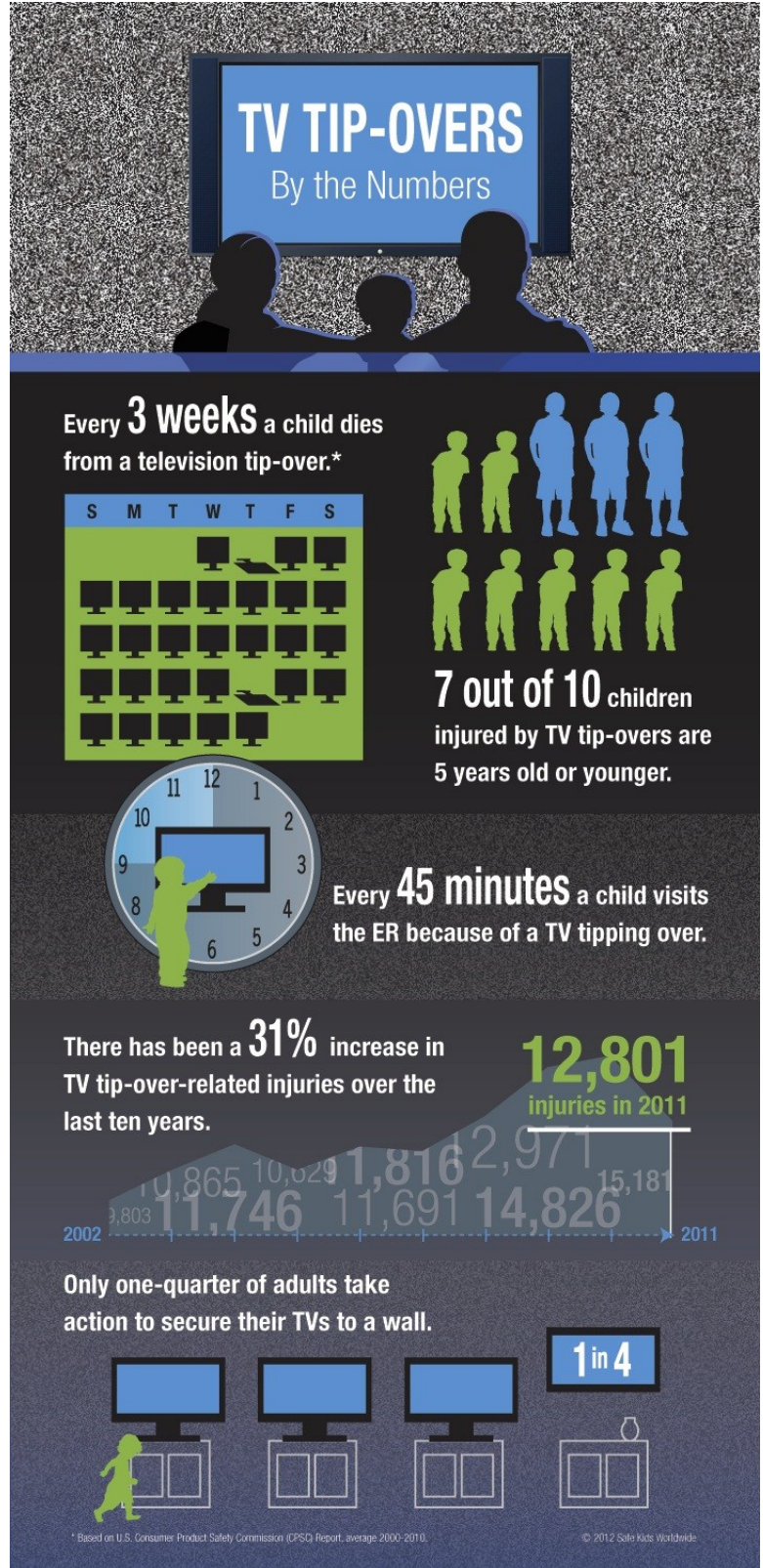
The great website www.tvsafety.org says that the average 32" TV weighs as much as 3 bowling balls. Nearly half (47%) of TV-related injuries happen to children under 5, and a child is hospitalized from a TV-related injury every 45 minutes. Tragically, a child dies from an unsecured TV every 3 weeks, and 96% of these deaths occur to children under 10.

