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## The Dangers of Hyperthermia

Every year since 1998, heat stroke or hyperthermia has claimed the lives of more than 30 children when they were left alone in cars. It need not be a very hot day for the car to become too hot for a young child's body. There is no temperature when it is safe to leave a child alone in a car as their bodies heat up 3-5 times faster than an adult's. Heat stroke, which can cause permanent brain injury or death, occurs when a child's core body temperature reaches 107 degrees. Children as old as 13 have been affected.

We urge all parents and caregivers to NEVER LEAVE YOUR CHILD ALONE IN A CAR for any reason or any amount of time. Here are some tips regarding this important safety issue:

Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.

Check out the tips below to help prevent hyperthermia. The LOOK stickers (pictured here) are a great reminder to check your vehicle before

exiting. The clings are available from Safe Kids Grand Forks free of charge. To get your sticker contact Safe Kids at safekids@altru.org or call 701-780-1489.



### Never Leave Your Child Alone

Each year, almost 40 children die from accidentally being left in the vehicle.

- Set your cell phone to remind you to drop off your child at childcare.
- Set your computer program or leave yourself a note at work asking "Did you drop off at childcare today?"
- Never leave a child alone in a vehicle, even with the window slightly open.



- Lock all vehicle doors and trunk—especially at home. Keep keys out of child's reach.
- Teach children not to play in a vehicle. They are not playgrounds.
- Check vehicles and trunks FIRST if a child goes missing.
- Create a plan with your childcare—if your child is late to arrive, have care giver call you. Be especially careful if you change your routine for dropping off.
- Place a cell phone, diaper bag, or gym bag in the back seat on the floor. This will force you to open the back door, which will eliminate accidentally leaving a child in the car.

For more information, contact your local Safe Kids Coalition or visit [www.safekids.org/nlyca](http://www.safekids.org/nlyca).

# Summer Food and Grilling Safety



For many campers and grilling enthusiasts, summer signals the beginning of the grilling season. It's important to be careful and to use common sense when grilling – both at home and while camping- to avoid injuries and damage to property. Each year an average of 6,500 grill fires result in nearly \$27 million in property loss and 150 injuries (U. S. Fire Administration Topical Fire Research Series). The U.S. Fire Administration also sites that mechanical failure or malfunction is by far the leading ignition factor for grill fires.

Some tips for safe grilling include:

- The only safe place to grill in any form is OUTSIDE!!!
- Place your grill on a flat, level surface so it won't tip over. Keep it away from

- overhangs, fences, deck railings and shrubbery that could be ignited by a sudden flare-up or spark.
- Only use your grill in a well-ventilated area.
- Don't wear loose clothing.
- Always keep a fire extinguisher near by.
- Never leave a hot grill unattended.
- Frequently check hoses for cracking, holes, leaks or brittleness. Make sure hoses are not blocked.
- Keep propane containers upright.
- Never use gasoline or kerosene to light charcoal.
- If using a campfire, build them where they are not going to spread, away from dry grass and leaves.

Here are some safe food handling tips:

- When purchasing – buy cold foods last,

right before checkout. Separate raw meat and poultry from other foods.

- Thaw meat and poultry completely before grilling so it cooks more evenly.
- Keep cold foods cold and hot foods hot. Keep hot foods at 160 - 165 degrees Fahrenheit until served.
- Keep your cooler in a shady spot, minimize times it is opened and keep all empty spaces filled with ice to maintain cold temperature. Keep chilled food at 40 degrees Fahrenheit.
- Keep everything clean – don't use the same platter and utensils for raw and cooked meat or poultry. Find a water source to use in preparation and cleaning. Always

assume that streams and rivers are not safe for drinking so you may need to bring along water purification tablets or equipment.

- Discard any food left out for more than 2 hours.

*Questions?  
Contact the USDA Meat and Poultry Hotline at 1-888-674-6854. The hotline is open year-round Monday – Friday 10 a.m. to 4 p.m. EST or checkout the web at [www.fsis.usda.gov](http://www.fsis.usda.gov).*

Happy grilling!!!

This article was submitted by Danielle Kovarik, RN. Danielle is a nurse with the Grand Forks Public Health Department and a long-time member of Safe Kids Grand Forks.



