



A Part of Altru
Health System

Safe Kids Grand Forks News You Can Use



Safety in Tough Economic Times

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Don't miss these Upcoming Events!

Altru Here For Life Expo

March 21, 2009 from 10-3

See page 3 for more info

Hands On Learning Fair

April 18, 2009 from 10-1

See page 5 for more info

With so many people looking for ways to cut corners, Safe Kids Grand Fork is concerned that some parents who are trying to save money might be buying cheaper, second-hand items that can actually be dangerous to their children. Times are really tough, and clearly people need to buy things for their children, but in some instances, those used items might not be safe for children, including:

Car seats

The last thing a parent wants to do is buy a car seat to keep a child safe in a car only to find out that the car seat itself wouldn't protect the child properly. Car seats should not be used if they have been involved in an accident and also are only good for a certain number of years, so a second-hand car seat with no known history should be avoided at all costs.

Play yards and cribs

Children spend many unsupervised hours sleeping, which makes it critical that their beds be the safest place in the house. Unfortunately, millions of cribs and portable child beds have been recalled in recent

years for having faulty parts that can cause children to strangle and die. If a parent is going to put a child in a second-hand bed of any sort, they first need to check and see if it has been recalled for safety reasons. Also, parents need to know what to look for when buying a bed – even if it hasn't been recalled it could be too old so that it doesn't meet current safety standards (slats are too far apart and child can strangle/pieces on the bed where a child's clothing can get caught and strangle them) or in disrepair. Check the Consumer Product Safety Commission's Web site – www.cpsc.gov to see if a crib has been recalled and check the [Safe Kids Crib Safety Checklist](#) for crib guidelines. Never buy a bed with loose or broken pieces.

Toys

We know from the millions of units recalled in the last few years that there are still many, many toys in circulation that have high and dangerous levels of lead, not to mention magnet danger issues. There are some guidelines parents can use to stay away from unsafe used toys and some choices

to make that are safer for children. Check again with www.cpsc.gov to see if a toy has been recalled and shop for more traditional toys such as art supplies and wooden toys that are from manufacturers known not to use lead paint. When in doubt, don't buy the toy.

What can Parents do?

Parents can sign up to receive immediate e-mails when dangerous products are recalled via www.cpsc.gov/cpsclist.aspx and can check on previous recalls at www.cpsc.gov/cpscpub/prerel/prerel.html. The notices have photos and/or descriptions of the products to help parents determine if they own the product. Safe Kids Grand Forks also has a quarterly newsletter that contains childhood product recall information. To sign up, send your e-mail address to chanson@altru.org and request to be added to this newsletter e-mail list.

For questions or more information, contact Safe Kids Grand Forks at Altru Health System (chanson@altru.org). Altru Health System is proud to serve as the lead organization for Safe Kids Grand Forks.

Car Seat Check-Up Events

April 2, 2009	Grafton
April 9, 2009	Grand Forks
April 28, 2009	Crookston
May 14, 2009	Grand Forks
June 4, 2009	Grafton
June 11, 2009	Grand Forks
June 23, 2009	Crookston

Car Seat Check-Up Events in Grand Forks and Grafton are held from 4-7 pm. Crookston Events are held from 4:30-6pm by appointment only.

Call 218-281-9100 for an appointment in Crookston or call 701-780-1489 for more information on any check-up event.

Safe Kids GF Receives Funding to Continue Pedestrian Safety!

Thank you to Safe Kids USA and FedEx for their sponsorship of Safe Kids GF Pedestrian Safety Task Force. A grant for this project has been provided to SKGF four of the five times it was applied for. Thank you to everyone involved and keep up the great work of keeping our kids safe!

News From CPSC

Consumer Product Safety Improvement Act

New requirements of the Consumer Product Safety Improvement Act take effect this month. Manufacturers, importers and retailers are expected to comply with the new Congressionally mandated laws. Beginning February 10, 2009, children's products cannot be sold if they contain more than 600 parts per million (ppm) total lead. Under the new law, children's products with more than 600 ppm lead cannot lawfully be sold in the US on or after February 10, even if

they were manufactured before that date. The total lead limit drops to 300 ppm on August 14, 2009.

Sellers of **used** children's products, such as thrift stores and consignment stores are not required to certify that those products meet the new lead limits, phthalate standard or new toy standards. This is especially important for parents to keep in mind if they are purchasing **used** toys.