The solution, though, is simple! Every flat-screen TV in a family's home should be secured, ideally with a wall-mount. For families in apartments or for whom wall-mounts are not an option, "drill-free" furniture mounts exist, as do minimal installation safety-straps. Larger box-style TV's can also be secured with straps, and parents should make sure they're not on unstable, rickety, or climb-able furniture. For help finding the best option for your family, check out www.tvsafety.org or check in with Safe Kids Grand Forks. Don't wait until you have a close call to protect your little ones! You'll feel a lot safer knowing they're safe, and with all that extra peace of mind, maybe you'll squeeze in an episode or two of *Downton Abbey*.

This article has been submitted by Leah Hargrove with Healthy Families. They are proud members of Safe Kids Grand Forks.



**Lutheran
Social
Services
Healthy Families**



Safe Kids Grand Forks has reduced price tv mounts for sale (\$15). Call us for details.

Proper Etiquette is the Answer on Local Trails

This article has been submitted by March Dragich with the East Grand Forks Parks and Recreation. We thank them for their partnership with Safe Kids Grand Forks.



Submitted by East Grand Forks Parks & Recreation

Our local walking / bicycle trails have become very popular in recent years resulting in congested and potentially dangerous

situations. Whether you are a walker, bicyclist, jogger or skater, use of proper etiquette can be a key to the safety and enjoyment of everyone using the trails.

Here are some simple tips to help keep the trails safe and enjoyable:

Be Courteous

Trail users should be respectful of all other users regardless of their mode, speed or level of skill.

Be Predictable

Always travel in a consistent and

predictable manner. Look in all directions before changing positions on the trails.

Keep Right

Always stay to your right side when using the trails, except when passing another user.

Don't Block the Trail

When in a group or with pets, do not use more than half of the trail so you do not block the flow of other users.

Pets

Always keep pets on a leash and to your right. Do not let leash extend too far, allowing pets to cross in front of or into other users.

Pass On the Left

Always pass others on their left. Yield to on-coming traffic before passing. Use proper hand signals to alert those behind you and an audible signal, voice or horn, to signal to those ahead of you. By signaling you give other users a chance to react. Remember to pass with ample separation and move back to the right when a safe distance ahead of person you passed (at least 6-8 feet).

Stopping

When stopping, move off of the trail. Make sure others around you know you are stopping.

Alternate Routes

If your speed or style endangers other users, please check for alternate routes better suited for your needs. Selecting the right location is safer and more enjoyable for all concerned.

Clean Up Litter

Do not leave any trash, pet waste or other debris on a trail. Please use proper waste receptacles for disposal. Keeping the trails clean makes them enjoyable for all users.



Staying Safe While Viewing the Floodwaters of the Red & Red Lake Rivers

Flooding is a way of life in the Red River Valley. The Red and Red Lake Rivers have shaped the history and lifestyles of our community for hundreds of years. Many residents still remember the Flood of 1997 and its effect on our community.

Much has changed since that fateful spring when high water flooded streets and homes. The most important change was the construction of a permanent flood protection system to protect our communities from future flooding. A continuous system of earthen levees and concrete floodwalls provides a barrier between the rivers and the community. We no longer "fight" floods but instead manage flood protection.

Although citizens are no longer asked to assist with fighting the rising water, there is still a fascination with floods. We understand this fascination but want to caution everyone about the potential dangers of getting too close to the icy water.

Allow plenty of space for flood protection workers to do their work:

Unnecessary traffic near the flood protection system can delay crews from working on the system.