PUBLIC HEALTH DEPARTMENT

## North Dakota Conference on Injury Prevention & Control

**“Preventing and Responding to Injuries”**

**2nd Annual  
Conference**

**You Are An  
Essential Piece**

**SAVE THE DATE**

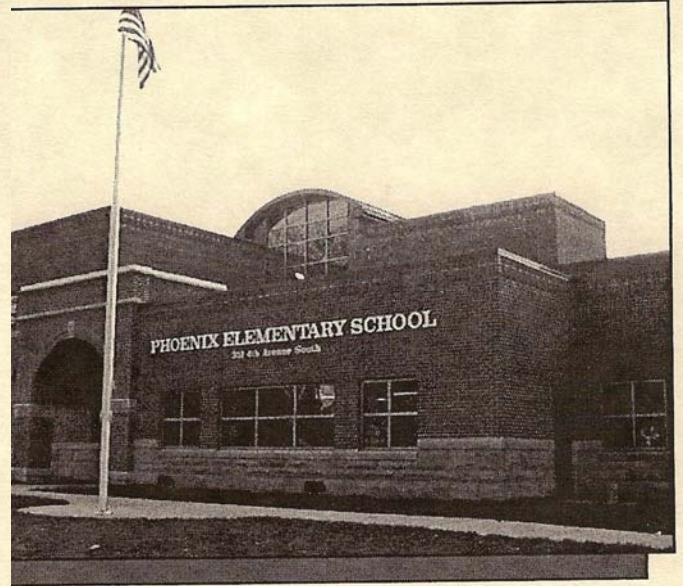
**October 27–28, 2010**

**Seven Seas Hotel  
Mandan, ND**

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

Patti, Thank you for the awesome job you did in securing the grant for traffic control around Phoenix Elem. I really appreciate your concern for our students and staff. Your work will go a long way in improving student safety. Thanks!  
Darryl

**This note was sent to Safe Kids Grand Forks from Phoenix Elementary School Principal, Darryl Tunseth to thank us for our work in procuring the \$10,000 Safe Kids Walk This Way Pedestrian Safety Grant. More details on our work at Phoenix Elementary will follow in the fall newsletter.**



**Safe Kids Grand Forks has bike & multi-sport helmets available at a reduced cost!**

Helmets are 85 % effective in preventing serious head injuries in a bike crash. Safe Kids encourages adults and children to wear a helmet when participating in any wheeled sport.

**Toddler size bike helmet - (Blue & Pink) - \$7.00**

**Child & adult size bike helmet (S-M-L) - Red, black, blue and purple - \$7.00**

**Child & adult "true multi-sport" (S-M-L) – Blue, black and white - \$12.00**

**Remember, the best way to establish the "helmet habit" with children is for adults to also wear one. If interested in purchasing a helmet for you or your child, please contact Patty Olsen at 780-1856 or [polson@altru.org](mailto:polson@altru.org).**

# Safe Kids Star



Each year, Safe Kids Grand Forks works with the UND College of Nursing as a host site for clinical hours. This partnership has been outstanding for both the nursing students and Safe Kids Grand Forks.

Three years ago, we were approached by a senior marketing student from UND. Brittany was looking for an internship in an area that focused on marketing. This seemed like a perfect match. Brittany began what has become a great partnership with UND marketing students. In fact, the person that puts together this newsletter is a former Safe Kids—UND Marketing Intern who has continued to assist us (Thank you Cassandra).

This spring, Safe Kids Grand Forks was blessed to have Hayley Kruse, also a senior marketing student intern with our program. Hayley has done an outstanding job with our organization. Not only has she produced many great press releases, radio interviews, letters and other marketing pieces, we think she has learned a thing or two as well.

Hayley brought a great deal of enthusiasm to her job at Safe Kids. Her smile and zest for life and for the work she was doing was readily apparent. There was not a task that Hayley would not tackle. She was very independent in her work and Safe Kids' message quickly became a passion of hers. Hayley graduated from UND with



a degree in marketing in May 2010. She has returned to her hometown of Bismarck for a summer job there. We wish Hayley all the best in her career and know that where ever she ends up, we will have another Safe Kids advocate spreading

our message to parents and caregivers!! On behalf of Safe Kids Grand Forks, we extend our thanks and appreciation to this quarter's Safe Kids Star—Hayley Kruse!! (And a special thanks to Brittany (Koop) Stover and Cassandra McDonald for their past work!

facebook

## Contact Us!

facebook

***Safe Kids Grand Forks has a new email address and is now on Facebook!***

***Become Safe Kids Grand Forks friend on Facebook to keep up with upcoming events, learn great safety tips, and to find out how you can volunteer your time or resources. Safe Kids also has a new email address.***

***Contact us at [safekids@altru.org](mailto:safekids@altru.org)***

# Summer Weather Emergency Tips



The weather conditions in the summer are far different from those encountered

during the cold weather seasons. Here are some tips for what to do in case of a tornado or thunderstorm. It's a great idea to review these tips with children and teens who may be left home alone this summer.