Car Smarts for Cold Weather

You've probably heard warnings about the danger of leaving your baby in the car in summer, but it can be just as risky to leave her alone in there when it is cold. Young children lose body heat more easily than adults do, and they can quickly develop hypothermia. Shovel any snow around your car before starting it or putting your baby in the car seat. To make sure your baby is buckled in snugly, take off her snowsuit before hand, then cover her with a blanket.

Parents Magazine

Shelter In Place

What Shelter-in-Place Means:

One of the instructions you may be given in an emergency where hazardous materials may have been released into the atmosphere is to shelter-in-place. This is a precaution aimed to keep you safe while remaining indoors. Shelter-in-place means selecting a small, interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire home or office building.

Why You Might Need to Shelter-in-Place:

Chemical, biological, or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on television and radio stations on how to protect you and your family.

How to Shelter-in-Place

At Home or Work:

- Close and lock all windows and exterior doors.
- If you are told there is danger of explosion, close the window

shades, blinds, or curtains.

- Turn off all fans, heating and air conditioning systems.
- Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.
- Bring your pets with you, and be sure to bring additional food and water supplies for them.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate.

In Your Vehicle:

If you are driving a vehicle and hear advice to "shelter-in-place" on the radio, take these steps:

- If you are very close to home, or a public building, go there immediately and go inside.

- If you are unable to get to a home or building quickly and safely, pull over to the side of the road. Stop your vehicle in the safest place possible. If it is sunny outside, it is preferable to stop under a bridge or in a shady spot, to avoid being overheated.
- Turn off the engine, close windows and vents.
- If possible, seal the heating/air conditioning vents with duct tape.
- Listen to the radio regularly for updated advice and instructions.
- Stay where you are until you are told it is safe to get back on the road. Be aware that some roads may be closed or traffic detoured. Follow the directions of law enforcement officials.

Local officials on the scene are the best source of information for your particular situation. Following their instructions during an emergency regarding sheltering, food, water, and clean up methods is your safest choice.



American Red Cross



Altru's Here For Life Expo



March 21, 2009

10 am to 3 pm

Alerus Center

Looking for ways to keep your family healthy and safe? Look no further than Altru Health System's Here for Life Expo, Saturday, March 21, from 10 am to 3pm in the Alerus Center ballroom. This health and wellness fair is free to the public. The Expo features over 80 booths, highlighting many of the health and wellness programs and services available in our community. Children can have a photo ID card made by the GF Police Department. Safe Kids Grand Forks will have a wide variety of booths including child passenger safety, gun safety, and much more. For more information on the Here For Life Expo, call DeAnn Hecht at 701-780-2356 or visit altru.org.

Parents.com Launches a Recall Finder

New Brochures

Safe Kids has new brochures available! The new brochures include ATV Safety and Traveling Safely with Children. If you need copies of the brochures or more information on other brochures Safe Kids has to offer in a variety of safety topics, please contact Sandy at 780-1639 or sschuster@altru.org.

**"Helmet Helper"
Training Sessions - 2009 -**



Mark Your Calendars

If you are interested in helping with the school presentations and helmet distributions and would like a review or training, please plan to attend one of the following sessions.

Monday, March 16th from 12 - 1 pm
(lunch will be served)

Thursday, March 26th from 4 – 5 pm
(Sessions will be held in Room 201 of the Safe Kids Building)

Please
RSVP to Patty by e-mailing
polsen@altru.org or calling 780-1856. Please
sign up at least 1 week before each session.

Parents.com has launched a toy and product recall finder to help parents locate information on toy recalls, recalled car seats, and more. The new product recalls database includes information and content from the Consumer Product Safety Commission, the National Highway Traffic Safety Administration, and other sources.

Dan Hickey, Editor-in-Chief of Parents.com, said, "We want to help families find information on recalled toys, cribs, car seats and other products. Our new toy and product recall finder includes recall dates, pictures of recalled items and more facts parents should know."

For example, unsafe car seats can pose serious risks to babies and young children, and it's important to follow instructions on what to do if your car seat has been recalled. You can use the Parents.com Product Recall Finder to locate critical information on the latest car seat recalls.

The Parents.com Product Recall Finder can also help you easily locate critical information on the latest toy and game recalls to make sure your children are safe and healthy while they play. Hundreds of kids' toys and games are recalled every year because of high lead levels, choking hazards and other serious risks.