Use caution when walking on the levees:

The ground is still frozen and can be slippery. It can be easy to slip into the cold water on the wet side of the levee.

Stay away from the edge of the water:

The river may look harmless but remember: the water is icy cold and can be flowing rapidly.

Stay off the levee when posted:

City ordinance allows the mayors to close the Greenway during high water events and other emergencies. This is done for the safety of citizens and the workers doing work to the levees.

Observe the trail closed signs: An area may look safe but there could be dangers in an adjacent area of the Greenway.

Allow time for cleanup: Depending on the level of flooding, the City might file a claim for reimbursement of the cost of preparing for and cleaning up after the

Sports Nutrition

Iron is an essential mineral for growth, development, and endurance. It is an important part of proteins involved in oxygen transportation. Adolescents may be at greatest risk for iron deficiency, and possibly anemia. This is especially true for those who are training at high intensity and duration, female athletes and vegetarian athletes. Circumstances that may contribute to depleted iron stores include but are not limited to: periods of increased growth and physical activity demands, decreased energy and protein intake, menstruation in females, stress of competition, and heavy sweat loss. Fatigue is a major side effect of low iron stores which generally leads to impaired performance and may lead to injury. Other possible side effects of iron deficiency may be poor school performance and cognition and decreased immunity.

To help prevent deficiency, ensure your young athletes are eating an iron rich diet composed of both heme (animal) and nonheme (plant based) sources. Heme iron is better absorbed by the body than nonheme iron. Heme iron sources include: dark meat poultry, red meat and fish such

as salmon and tuna. Nonheme iron sources include: dried beans and peas, raisins, whole grains, nuts, seeds, leafy greens, and lentils.

To help maintain healthy iron stores consider the following:

- Include heme iron sources in several meals during the week
- Pair iron-fortified cereal and citrus fruit or juice such as 100% orange juice for breakfast or snacks (nonheme source plus vitamin C source for enhanced absorption)
- Fajitas with peppers, onions, chicken or beef, whole grain tortillas and brown rice (heme iron source plus nonheme source for enhanced absorption)
- Using cast iron pots and pans for cooking
- At high levels iron can be toxic. It is important to only begin an iron supplement when prescribed and monitored by a physician or other qualified health care professional.

Interested in learning more? Call today to schedule an individual consultation with a



Sports Dietitian at the Sanny and Jerry Ryan Center for Prevention and Genetics 701.732.7620. They will assist you to develop a specific, tailored plan for you based on your goals and specific sport.

References:

Iron: Dietary Supplement Facts Sheet. National Institute of Health Office of Dietary Supplements. <http://ods.od.nih.gov/factsheets/Iron-HealthProfessional/> "Reversing Iron Depletion". Nutrition Facts Sheet. Issue 6. May 2010. Sports, Cardiovascular, and Wellness Nutrition Dietary Practice Group of the Academy of Nutrition and Dietetics. www.scandpg.org.

Submitted by Jennifer Haugen, RD, CSSD, LD, Clinical Dietitian—Altru Health System

Staying Safe-Continued from page 14

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flood. This can take a little time to document and crews do their best to clean the system as quickly as possible.

Trail closures and updates are available online at www.greenwayggf.com and www.facebook.com/greenwayggf.com. By following these simple rules, you can avoid injury and allow city crews to protect our community from damage caused by floodwaters. And remember: the warm weather of spring brings the potential for flooding but it also signals that spring will be coming soon.

This article has been submitted by Kim Greendahl, Greenway Specialist. She has been a long standing member of Safe Kids Grand Forks and we thank her for sharing her time and expertise with our coalition.

This article has been submitted by Kim Greendahl. A member of Safe Kids Grand Forks and the Grand Forks Greenway Specialist



Safety Tips Around Retention Ponds & General Water Safety

What is a "Retention Pond"?

A retention pond is a body of water that is used to collect storm water runoff for the purpose of controlling the release of this runoff. Retention ponds have no outlets or streams, creek ditches, etc. Water collects and then is released through an atmospheric phenomenon such as evaporation or infiltration.