## Tornados

There is often little to no warning of a tornado. Being prepared and knowing what to do can save lives.

- Have a designated area in the home for shelter, preferably a basement or room with no windows.
- Listen to local radio and TV stations.

**Tornado Watch**— means there is a chance for dangerous weather, be on the lookout and ready to move to safety.

**Tornado Warning**— a tornado has been sighted nearby and you should immediately go to your designated safety area.

- Look and listen for danger signs. These include; severe thunderstorms, hail, roaring noises, funnel clouds, and dark often green colored skies
- Never try to flee a tornado in a vehicle; if possible exit the vehicle and seek shelter in a basement or windowless room.

## Thunderstorms-

- Don't use the phone. Electrical currents from lightening can travel over telephone wires.
- Don't take a bath or shower, water can conduct electricity.
- Unplug all electrical appliances. These include; computers, TV's and stereos.
- Close all windows, blinds and curtains. This will help prevent glass from flying into the room if windows are shattered.
- STAY INSIDE!
- Listen to local radio and TV stations.

**Thunderstorm Watch-** Severe thunderstorms

are possible. Lightening, thunder, hail and heavy rains are possible.

## Thunderstorm Warning-

Severe weather conditions are occurring. Immediately take cover.

For more information about summer weather conditions please contact [safekidsgf@altru.com](mailto:safekidsgf@altru.com).



## Did You Know???

Grand Forks Public Health has one certified passenger safety technician available on a limited basis for car seat questions. The clients they serve include those on TANF or who are WIC eligible. Please call 787-8100 for questions, information, or assistance if you meet the above listed criteria.

## Safe Kids Grand Forks Is Here To Help!!

Safe Kids Grand Forks can offer safety items at a reduced price, car seats for loan or assistance with bike helmet fitting or car seat installation. However, our office hours vary and we are only open 3 days per week.

Many of those days are spent at activities out in the community and region. Therefore, for the best service, we encourage you to call ahead for an appointment to seek assistance. To schedule an appointment, please do one of the following:

Email: [safekids@altru.org](mailto:safekids@altru.org) (Preferred)

Call or e-mail:

**Sandy Schuster at 780-1639 or [sschuster@altru.org](mailto:sschuster@altru.org)**

(Safe Kids Secretary –Here one day per week)

**Patty Olsen at 780-1856 or [polsen@altru.org](mailto:polsen@altru.org)**

(Safe Kids Wheeled Sports and Pedestrian Safety Coordinator—Hours are also variable)



In the spring of 2008 and 2009, Safe Kids Grand Forks and two elementary schools teamed up for new bike safety program with the fifth grade students. The program was conducted over two days in cooperation with the physical education teachers. The overall goals of this program were to reinforce the importance of helmet use, relay the benefits of biking to school rather than riding in a car, teach safe cycling skills (both on the road and on the trails) and encourage kids to bike to school.

Due to the success of the program Safe Kids was awarded a \$1000 grant from Safe Routes to School to continue the program in the Spring of 2010. This year, the fifth graders from Lewis & Clark and Kelly Elementary participated. Prior to our presentation, the students completed worksheets at school where they identified both reasons they enjoy riding to school and barriers that prevent those who don't ride from doing so. We were able to incorporate the information from the students in our presentation. The presentations were conducted at Kelly and Lewis & Clark on day one of the program.

On day two, the fifth grade students went on their bike ride guided by Grand Forks Police Bike patrol, school staff and riders from the Ski & Bike Shop. The students were separated into groups and road their bikes on city streets and on the Greenway. They were able to incorporate the topics discussed in the presentation "on the road" – obeying traffic signals, navigating road hazards and traffic, using hand signals and riding on a bike path. The weather cooperated and both rides were highly successful. Over 100 5<sup>th</sup> grade students participated in the rides this year!

