



Safe Kids Grand Forks News You Can Use



Winter Safety Tips



Winter Pedestrian Safety

In 2003, 38,399 children ages 14 and under were treated in hospital emergency departments for pedestrian related industries.

Steps to Safety:

- Keep driveways and sidewalks well shoveled and apply materials such as rock salt or sand to improve traction.
- Make sure children under age 10 do not cross streets alone.
- Remind children 10 and older of the rules of pedestrian safety such as using sidewalks, walking on the left side facing against traffic, stopping at the curb or edge of the road before crossing and looking left, right, and left again for traffic. Children should keep looking and listening as they cross.
- Never let children play in the street.
- Make sure children wear appropriate shoes and clothing with retro-reflective material while walking in snowy conditions.

All winter activities require warm, dry clothing. To prevent frostbite, children should be dressed in warm clothes,

including:

- **A hat:** warm, close-fitting and covering ear lobes; not a 'fashion; hat or baseball cap.
- **Mittens:** gloves do not keep hands warm as effectively as mittens.
- **Loose layers:** an absorbent synthetic fabric next to skin, a warmer middle layer, and a water resistant/repellant outer layer.
- **Socks:** a single pair of socks, either wool or a wool blend (with silk or polypropylene) is better than cotton which offers no insulation when wet. Avoid extra thick socks as they can cause cold feet by restricting blood flow and air circulation around the toes.
- **Boots:** be sure boots are dry and not too tight.

Winter Recreation Safety

Sledding Safety

Nearly 13,400 children ages 5 to 14 were treated in emergency rooms in 2002 for injuries related to sledding.



Steps to Safety:

- Make sure terrain is free of obstacles and far from traffic. Children should sled on packed snow (not ice) that is free of debris. Check carefully for snow covered hazards such as rocks, tree limbs and stumps that could endanger sledders.
- Use equipments that is sturdy and safety constructed. Avoid equipment with sharp and jagged edges.
- Examine handholds on sleds to be sure they are secure.
- Never ride in a sled pulled by a motorized vehicle.

Snowmobiling Safety

In 2002, nearly 1,400 children ages 14 and under were treated for snowmobile related injuries

- Snowmobiles can weigh up to 600 pounds and travel at speeds in excess of 90 mph.
- Head injuries are the leading cause of snowmobile-related deaths.
- The American Academy of Pediatrics has stated that operating snowmobiles is inappropriate for children under age 16.

Steps to Safety:

- If a child is riding as a passenger on a snowmobile, be sure they are wearing an approved helmet.
- Children ages 5 and under should never ride on snowmobiles.

Frostbite Safety

Frostbite differs in severity:

- First degree: There is a burning sensation. Skin turns red and stings.
- Second degree: Skin has a gray or yellow tint and feels tender; there may be a "pins and needles" sensation.
- Third degree: Skin has a waxy white appearance and it feels numb.

What to do:

- Take the child indoors.
- Call a doctor.
- Never massage affected frostbite area(s) as it causes maceration of tissue and severe pain.
- Tell the child to wiggle the affected body part(s) to increase blood supply to that area.
- Warm the frozen part(s) against the body.

Safe Kids Stars



To conduct our safety efforts, Safe Kids Grand Forks works with MANY eager and dedicated volunteers throughout the year.

Without them, our Coalition would not be successful and for that, we are grateful. Over time, there are always those “shining stars” that rise to the top and expend extra efforts on our behalf. Each newsletter will highlight some of those “stars”. To kick off our first newsletter, it seemed appropriate to choose the following individuals – Cindy Wright and Maria Herda.

Cindy became acquainted with Safe Kids Grand Forks nearly 5 years ago while working as an employee at Altru. Cindy currently works at UND but has continued to stay connected with our Coalition. Cindy’s dedication is admirable. Recently, she had 40 hours of vacation from her job to “use or lose”. Cindy contacted Safe Kids Coordinator, Carma Hanson and offered to spend the week doing work in the Safe Kids office. A full week of vacation spent dedicated to our Coalition – WOW!!

Maria Herda was also an employee of Altru Health System and retired in 2003. When employed at Altru, Maria worked in the same building as the Safe Kids office. Since she retired, Maria has continued to come and assist with event preparation for 6-8 hour days, at least once a week. Her dedication to many of the “behind the scenes” projects (making packets, stocking, etc.) make the events run fantastically. To both of these ladies, we send our heartfelt thanks from Safe Kids Grand Forks and the kids we are impacting. (See photo on right.)

New & Improved Website!

All the information you need is now available online! Whether it is safety information, volunteer opportunities, upcoming events or training—all of that and much, much more is on our new website! Just visit



www.safekidsgf.com



Visit the following web site for a holiday health & safety message.

<http://www.cdc.gov/women/owh/holiday/12ways.htm>



Safe Kids Stars

Left: Maria
Right: Cindy

**Help
Wanted**

If you have an interest in children and helping to prevent accidental injuries, Safe Kids Grand Forks may be a great connection for you!! Below are some of the areas where we can always use assistance. If you are interested in learning more, please contact Carma Hanson, Safe Kids Grand

Help Welcome

Forks Coordinator at chanson@altru.org (preferred) or 701-780-1489 to learn more.