While the Parents.com Product Recall Finder is not comprehensive, its product recalls database includes information on the following categories: Bathing & Potty Training; Books & Videos; Bottles & Feeding; Car Seats; Carriers & Slings; Clothing; Cribs, Beds & Furniture; Fisher-Price; Health & Safety; High Chairs & Boosters; Jewelry & Accessories; Mattel; Miscellaneous; Pacifiers & Teething; Play Yards, Gyms & Activity Centers; Playground Equipment; Sporting Goods; Strollers; Swings & Seats; as well as Toys & Games. For more complete information concerning recalls, you should visit <http://www.cpsc.gov>.

Microwave Caution

Microwave ovens may not get hot, but they're still a major cause of burns in young children, finds a new study in *Pediatrics*. Researchers looked at kids admitted to the University of Chicago burn center and found that children ages 18 months to 4 years often got scalded after they opened a microwave and grabbed hot food or liquids. In every case, an adult had heated up the food, but the child removed it when it was done. "A microwave is just as dangerous as a stove," says lead study author Gina Lowell, M.D. Researchers are urging manufacturers to add a locking mechanism to microwave doors to make them harder for kids to open.

Parents Magazine

Were You Involved In A Car Accident? Wondering If Your Car Seat Needs Replacement?

Safe Kids Grand Forks wants to remind you if your car seat has been involved in a crash, there are guidelines for replacing your seat so that your child can ride safely in the future. We are here to assist by educating you as to the guidelines for seat replacement.

In the past, the recommendation was for car seats to be replaced **ANY** time they were involved in a crash, no matter how minor or severe. Currently, the National Highway Traffic Safety Administration (NHTSA) suggests that car seats **do not need to be replaced** if they were involved **ONLY in a MINOR crash**. NHTSA defines a minor crash as one in which **ALL** of the following apply:

- A visual inspection of the child safety seat, including inspection under any easily movable seat padding, does not reveal any cracks or deformation that might have been caused by the crash.
- The vehicle in which the child safety seat was installed was capable of being driven from the scene of the crash.
- The vehicle door nearest the child safety seat was undamaged.
- There were no injuries to any of the vehicle occupants; and
- The air bags (if any) did not deploy.

If your car seat needs replacement, it should be replaced as soon as possible following the crash. It is recommended that **seat belts in use during the crash also be replaced**. This can be done at a car dealership. Most insurance companies will cover the cost of a new seat and the replacement of the seat belts.

If you have questions or need verification for your insurance company, please feel free to contact **Safe Kids Grand Forks at 701-780-1489**.



HANDS-ON Learning Fair

A Community Celebration For Children
For Children Birth to 7 and their Families

Bring Communities Together for Children
Bring Communities Together

Saturday, April 18
10:00 a.m. - 1:00 p.m.

Purpur Arena
1122 7th Avenue South, Grand Forks

FREE

For Children Birth to Age 7 and their families

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

April is Month of the Young Child
and Child Abuse & Neglect Prevention Month

Sponsored by the Northeast Chapter of NDAEYC
and Prevent Child Abuse North Dakota
Information: Dawnita 780-8408, Judy 778-4173

Play is the first step in the learning curve!

Super Science Saturday and the Annual Scout Show for elementary and middle school children at Gambuoi Arena same times.

Concession stands operated by GF Lion's Club also at Gambuoi Arena.



Safe Kids Grand Forks and Altru Health System
are pleased to present



water safety class

Date & Time: May 4 or 5 from 6:30-8:30pm

Place: UND Hyslop Arena

Who Should Attend: Open to kids in the 1st — 6th grades (ages 6-11) along with at least one parent/guardian per family

RSVP to sschuster@altru.org or call 701-780-1639

Event Sponsors: Safe Kids Grand Forks and Altru Health System, US Army Corp of Engineers, University of North Dakota, and the Grand Forks YMCA

Slow Down!