Such a large endeavor could not take place without the generous support of Safe Routes to School and the many adult riders and volunteers. Special thanks go to Nathan and Andrew from the Ski & Bike Shop and Officer LaVonne Nelson, Donny, Justin and Lindsey from GFPD. Sueann Lunde (PEP), Terry Davis (Lewis & Clark P.E.) and Mike LaMoine (Kelly Elementary Principal) and Mike LaMoine (Kelly Elementary Principal) and Mike LaMoine (Kelly Elementary Principal). Other volunteers included Hayley Krushe and Dawnita Nilles.





# Sharing the Road

As we begin to pull our bikes out of storage and take them out on the road, it's important that both riders and drivers understand the "rules of the road".



## Rules of the Road for Bike Riding

The rules of thumb for the road: If you ride your bike on the sidewalk, act like a pedestrian; if you ride your bike on the road, act like a car. Here are some more safety tips:

- Always ride in the same direction as cars. Never ride against traffic.
- Stop at all stop signs and obey traffic lights just like cars. Yield to pedestrians, stop at red lights and be especially careful at intersections.
- Watch traffic closely for turning cars or cars leaving driveways, alleys or curbs.
- Try to use bike lanes or designated bike routes whenever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- When using crosswalks be a pedestrian; walk your bike across following traffic pedestrian signals.
- Avoid riding at dusk or in the dark. If you do, you must have a headlamp that can be seen from 500 feet away (City of Grand Forks ordinance) and wear reflective tape and/or clothing.
- When passing other bikers or people, always pass to their left and call out "On your Left" or "Passing on your left" so that they know what you are doing and will watch for you.
- Never share the seat with a friend or ride on the handlebars.
- Remember, one rider per seat on the bike. Pegs are for tricks, not other riders.
- Never hitch a ride on a moving vehicle. (North Dakota Law!)
- Never change directions or lanes without first looking behind you, and always use the correct hand signals.



# Sharing the Road



Rules of the Road for Motor Vehicles around Bicyclists.

- People riding on a bike have the same right to be on a roadway as a motor vehicle.
- It is important that drivers watch for cyclists and allow them space on the streets.
- Watch for people on bikes that may be in the turn lane to your side or traveling on sidewalks in residential areas.
- If you are passing someone on a bicycle, be sure to give them at least 5 feet of space between your vehicle and their bike.

# Safe Kids Grand Forks Hosts 14th Annual “Kids Don’t Float” Water Safety Class



It's the time of year where we get to thinking about weekends at lake cabins, fishing trips, and days at the pool. Safe Kids Grand Forks held its 14<sup>th</sup> annual Kids Don't Float water safety class in Grand Forks. The 2 hour interactive classes with children were designed to create a fun and memorable experience. The games and activities children participated in will help

them practice proper water safety skills for a life-time. To learn about the risks associated with hypothermia, kids were asked to pick pennies out of a cooler of ice water. After only a short period of time they could see how quickly cold water affects the body's ability to function. To stress the importance of wearing lifejackets, rather than just having them present, kids participated in a life-jacket relay. They also had a chance to use numerous rescue devices, fatal vision goggles and even drive miniature boats in the Hyslop pool.



**Drowning is the second leading cause of accidental injury related deaths in children ages 14 and under. Adult supervision is mandatory at all times; there is no safe substitute for active adult supervision. This summer, please keep kids safe, make sure to lead by example and remind your children to always wear their lifejackets— because KIDS DON'T FLOAT!**

If you or someone you know is in need of a lifejacket, please take advantage of our life jacket loaner program through the Grand Forks YMCA. Child and adult sizes are available at NO COST for up to 2 weeks.

Call 701-775-2586

You may also purchase lifejackets at a discounted price through Safe Kids Grand Forks.

Infant Life Jackets: \$15

Children-Adult: \$12

E-mail: [safekids@altru.org](mailto:safekids@altru.org)





# Night Driving is Biggest Danger for Teen Drivers

By Ashley Halsey  
Washington Post

Driving after dark is the single most-dangerous risk a teenage driver can take and is more likely to result in death than drinking, speeding or not wearing a seat belt, according to a national 10-year study of highway fatalities released today.

"Everything points in the same direction for this age group, and that is to the use of cell phones behind the wheel," said Bernie Fette, one of the study's authors.

"Whenever you combine the nighttime danger and the cell phone danger with inexperience, you have created a perfect storm."

The report, conducted by the Texas Transportation Institute, used federal traffic fatality data from 1999 to 2008, a period in which the number of traffic deaths declined nationwide. Safer cars, safer highways, seat-belt laws and drunken-driving enforcement have been linked to the drop in fatalities - all factors in darkness and daylight alike.

