



# Safe Kids Grand Forks News You Can Use



## Carbon Monoxide: An Invisible Winter Hazard



As colder weather approaches, remember that space heaters can cause dangerous levels of carbon monoxide to build up in the home. Carbon monoxide (CO) is an odorless, invisible gas that can build up near fuel-burning appliances such as ovens, generators and supplemental heaters.

We all know it's essential to have working smoke alarms in every sleeping area, but what about carbon monoxide detectors? Carbon monoxide can kill, and it can make a child seriously ill in small doses that might not noticeably affect an adult.

Each year, in the United States, nearly 4,000 children are treated in emergency rooms for CO exposure (not counting fire-related cases) and nine die.

Half of all CO poisoning deaths could be prevented by CO detectors available at hardware stores for about \$20 - a small price to pay to help detect odorless, poisonous gases in the home.

Safe Kids also recommends these precautions against CO poisoning:

- Prevent CO buildup in the first place - make sure heating appliances are in good working order and used only in well-ventilated areas.
- Don't run a car engine in the garage, even to warm it up; move the car outside first.
- Install a CO detector approximately 15 feet from every fuel-burning appliance and outside every sleeping area. Check the batteries monthly (when

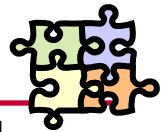
you check your smoke alarm batteries).

Remember that cigarette smoke is another source of carbon monoxide.

If someone who has been in a poorly ventilated room with a fuel-burning appliance begins to feel nauseous, drowsy or confused, or complains of a headache, move the victim to fresh air and call 911. If more than one person in the home suddenly feels ill for no apparent reason, or if a CO alarm goes off, get everyone outside immediately and call the fire department from a pre-arranged meeting place.

If you would like more information about carbon monoxide safety, please contact Safe Kids Grand Forks at 701-780-1489 or e-mail [chanson@altru.org](mailto:chanson@altru.org).

## Shopping for Safe Toys this Season



More than 3 billion toys and games are sold annually in the United States. Although they are meant to provide joy and entertainment, toys are often linked to injuries. Children ages 4 and under are at especially high risk. While choking accounts for many of these deaths and injuries, children can also suffer from falls, strangulation, burns, drowning and poisoning while playing with toys.

Although the majority of toys are safe, they can

become dangerous if misused or used by children who are too young for them. Appropriate selection and proper use of toys, combined with parental supervision, can greatly reduce the incidence and severity of such injuries.

1. Use Mylar balloons instead of latex balloons. Children under age 8 can choke or suffocate on un-inflated or broken balloons. If you must use latex balloons, store them out of reach of children, do not allow children to inflate them,

and deflate and discard balloons and balloon pieces after use.

2. When selecting toys, consider the child's age, interests and skill level; look for quality design and construction; and follow age and safety recommendations on labels.

3. Ensure that toys are used in a safe environment. Riding toys should not be used near stairs, traffic or swimming pools.

*Toy safety continued on page 2*

## Shopping for Safe Toys continued from page 2

4. Always supervise children at play. Play is even more valuable when adults become involved and interact with children rather than supervising from a distance.

5. Teach children to put toys away safely after playing. Ensure that toys intended for younger children are stored separately from those for older children.

6. Consider purchasing a small parts tester to determine whether small toys may present a choking hazard to children especially under age 3. A toilet paper tube can also be used as a guideline. If the toy fits in the tube, it is a choking hazard.

7. Inspect old and new toys regularly for damage and potential hazards. Make any necessary repairs immediately or discard damaged toys out of children's reach.

8. Check the website of the U.S. Consumer Product Safety Commission ([www.cpsc.gov](http://www.cpsc.gov)) regularly to obtain information on recent toy recalls. Return to manufacturers the warranty and product registration forms for new toy purchases to ensure that you will be notified of any recalls.

9. Young children should never play with toys with strings, straps or cords longer than 7 inches, which can unintentionally strangle them.

10. Electrical toys are a potential burn hazard. Children under age 8 should not use toys with electrical plugs or batteries.

Another huge concern when shopping for toys this holiday season is the presence of magnets in toys. There have been an alarming number of recalls on toys that contain magnets in recent months.

Fact: Less than 2% of recalled toys are sent back to the manufacturer!