- Assistance with “Safety on Wheels” helmet fittings at local schools/events
- Distribution of flyers promoting safety tips or

upcoming events

- Assistance at local car seat check-up events
- Packet preparation
- Sponsorship of Safe Kids programs
- Presenting at safety fairs/events/booth displays

**Help
Wanted**

Safe Kids Launches Car Seat Checkups in Larimore, ND



A new partnership has been established between Safe Kids Grand Forks, the Larimore Police

department and the Larimore Ambulance and Rescue. Beginning in 2008, routinely scheduled car seat events will be taking place at the Larimore Ambulance & Rescue building. Jeremy Hanson, police chief in Larimore, has been a member of Safe Kids Grand Forks for a year and a half and has been an integral member in getting injury

prevention messages out into the community. He has been working with Carma Hanson, coordinator of Safe Kids Grand Forks, to establish these checkups for about two years. The first successful checkup event was held in the summer of 2007. For more information about car seat checkup events or injury prevention information, please contact the Larimore Police Department at (701) 343-2012. The events



will take place from 4-7pm at the Larimore Ambulance & Rescue, 420 Towner Avenue, Larimore at the dates listed below.

March 10, 2008

June 16, 2008

September 22, 2008



More information on safety topics is available at Larimore City Hall, 122 W Main Street, Larimore

Safe Kids Receives Safe Routes To School Funding



Safe Kids Grand Forks has worked in the arena of pedestrian safety for several years. Keeping kids safe while getting to and from school is important for Safe Kids, parents and school officials. In 2007, Safe Kids Grand Forks, the Grand Forks Public Schools and the City of Grand Forks applied for and received nearly \$150,000 in grant monies from the Safe Routes To School Program to assist with these efforts. The funding will be used to improve signage around schools, create accessible walkways and ramps, provide safety gear for school crossing guards and provide on-going education on walking and biking to school. The three previously listed entities have also applied for funding for the 2008 year and are anxiously awaiting information on whether those funds will be provided to our community.



Child Passenger Safety Information Line

Safe Kids Grand Forks is now offering a **Child Passenger Safety (CPS) Information Line!** Now you can receive information on regional check-up event dates and times; North Dakota and Minnesota CPS laws' and car seat prices. All you have to do is make a quick and simple phone call!

Child Passenger Safety
Information line

Please call:

(701)780-4995



860 S. Columbia Road

P.O. Box 6002

Grand Forks, ND 58206

Upcoming Carseat Check-up Events

<u>Date of Event</u>	<u>Location</u>
January 10th, 2008	Grand Forks
February 7th, 2008	Grafton
February 14th, 2008	Grand Forks
February 26th, 2008	Crookston
March 10th, 2008	Larimore
March 13th, 2008	Grand Forks

All events are from 4-7pm

For more information, please visit www.safekidsgf.com





SafetyCaps

broader protection for a safer home

The only pediatrician-approved outlet safety plug designed to prevent choking!



Regular Plugs are 1 3/8 inches wide
SafetyCaps are 1 1/4 inches wide



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



Both life saving enhancements were created using U.S. Gov't. Regulations for Pacifiers!



To purchase Safety Caps from Safe Kids Grand Forks, please visit the Home Specialty Store located on the main floor of Altru Hospital near the visitor's elevators. Cost is \$2.00 for 12 outlet covers.

Safe Kids Grand Forks Safety Presentations



January 16, 2008

Altru Health System, Payne Hall Building 1
860 South Columbia Rd

1:30 – 2:30 p.m. - **Playground Safety: Keeping Kids Safe While at Play**

Presented by: Bill Vasicek, Certified Playground Inspector
Northern Valley Safe Communities and Safe Kids Grand Forks

2:30 – 3:30 p.m. - **Development of Home Fire Escape Plans**

Presented by: Jerry Vein
Grand Forks Fire Marshall
Grand Forks Fire Department

3:30 – 3:45 p.m. **Break (Snacks provided)**

3:45 – 5:00 p.m. - **Methamphetamines: The Dangers of Drugs**

Presented by: Sue Shirek
Community Resource Officer
Grand Forks Police Department

These safety presentations are coordinated by Safe Kids Grand Forks in conjunction with Lutheran Social Services of North Dakota and Altru Health System, the lead agency for Safe Kids Grand Forks.

Nursing, law enforcement and social work CEU's are being applied for.

You may attend any or all of these sessions. There is no cost to attend but we ask that you **RSVP** to Kami Bushy by January 14, 2008 by calling 701-780-5919 or email klbushy@altru.org. Please note which sessions you plan to attend.

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 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 care the class prior to your delivery. If you already have purchased a car seat, bring it along and we will provide hands on training on how to properly install the car seat into your vehicle.

2008 Class Dates

The classes are offered each month on the following dates:

January 3	February 7
March 6	April 3
May 1	June 5
July 3	August 7
September 4	October 2
November 6	December 4

Time: 4:30-6:00pm

Place: Payne Hall in Building 1 on Medical Park, 860 Columbia Road

Cost: Registration fee is included with the other pre-natal class registration fees of \$10.00. To register, please call (701) 780-5185 or log on to Altru.org.

And, please remember to bring your car seat along if you have purchased it already!!