So why didn't nighttime traffic deaths drop, too?

Among drivers 20 and older, alcohol was a clear culprit in the proportional increase in nighttime deaths. Not so with teenagers, among whom

there was a greater increase but no corresponding jump in deaths that could be attributed to drunken driving.

"We have a test to see whether someone's been drinking, but there is no test to see whether you've been on your cell phone," Fette said.

"Because teenagers have grown up with these devices in their hands, they feel a comfort level and a very false sense of security. They will tell you,

*'I can text with my phone still in my pocket, so I certainly can text while I'm driving.'* "

The report adds to data amassed by U.S. Transportation Secretary Ray LaHood,

"A quarter of all teens admit to texting behind the wheel, and in 2008, the highest proportion of distracted drivers in fatal crashes were under the age of 20," LaHood said. "Teen drivers are some of the most vulnerable drivers on the road due to inexperience, and adding cell phones to the mix only compounds the dangers."

In addition to dismissing the dangers of cell phone use, Fette said, few teenagers are aware that nightfall magnifies the risk posed by their inexperience and fatigue.

"More than 80 percent of teens can name alcohol as a driving risk," Fette said, "but only 3 percent are aware that driving at night is dangerous."

The report cites research from the National Sleep Foundation that says the average teen needs nine hours of sleep but gets seven.

"The resulting fatigue, especially late at night, can contribute to impairment that is similar to being intoxicated," the Texas Transportation Institute report said.

Data compiled by the National Highway Traffic Safety Administration show that teens killed at night are less likely to be wearing seat belts. About 6,000 teenagers die in car crashes each year.

The Texas research indicates that nighttime driving was the No. 1 risk for fatalities for teen drivers, followed by speed, distractions, failure to wear a seat belt and alcohol use.

## Car Seat Check-Up Events

July 1

GFAFB

(Event time is 12—3 p.m. For information on this event and to schedule an appointment, contact us at [safekids@altru.org](mailto:safekids@altru.org))

July 8

Grand Forks

August 5

Grafton

August 12

Grand Forks

August 18

Larimore

September 9

Grand Forks

September 28

Crookston

Car Seat Check-Up Events Times

Grand Forks 4—7 p.m.

Grafton 4—6 p.m.

Larimore 3—6 p.m.

Crookston 4:30—6 p.m.

For more information, contact the Safe Kids Grand Forks car seat information line at 701-780-4995.



Safe Kids Grand Forks recently hosted a 4-day training where attendees became certified as Child Passenger Safety Technicians. There were 12 attendees (see photo) from various agencies in the Grand Forks area. These technicians will now join the forces of others in the state that assist parents and care givers with car seat installations and questions. Safe Kids Grand Forks partners with various GM dealerships and other agencies in the region to host routine check-up events in an effort to assure that the children of our region are traveling safely in motor vehicles. For a list of our events, see the "Upcoming Events" section of the newsletter or visit [www.safekidsqf.com](http://www.safekidsqf.com) A special thank you to the instructors for this 4-day technician class who gave of their time and expertise to train our new pool of resources. The instructors were: Connie Rongen and Carol Meidinger - North Dakota Department of Health and Bill Vasicek - Safe Communities Coalition of the Northern Valley.

## How safe is my child during physical activity?

As a parent you know the importance of making sure our children stay active. But when kids get off the couch, one activity that is not recommended is jumping on a trampoline. Although trampolines often have been described as fun for kids and a way to get exercise, an estimated 100,000 people were injured on trampolines in 1999. That number has almost tripled since 1991. Most of these injuries occurred on home trampolines.

Trampolines can be very dangerous; almost two thirds of the people injured are children ages 6 through 14 years. The most common injuries are:

- Broken bones (sometimes needing surgery)
- Concussions and other head injuries
- Sprains/strains

- Bruises, scrapes, and cuts
- Neck and spinal cord injuries that can result in permanent paralysis or death

Most of the injuries result from the following:

- Landing wrong while jumping
- Attempting stunts (beyond capability or training)
- Colliding with another person on the trampoline
- Falling or jumping off the trampoline
- Landing on the springs or frame of the trampoline

Adult supervision will not adequately prevent injuries on home trampolines. Injuries can occur on small or large trampolines and girls and boys are equally as likely to be injured. Because of these risks, the American Academy of

Pediatrics (AAP) recommends that trampolines not be used at home or in physical education classes in schools. Trampolines should be used only in supervised training programs for gymnastics, diving, or other competitive sports.