Magnets that are swallowed by children may cause blockages. Two magnets that are swallowed have the potential to attach to each other and can cause serious problems. The magnets may attract to each other inside the

intestines and cause perforations and or blockages, which can be fatal if not treated immediately. Physical symptoms may not appear for several days after ingestion of a magnet or magnets. Some symptoms may include vomiting, diarrhea and pain. Ingested magnets are only visible on an x-ray.

A 20 month old child died after he swallowed magnets that twisted his small intestine and created a blockage. His death prompted a recall of all Magnetix magnetic building sets including the X-treme Combo, Micro, and Extreme sets. See the photos below for an example of how the magnets can be separated from the toy and could possibly be ingested.

Magnetix Magnetic Building sets made prior to March 31, 2006, should be returned to Mega Brand for a replacement. If you are unsure if your set has been recalled, you may contact Mega Brands at (800) 779-7122 between 8a.m. and 6p.m. EST Monday through Friday or visit their website at [www.megabrands.com](http://www.megabrands.com)

Mega Brand has been making toys for 50 years and is proud that this is the first recall in over 46 years of manufacturing. The new Magnetix toys are made so that the small magnet may not be removed and ingested.

The proper selection of toys and supervision of play are essential.

Visit [CPSC.gov](http://CPSC.gov) or [safekidsgf.com](http://safekidsgf.com) for more information on safe toy selection.



We're on the web!

[www.safekidsgf.com](http://www.safekidsgf.com)

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

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



BE SAFE! BE SEEN!

## Upcoming Car Seat Check-Up Events

November 25, 2008	Crookston
December 5, 2008	Grafton
December 11, 2008	Grand Forks
January 8, 2009	Grand Forks
February 5, 2009	Grafton
February 12, 2009	Grand Forks
*February 24, 2009	Crookston

All Car Seat Check-up events are held from 4-7pm. For more information on locations, please visit [safekidsgf.com](http://safekidsgf.com) and click on the events link.

*\*The car seat check-up event on February 24, 2009 is by appointment only. Please call 218-281-9171 for an appointment.*

### Get Your Altru E-News!

Sign up on [Altru.org](http://Altru.org) to receive notification of new *Safe Kids News You Can Use* newsletters. You can also sign up to receive other Altru newsletters including:

- Cancer Center or Diabetes eNewsletter
- Community Event Notification
- Everyday Magazine
- Medical Fitness Center eNewsletter,
- News Release Notification

Go to [Altru.org](http://Altru.org) and click on Get Your Altru E-News

## CPSC Announces Multiple Safety Recalls

The U.S. Consumer Product Safety Commission (CPSC) is charged with protecting the public from unreasonable risks of serious injury or death from more than 15,000 types of consumer products under the agency’s jurisdiction. Deaths, injuries and property damage from consumer product incidents cost the nation more than \$800 billion annually.

The U.S. Consumer Product Safety Commission (CPSC), has recently announced some of the following recalls:

The first recall involves Delta Enterprise Drop Side Cribs. The CPSC has announced the recall of nearly 1.6 million

Delta cribs after the entrapment and suffocation deaths of two 8-month-old children. Two different recalls have been issued for two different hazards: [Missing Safety Pegs](#) and [Spring Peg Failure](#). If you own a Delta Enterprise Drop Side Crib, Safe Kids strongly encourages you to read *both* recall notices. You can also learn more by visiting Delta’s recall website at [www.cribrecallcenter.com](http://www.cribrecallcenter.com).

Simplicity Brand Side Cribs have also been recalled by various retailers due to serious entrapment and suffocation hazard to infants and toddlers. Other crib related recalls include Graco and Winnie the Pooh brand bassinets.

A common theme in the recall lists this month involves the presence of lead paint in toys. Many toys have been recalled recently and we continue to see lead paint appear frequently on the recall list. Parents can sign up for free email alerts from CPSC that inform consumers of recent recalls. Safe Kids Grand Forks encourages all parents to sign up for these email alerts at [CPSC.gov](http://CPSC.gov).