Retention ponds are popping up all over the community with all the new housing developments and the need to control water runoff in these areas. These ponds can be very appealing to children to swim, wade, or play in. They can be very dangerous due to the inconsistent water levels rising and falling from the amount of rain and the runoff in the area.

Pond Safety Tips

1. Never let children wade or swim in a retention pond.
2. Ice on neighborhood ponds is unpredictable. Don't allow children to play there, and set the example as adults.
3. Know where the bodies of water in your area are.
4. Work as a group to monitor ponds in your neighborhood.

About one in five people who die from drowning are children ages 14 and younger. For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries. Children ages 1 to 4 have the highest drowning rates. In 2009, among children ages 1 to 4 years old who died from an unintentional injury, more than 30% died from drowning. Among children ages 1 to 4, most drownings occur in home swimming pools. Drowning is responsible for more deaths among children these ages than any other cause except for congenital anomalies (birth defects). Among those ages 1-14, fatal drowning remains the second-leading cause of unintentional injury-related death behind motor vehicle crashes.

Tips to help you stay safe in the water

Supervise When in or Around Water.

Designate a responsible adult to watch young children while in the bath, swimming or playing in or around water. Supervisors of preschool children should provide "touch supervision": be close

enough to reach the child at all times. Because drowning occurs quickly and quietly, adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children, even if lifeguards are present.

Use the Buddy System. Always swim with a buddy. Select swimming sites that have lifeguards when possible.

Seizure Disorder Safety. If you or a family member has a seizure disorder, provide one-on-one supervision around water, including swimming pools. Consider taking showers rather than using a bath tub when bathing. Always wear life jackets when boating.

Autism. Autistic children are far more likely to be drawn to water than most children, and most children are already fascinated by water! This includes lakes, ponds, stream, fountains... just about any source of water. Autistic children are generally unaware or do not understand the dangers around them. Some of these dangers can consist of water depth, water temperature, current, steep slopes, slippery slopes, and confined spaces (culverts and drains). As most neighborhoods have retention ponds, spillways, and fountains, they are a host of dangers for many of these children. Take the following into consideration in your neighborhood: Understand that more than 50% of Autistic children are non-verbal. They simply cannot communicate with you using words. Know that many autistic children are considered to be 'runners', meaning that they repeatedly attempt to leave whatever area they are in. Commonly, the parents will have installed many locks and fences but these children are masters of escape and evasion. This is not a reflection on the parents ability to control the child, but merely an unfortunate side effect of autism.

If you have an autistic child, consider printing flyers to educate you neighbors (particularly those who live near the water) on your child's tendencies and how to contact you quickly.

Learn to Swim. Formal swimming lessons can protect young children from drowning. However, even when children have had

formal swimming lessons, constant, careful supervision when children are in the water, and barriers, such as pool fencing to prevent unsupervised access, are still important.

Learn Cardiopulmonary Resuscitation (CPR). In the time it takes for paramedics to arrive, your CPR skills could save someone's life!

Air-Filled or Foam Toys are not safety devices. Don't use air-filled or foam toys, such as "water wings", "noodles", or inner-tubes, instead of life jackets. These toys are not life jackets and are not designed to keep swimmers safe.

Avoid Alcohol. Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.

Don't let swimmers hyperventilate before swimming underwater or try to hold their breath for long periods of time. This can cause them to pass out (sometimes called "shallow water blackout") and drown.

Know the local weather conditions and forecast before swimming or boating. Strong winds and thunderstorms with lightning strikes are dangerous.

Know What to Do in an Emergency

If a child is missing, check the water first. Each second counts in preventing death or disability.

Know how and when to call 9-1-1 or the local emergency number.

If you own a home pool or hot tub, have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit readily available. Enroll in home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

Reference: CDC, WARN, Red Cross

This information has been provided by **Lisa Rollefstad**, Aquatics Coordinator at Choice Health & Fitness. She is a member of Safe Kids Grand Forks and our Water Safety Subcommittee.