The AAP offers the following guidelines regarding trampolines:

- Trampolines should not be viewed as play equipment for children. Do not keep a trampoline at home, whether indoors or outdoors, for your children to jump on.
- Make sure that your child's school does not have a trampoline on the playground, as this can pose a serious hazard.
- Use of a trampoline is appropriate only under the direct supervision of trained individuals such as physical therapists or athletic trainers. If used under these conditions,

only one person should be on the trampoline at a time.

- Children younger than 6 years of age should never use a trampoline, even in supervised training programs.
- The surface of a trampoline used for supervised training programs should be checked routinely for rust, tears, and detachments.
- A safety pad should cover all portions of the steel frame and springs.

If you have a trampoline at home, check with your home owners insurance to be sure that home trampolines are covered by your policy.

*This information has been provided by Safe Kids member, Rae Ann Hanson. Rae Ann works at Valley Community Health Centers & Grand Forks Dental Clinic.*



## Leaving Kids Home Alone



The summer months leave children with more free time, while many parents still have the same hectic schedules. Many parents do not know what the appropriate actions are for leaving a child

unattended, but following these basic guidelines can help safeguard children this summer.

- No child under 8 years of age should be left unattended.
- Children 9-11 years of age should not be unsupervised at night, or for periods greater than 2 hours.
- Kids ages 12-14 can be responsible for other kids but not for overnight care.

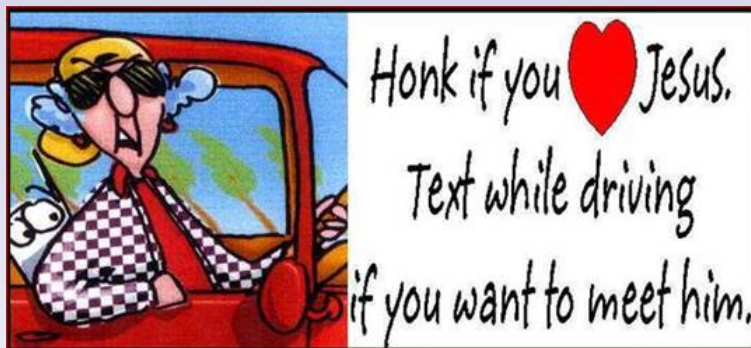
In addition to meeting these given age requirements, certain children's maturity levels vary greatly, so make sure to check several factors before making the decision to

let them stay home alone.

- Can they follow rules?
- Do they exhibit self control?
- Do they have basic problem solving skills?
- Can they keep themselves occupied with non-destructive behaviors?
- Are they physically mature to handle basic tasks around the house?

After the decision has been made that a child can stay home alone, you should sit down with them and review the rules of the house. Let them know whether they are allowed to use the phone or have friends in the house. Perhaps give them chores or homework to stay busy with while you're away. Lastly, review and discuss what to do in case of an emergency. Let several close relatives or family friends know your child will be home alone and leave the child with several contact numbers.

For a safety guide entitled "Safe at Home Alone" for children and parents, look on-line at [www.safekidsgf.com](http://www.safekidsgf.com)



## Safe Kids Advocates For City Ordinance Banning Texting While Driving

Recently, an ordinance was introduced by City Councilman, Hal Gershman that would make it illegal to text on a cell phone while driving within the city. A state law similar to this was introduced in the last legislative session and failed. Councilman Gershman realizes the dangers of this activity and would like to pass an ordinance in Grand Forks. Safe Kids Grand Forks provided the council with information on this dangerous behavior indicating that those who text while driving are 23x more likely to be in a crash. This equates to being over the legal drinking and driving limit of .08. In a study released by Safe Kids USA last fall, 1 in every 6 people that drive by a school is distracted with cell phone use being the biggest distracter. The ordinance has passed the first reading as of 6-21-10 and will be again voted on at a city council meeting before becoming a law. Please join Safe Kids Grand Forks in our efforts to support this ordinance. Recent reports show that **public support** for laws against text messaging while driving is generally high, ranging between **80-97%**. For more information on this potential new ordinance, become a friend of Safe Kids Grand Forks on facebook and follow along as this unfolds.