By Susanne Nadeau - The Grand Forks Herald

The street running alongside Lewis and Clark Elementary School will be the first in Grand Forks to get permanent radar signs in an effort to slow down speeders. The school received more than \$9,600 in grants from FedEx to make the street safer for pedestrians, particularly for the children who cross the street to get to school or go to the Elks Park swimming pool, said Carma Hanson, coordinator of Safe Kids Grand Forks. In the fall, parents and school staff were questioned about what traffic safety issues they deemed to be most pressing. Principal Scott Johnson said. "Thirteenth Avenue South was our main problem area — traffic speed along with congestion," Johnson said. There haven't been any pedestrian-vehicle crashes along the road near the school, Hanson said. But she added that the street, which runs alongside the southern edge of the school, is becoming a "major thoroughfare for people who are driving east to west to gain access to South Washington Street." According to data from a Smart speed trailer placed at the school, which displays oncoming motorists' speeds, Hanson said 50 percent of drivers were exceeding the speed limit near the school. "What we found out from the Smart trailer data is that drivers are

going sometimes as fast as 35 mph to 40 mph. The average is about 20 mph to 25 mph, which is still above the posted speed during school hours," she said. The speed limit is 20 mph in the school zone, but at the crosswalk, it's 15 mph when lights are flashing, which is typically from 7:30 to 8:30 a.m., and from 3 to 4 p.m., when children are arriving at or leaving school. The FedEx grants will pay for the signs, and the city will set them up at no cost, Hanson said. Getting the signs is part of a group effort through the school, Safe Kids Grand Forks, the city and the Grand Forks Park District, she said. Johnson, the school's principal, said Smart signs will be installed as soon as the ground thaws. "The sooner the better," he said. "Then, we'll be able to look at the data again, and hopefully it will show that we have some reduced speeds there." Hanson said the radar signs may become a communitywide project. "There are several sites in the community where speed is an issue," she said. "We're concerned with speeds on all city streets, particularly in an area where there is an elementary school." Children younger than 10 have difficulty understanding speed and distance, she said, even though crosswalk safety is drilled into them at the beginning of each school

year. One way to make children safer is to stop before crosswalks, and watch carefully for children as you approach, she said. Another way motorists could possibly help is to consider changing their driving routes. "A lot of people who don't have children drive by those schools," she said. "If you do not need to go by that school and can take a different route, maybe you should take the alternative route." Another issue for pedestrians around Lewis and Clark is that there really isn't an easily accessible drop-off area, Johnson said. "We're going to be meeting with the Metropolitan Planning Organization this spring about other improvements. What I would like to see is a revamping of the parking area, making drop-off easier, maybe having additional outlets," he said.

For more information, contact Safe Kids Grand Forks at 701-780-1489



Thank You to the Peabody Family Fund!!!

Recently, Safe Kids Grand Forks received a monetary donation from the Peabody Family Fund through the Community Foundation of Grand Forks, East Grand Forks and the Region. It was a very great and welcome surprise and gift. It is people, groups and organizations such as the Peabody Family Fund that allows Safe Kids Grand Forks to continue its mission to help prevent unintentional injury and death of children. **Thank You!!**

National Poison Prevention Week is March 15-21, 2009

Each year, more than 100 children ages 14 and under die as a result of unintentional poisoning. Non-pharmaceutical products such as cosmetics, cleaning substances, plants, foreign bodies, toys, pesticides, art supplies, and alcohol are responsible for 56 percent of poisoning exposures for children under 5 years of age. Parents need to store these products up and away from children, preferably in a locked cabinet.

In addition, carbon monoxide poisoning is a risk for families, especially for children. It is crucial for families to purchase, install and test CO detectors. They should be on every level of the home and outside every sleeping area.

Poison Safety Checklist

1. Know which household products are poisonous.
2. Keep poisonous products out of kids' reach.
3. Keep the National Poison Control Center hotline number by each phone: 1-800-222-1222.
4. Don't mix different cleaning products together.
5. Keep products in the original containers. Read labels to learn if a product is poisonous and for first aid information.
6. Never refer to medicine or vitamins as candy.
7. Choose medicines and products that have child-resistant caps.
8. Keep make-up, hair spray, cologne and other personal products away from children.
9. Install carbon monoxide detectors in the home.
10. Throw away old medicines and cleaning products.



Safe Kids Star

Joann Munter has been a member of Safe Kids Grand Forks for several years. Not only is she a coalition member but Joann is a certified car seat technician and a senior checker for car seat check-up events in the Crookston area. Joann is employed by Polk County Public Health and is a strong advocate for child passenger safety and other injury risk areas.

Joann is always the first person to step up and volunteer for events in her community and in the Grand Forks area. Recently, Joann and her family lost their home to a house fire. While everyone was safe, Joann's home was destroyed. For her efforts to always give back to her community, we extend our thoughts and support to her during this difficult time. Our thoughts and prayers go out to Joann and we applaud her for being our Safe Kids Star!!