Is my life jacket correct?

Life jackets come in sizes to fit babies through large adults. They are intended to keep you afloat in lakes, rivers, pools and other bodies of water. Worn correctly, they work!

Life jacket should fit snug around the chest and should not ride up on your body when in the water.

Check for a weight limit on the inside of the life jacket. Use the correct size based on weight.

Straps should be pulled tight and not twisted.

All buckles should be fastened.

Damaged life jackets should be discarded and replaced. Check often for holes, tears and buoyancy.

Some smaller weight life jackets have a strap between the legs, too. Be sure to fasten that for extra protection.



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HEALTH SYSTEM



BLAST!

BABYSITTER LESSONS AND SAFETY TRAINING!

9:00 am – 3:00 pm

Cost: \$45

BLAST! was developed by the American Academy of Pediatrics for teens and pre-teens to learn about the responsibilities of caring for children.

Participants will learn how to put safety first, CPR and first aid for children, sitter basics (such as diapering and handling behavior problems), and fun activities to do with the children. They will also learn about what to do in an emergency situation. They will receive a certificate of completion and course materials.

This course is designed for babysitters ages 11 – 14.

Lunch will be provided.

For additional information including dates available, call 701.780.5179.

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Cold Weather Emergencies

A 29-year old Norwegian physician was skiing with friends when she fell down a mountain and landed in a creek where she went under the ice. Her friends could not safely rescue her, but could only watch helplessly. She was under the ice for 80 minutes, some of that time fortunately trapped in a pocket of air, before going under the water. After she was extricated, CPR was started. This was continued for 6 hours, and she was flown to a large hospital, where her presenting body temperature was 56.7 degrees Fahrenheit (normal is 98.6). She was put on cardio-pulmonary bypass for an additional 3 hours. She made a complete and full recovery! Her core body temperature was the lowest ever recorded in a patient making a full recovery.

Hypothermia is defined as a core temperature of 95 degrees (all temperatures in this article are in Fahrenheit). While most common in extremely cold climates such as ours, hypothermia is occasionally seen in the emergency rooms of Los Angeles, likely related to their large homeless population.

The patients most at risk for hypothermia are infants (they lose heat quickly), the elderly (with their numerous co-morbid illnesses), and the patients suffering mental illness and/or chemical dependency. These patients often lack the behavioral capacity to remove themselves from the cold.

Heat is lost by several mechanisms, but a common thread to keep in mind is that being cold and wet is a bad combination. Water conducts heat 25 – 30 times better than air.

Symptoms of hypothermia can include confusion, sleepiness, un-coordination, and slowed speech. These symptoms certainly can be confused with intoxication, and both conditions often occur simultaneously.

In mild hypothermia, 90-95 degrees, the body conserves and generates heat by constricting vessels in the extremities, and by shivering. In more severe cases of hypothermia, temperatures less than 90 degrees, shivering may cease, and

compensation occurs by the slowing of metabolism/oxygen consumption by vital organs. This compensatory response is what has led to recovery in patients such as the skier mentioned earlier. This mechanism is more profound in children. This mechanism has also led to the research and subsequent proven benefits of therapeutic hypothermia, where we as physicians actually will induce hypothermia in some of our sickest patients, i.e., cardiac arrest survivors.

The most important treatment in these patients is removal from the cold. Wet clothes must be removed. Re-warming can ensue by several measures. Simply turning up the ambient temperature in the resuscitation bay of the ER is important (at least to the point where the ER physician complains!). Warmed oxygen and warmed IV fluids, as well as a specialized heated blanket are instituted. More severely hypothermic patients may be candidates for more invasive active re-warming. One example is cardio-pulmonary bypass, whereby the blood from the patient is pumped out of the body to a warming device, and then returned. This occurred in the skier.