# Fireworks Safety



The 4<sup>th</sup> of July is coming quickly and as we look to celebrate our nation's birthday, we offer these reminders about fireworks safety. Safe Kids Grand Forks would encourage people to leave firework displays to professionals but if they are used, here are some important tips.

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not

legal where you live, do not use them.

- Always have water (a hose or bucket) close at hand.
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should

wear safety glasses.

- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks of illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.

The National Council on Fireworks Safety invites you to celebrate our nation's heritage on the Fourth of July, but celebrate safely.

*This information has been provided by Mary Barrett, a long-time Safe Kids Grand Forks member.*



## Law Enforcement writes tickets to save lives during the *Click It or Ticket* campaign

North Dakota law enforcement officers were out in full force May 24 through June 6 as they focused on ticketing those who are not wearing a seat belt. According to the North Dakota Department of Transportation (NDDOT), there were 48 law enforcement agencies statewide working in partnership for the *Click It or Ticket* campaign this year. Those agencies included North Dakota Highway Patrol, city police departments, and county sheriff departments.

Sixty five percent of motor vehicle fatalities on North Dakota roads were due to not wearing their seat belt in 2009. According to the National Highway Traffic Safety Association (NHTSA), when seat belts are used, they reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent – and by 60 percent in pickup trucks, SUVs, and minivans.

In North Dakota, it is the law that everyone in the front seat is required to wear a seat belt. If a driver and their passengers are under the age of 18, they can be stopped and cited for not wearing their seat belts. If the driver is 18 or over, they can be cited for not wearing a seat belt if they are stopped for another violation.

Remember that it takes less than three seconds to buckle up. It will save you the cost of a ticket and may even save a life.



# Safe Kids Product Recall Corner

With so many recalls announced each month, it can be a daunting task to try and keep up with all of them. The CPSC publishes a monthly newsletter that announces product recalls. The full newsletter and more recall information can be found at [cpsc.gov](http://cpsc.gov).

## High Chair Recall:

The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, recently announced a voluntary recall of the following product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

### **Name of Product:**

Graco Harmony™ High Chairs

**Manufacturer:** Graco Children's Products Inc., of Atlanta, Ga.

**Hazard:** The screws holding the front legs of the high chair can loosen and fall out and/or the plastic bracket on the rear legs can crack causing the high chair to become unstable and tip over unexpectedly. This poses a fall hazard to children.

### **Incidents/Injuries:**

Graco has received 464 reports of screws loosening/falling out and/or plastic brackets cracking causing the high chair to tip over unexpectedly. These tip-over's resulted in 24 reports of injuries.

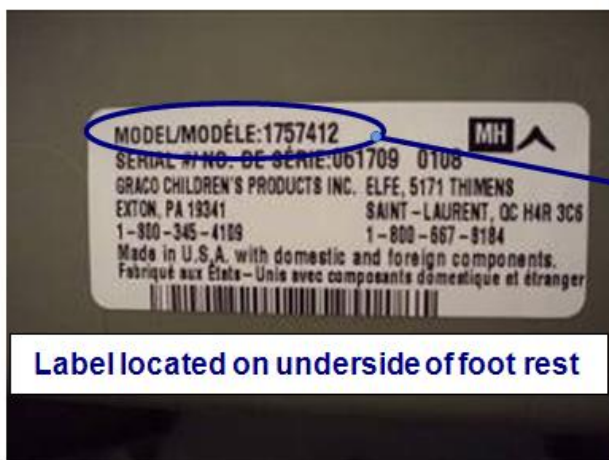
**Description:** This recall involves all Harmony™ High Chairs. The Harmony™ high chair

was manufactured from November 2003 through December 2009 and is no longer in production. The model number can be found on the label that is located on the underside of the foot rest.

## Baby Sling Recall:

The CPSC is advising parents and caregivers to be cautious when using infant slings for babies younger than four months of age. In researching incident reports from the past 20 years, CPSC identified and is investigating at least 14 deaths associated with sling-style infant carriers, including three in 2009. Slings can pose two different types of suffocation hazards to babies. In the first few months of life, babies cannot control their

heads because of weak neck muscles. The sling's fabric can press against an infant's nose and mouth, blocking the baby's breathing and rapidly suffocating a baby within a minute or two. Additionally, where a sling keeps the infant in a curled position bending the chin toward the chest, the airways can be restricted, limiting the oxygen supply. The baby will not be able to cry for help and can slowly suffocate. CPSC recommends that parents and caregivers make sure the infant's face is not covered and is visible at all times to the sling's wearer (especially if breast feeding). Parents and caregivers should be vigilant about frequently checking their baby in a sling.