In healthy patients with mild hypothermia, the patients generally do very well. This may not be the case in those patients with more severe hypothermia, especially in cases of complicating circumstances, such as the elderly, those with severe infections, and those sustaining co-existing severe trauma.

A family of five comes to the ER with nausea and headaches. They live in a trailer. The pipes had frozen, and the landlord had attempted to thaw the pipes with the aid of a generator.

This is not an uncommon presentation we see this time of year. Carbon monoxide (CO) is one of the most common causes of fatal poisonings in the U.S. This can occur by accidental or intentional means. We have all heard of stories of exposures while ice fishing, and/or using space heaters, and generators that are not well ventilated. There was even a tragic case reported last summer involving an exposure due to

motor
boat
exhaust.

CO is a colorless, odorless gas. It has 200 times the binding capacity to hemoglobin than does oxygen, so oxygen then cannot be delivered to tissues.

The symptoms of CO exposure can be subtle and varied, from headaches and dizziness and muscle aches to confusion and coma. A high index of suspicion should occur when multiple family members present with similar sets of symptoms, especially if the symptoms decrease as the patient(s) leave the potential exposure site.

Upon arrival to the ER, we place patients on 100% oxygen, and obtain a carboxy-hemoglobin level, a pregnancy test if female, and some screening labs. Those tests, along with taking into consideration the patient's age and presenting condition, dictate further treatment.

The half-life of CO in the blood is 5 hours, 1 hour if on 100% oxygen, and even less if the patient receives oxygen under pressure, called hyperbaric oxygen. The benefits of this modality remain controversial, but there may be a proportion of the sickest patients for which this is indicated. The closest center is in Minneapolis.

One key component in treatment is to ensure that the fire department has checked the exposure site to obtain CO levels prior to the safe return of the patient. CO detectors are available everywhere.

Submitted by: Dr. Jon Raymond, Altru Health System – Emergency Services



Safe Kids Safety Items

[\$8.00]



Bike Helmets

These come in toddler—adults sizes and are used for riding a tricycle or bike. Various colors.

Blue, red, black & purple.

[\$12.00]



Multi-sport Helmets

Available in various colors for kids—adults. Used for in-line skating, scooters, skateboards, bikas, etc.

Black, white & blue.

[\$12.00/set]



Elbow/Knee/Wrist Guards

These come in child—adult sizes and are sold in sets to include all above items.

Black only.

[\$22-\$25]



Ski/Winter Sports Helmets

These are for non-motorized winter sports to include skiing, sledging, skating. Kids—adult sizes.

Black, blue, red, pink, & silver

[\$15.00]



Infant Life Jackets

Fits children under 30#. Has additional floatation in the head area for extra head support.

Red & blue.

[\$12.00]



Life Jackets

Available in the following sizes: 30-50#, 50-90# and 90# and above (adults).

Red & blue.

[\$10.00]



Flameless Candles

These candles are made of wax, are scented and "flicker". They are a safe option due to no flames.

Pillar candles available.

[Prices Vary]



Car Seats

Car seats are available in various sizes and styles to fit infants—older kids.

Prices and styles vary.

[FREE]



Gun Locks

These are to safely store your gun. Keys are universal between locks.

1 style—Locks are FREE!!

The prices listed on this flyer are effective 12-2013 and may change based on availability and pricing changes we incur. For the most current price, e-mail safekids@altru.org or call 701-780-1639.

SAFE KIDS GRAND FORKS

Our mission at Safe Kids Grand Forks is to prevent unintentional injury and death to children. We offer as a service, access to specially priced safety devices. Our goal is not just to distribute items, but to educate parents and caregivers on their proper use and the importance of using safety items. You can also access more information at www.safekidsgf.com or on Facebook by "Liking" Safe Kids Grand Forks.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.



Keeping kids safe at home—at school—at play and on the way!

SAFE KIDS GRAND FORKS

These items are available through Safe Kids Grand Forks. It is best to set up an appointment rather than just stopping by as our office hours vary and our staff are part time.

Phone: 701-780-1639 or 1-489
Web site: www.safekidsgf.com
E-mail: safekids@altru.org

Featured Car Seat

New BRITAX [FRONTIER™90](#) and [PINNACLE™90](#) combination seats feature the ClickTight Installation System that allows parents to achieve a safe and secure installation every time. With [just four simple steps](#), ClickTight allows parents to easily install the new seats with the vehicle seat belt and eliminates the frustration of putting their weight in the seat or getting into the vehicle to install the car seat.



1
Simply squeeze using the thumb and finger, where indicated, to reveal the ClickTIGHT Technology.



2
Route the seat belt over and behind the armrests –following the green belt path – connecting the seat belt and removing slack



3
Push ClickTight closed.



4
Attach the top tether.

There is no need to pre-compress the vehicle seat OR pretension the vehicle seat belt. Just ensure no excess amounts of slack are present in the vehicle seat belt before closing ClickTight.

Many caregivers use vehicle lower anchors, part of the LATCH system (Lower Anchors and Tethers for CHildren), to secure car seats. They are unaware that all vehicles have lower anchor weight limits. When a child's weight exceeds the weight limits or restrictions, car seats should no longer be installed using the lower anchors. Instead, the car seat must be installed using the vehicle seat belt system. The new BRITAX ClickTight installation system allows parents to use the vehicle seat belt to achieve a safe and secure installation throughout the life of the seat, in harness mode, without worrying about the child's weight.

HARNESS MODE

- 2 Years & 25 lbs. to 90 lbs.
- 30-58" in height
- Harness Positions: (9) 12.50-20.50"
- (2) Buckle position at 7.00" & 9.00"

BOOSTER MODE

- 40-120 lbs.
- 45-62" in height
- Shoulder Height: 15.00 -23.00"

Expiration: 9 Years from Date of Manufacture

For more information about ClickTight Technology, visit www.britaxusa.com, www.britaxusa.com/car-seats/frontier-90 or find BRITAX on [Twitter](#), [Facebook](#) or [YouTube](#).

2014

NEW
Training
Reduced
to 3 Days

Dates

March 4 - 6, 2014
Bismarck

May 20 - 22, 2014
West Fargo

June 9 - 11, 2014
Grand Forks

NATIONAL STANDARDIZED Child Passenger Safety Training

Course Information

This training provides the basic technical skills, experience and knowledge about the proper use and installation of child car seats that are needed when working with parents and caregivers with child passenger safety needs.



Who Should Attend?

- Law Enforcement Personnel - **POST available**
- Emergency Medical Personnel
- Nurses
- Health-Care Professionals
- Child-Care Providers
- Car Dealership Personnel
- Physical Therapists
- Firefighters
- Social Workers
- Any interested adults

Course Content

This training will provide participants with the technical skills to:

- Identify and correct misuse of car safety seats.
- Serve as a community child passenger safety resource and participate in car seat checkups.
- Educate others about child passenger safety issues.
- Reduce potential liability through standardization.
- Receive knowledge and skills to meet national certification.



The training is taught through a combination of lectures, hands-on practice, role-playing, and written and hands-on skills testing and it concludes with a real-world community car safety seat checkup.

Register

- Go to: <http://cert.safekids.org>
- Click on Log In, and follow online directions to register as a new signup.
- Click on "Find a Course", choose ND.

Certification Fee: The fee of \$85 is due 7 days prior to day one of class. Send fee with registration information to the Safe Kids address via online registration instructions.

Local Fee: The fee of \$30 should be sent to the North Dakota Department of Health address via online registration instructions. Make check payable to the North Dakota Public Health Association (NDPHA). Credit card payment is not available for local fee. Fees include a two-year certification, technician manual, car seat instructions CD and North Dakota child passenger safety resources.



For more information
Dawn Mayer 701.328.4533 drmayer@nd.gov