Label located on underside of foot rest





# Safe Kids Safety Tip: Water Safety & Backyard



The city of Grand Forks does NOT require 4-sided fencing for above-ground swimming pools. Be aware of where these pools are in your neighborhood and be alert for small children that may toddle off to explore.

Home owners with above-ground pools: Be sure the ladder is away from the pool and out of site when the pool is not in use.

## *Active Adult Supervision Prevents Drowning*

Supervising children in and around water is one of the most effective ways to prevent drowning. Adults should NOT rely solely on a lifeguard to conduct this duty. Each child should be actively watched by an adult who could assist should the child get into trouble in the water. Active supervision means keeping your eyes on the child at all times, not napping, reading a book, talking with others or eating in a way that would take your site of vision off the child in or near the water. Having a designated "Water Watcher" for children assures that at least one adult is put in charge of watching the pool or water. When that adult has another task to do, the assigned "Water Watcher" should be changed out. For a free "Water Watcher" tag (with included safety tips), contact Safe Kids Grand Forks at [safekids@altru.org](mailto:safekids@altru.org)





# Keeping Your Summer Vacation Safe and Fun!!

Taking that long awaited summer vacation can bring family memories that will last a lifetime. It is important to keep safety at the top of your priority list when planning a summer vacation. Here are some tips to think about when getting ready to take a camping trip near home or when traveling clear across the country to see long-lost relatives. Ready, set, we are off!!



### Packing:

- Remember to keep all medications in their original container.
- Check ahead to see if “adventure sites” have safety equipment such as helmets for bikes or horse back riding or lifejackets.

### Car/Booster Seats:

- Before leaving, familiarize yourself with the child passenger safety laws of the states you will be visiting or traveling through. You must abide by the law in every state you will be in and they differ from state-to-state.
- Car seats with harness systems are approved for use on aircraft. Ones without harnesses cannot be used on the plane but can be carried on or checked as additional luggage.
- Don’t rely in local taxis, buses or transportation systems to have proper restraints. Secure them ahead of time. Safe Kids Grand Forks has some great travel vests for loan that easily pack and are as safe as a car seat.

### Upon Arrival:

- Be sure to check for hazards in the room such as exposed outlets, etc. Consider moving furniture in front of them or bringing outlet plugs. Check for window blind cords as well.
- Immediately determine a fire escape route from hotel rooms and determine a meeting place (perhaps the car).
- Check over hotel cribs carefully to see if they are safe to use. The slats on the crib should NOT be able to have a soda can passed through them or they are too far apart and can pose a strangulation hazard. Be sure that the crib sheets are designed to fit the mattress and are not an adult sized sheet.
- Be aware of the water conditions in swimming areas. Currents, rip tides, etc can be very different to navigate from the waters we are familiar with back home.
- Adhere to measurement guidelines at amusement parks. They are set for your safety.

**Travel safe and enjoy your vacation!**  
To obtain a full brochure of travel safe ty,  
e-mail: [safekids@altru.org](mailto:safekids@altru.org)

**JOIN OUR TEAM!**  
**JOIN SIOUX KIDS CLUB!**

Membership is available to all kids ages 3-14\*  
For just \$25 you will receive:

- FREE admission to all home games for volleyball, women's hockey, men's and women's basketball and football!
- FREE admission to one men's hockey home game
- Official Sioux Kids Club T-shirt and membership card
- Opportunity to interact with Fighting Sioux coaches and student-athletes at exclusive Sioux Kids Club events
- Opportunity to be Sioux Kids Club Captain of the Game

**REGISTER TODAY!**

Register in person during normal business hours at First State Bank, the Sioux Shop at Ralph Engelstad Arena or online at [www.fightingsioux.com](http://www.fightingsioux.com).

\*All members must be in eighth grade or younger.

First State Bank  
FDIC  
Midcontinent

Safe Kids Grand Forks is proud to partner with the Ralph Engelstad Arena and the Betty Engelstad Sioux Center to spread our childhood safety messages. We are proud to encourage your kids' involvement in the Sioux Kids Club. Watch for more details in our fall newsletter on an upcoming event where kids will have a chance to “Meet the Sioux” and learn about Halloween safety. Thanks REA and BESC for being a great partner in childhood injury prevention!!