For more information on recalls and to see the list of recalled products, visit [CPSC.gov](http://CPSC.gov)



## Help Welcome!!



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 Forks Coordinator at [chanson@altru.org](mailto: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

## Safe Kids Worldwide Injury Prevention Conference Held in Washington D.C.

Every October, Safe Kids Worldwide holds an annual injury prevention conference that is required for Coordinators to attend. The conference was held in the SKWW headquarters city of Washington, D.C. This year marked the 20th anniversary of Safe Kids Worldwide and so a special reception and banquet were held to commemorate this milestone. Attending the conference with Coalition Coordinator, Carma Hanson were two other Safe Kids Grand Forks members. They were Judy Larson, a long-time Safe Kids Grand Forks volunteer and Mary Meine. Mary has more recently



become active in Safe Kids and has brought many of their programs to the Crookston area where Mary is employed by Altru Clinic— Crookston. Besides the conference and 20th anniversary celebration,

SKGF members were thrilled to meet and get photos and autographs with Cullen Jones. Cullen was a member of the 2008 Men’s Olympic Swimming Team that won the gold medal in the men’s 4X100 relay along with Michael Phelps. Cullen spoke to conference participants about the importance of drowning prevention programs as he nearly drowned in a pool at age 5. As always, the conference was filled with great information and those attending were proud to represent Safe Kids Grand Forks in this type of arena.

# Safe Kids Star

If you have ever called Safe Kids Grand Forks or have stopped by the offices in Building 1, the friendly helpful person that helped you was most likely Kami Bushy. Kami is this month's Safe Kids Star! For the past 15 months, Safe Kids Grand Forks has shared a secretary, Kami, with the Coding Department. For the past year, Kami has shown her great multi-tasking skills and great attitude as she has balanced her duties as the Coding secretary, while responding to the MANY demands of being a Safe Kids staff member.

Kami had many duties as the secretary of Safe Kids Grand Forks. She answered phone calls and emails and assisted customers with any needs they had. She was an integral part of achieving the Safe Kids mission!

Sadly, Safe Kids recently lost Kami as the Safe Kids secretary as her duties with

the Coding Department expanded. Kami is still in her office over in building 1, but we ask that you direct all calls and emails to our new Safe Kids secretary Sandy Schuster. See the bottom of the next page for all of Sandy's contact information.

Thank you to Kami for her time spent with Safe Kids Grand Forks!!



Kami Bushy in her full-time position with the Coding Department



Safe Kids Grand Forks extends a special thank you to this group of children from All About Kids and the child care center's owner and longtime SKGF member Jen Beck. They recently took part in the filming of another SKGF public service announcement on the topic of back over dangers. This PSA has begun airing on our local television station, WDAZ. The kids did a great job and we are grateful to Jen for allowing us to shoot at her center and for arranging 40 "up-and-coming stars". Thanks for helping us spread our important safety messages!!



## Don't Wait—Hydrate!

During the 2008-2009 school year, Safe Kids Grand Forks, in partnership with Choice Financial, Community Contractors Inc, and Dakota Commercial and Development Co. is sponsoring a water bottle distribution called "Don't Wait-Hydrate!" All students, grades 3-8 in the Grand Forks School District and High School students that are involved in sports will receive a water bottle with an informational pamphlet on dehydration. Water bottles will be handed out by coaches and physical education teachers. Coaches and teachers will also hand out the pamphlets and teach students how to stay properly hydrated while playing sports or on a hot day.

Kids between 8 and 14 years of age can lose up to a quart of sweat during two hours of activity on a hot day! That is the same amount as a carton of milk.

Parents: It is very important for you to talk with your children about the importance of drinking fluids and how serious dehydration is. The Centers for

Disease Control and Prevention reports that more than 300 people die each year from heat-related illness.

- Make sure your child has a sports exam by a doctor before he/she begins any sport.
- Make sure to tell your child's coach about any history of heat illness.
- Make sure your child drinks enough fluids before, during, and after playing sports. You can do this by sending a water bottle with your child. Since Safe Kids and partners are providing the water bottle, this is easy!
- Make sure your child understands how important it is to drink plenty of fluids. Make sure he/she understands the signs and symptoms of dehydration.

By working together, we can ensure our children not only have fun while playing sports, but they are doing it safely.

Safe Kids Grand Forks would like to take this opportunity to thank Dakota Commercial & Development Co, Community Contractors Inc, and Choice Financial for their help in the "Don't Wait-Hydrate!" campaign.

### Thank You Sponsors!





## Grand Family Fun

Looking for fun family friendly activities in the Grand Cities?

Check out [www.grandfamilyfun.com](http://www.grandfamilyfun.com)!

Find fun events, community announcements, links to schools and great news from Safe Kids Grand Forks.

Check it out today!!!

This website is designed by Melissa Brown, a stay at home mom. If you would like to advertise or promote your events, contact her at 701-330-6858 or email [grandfamilyfun@gmail.com](mailto:grandfamilyfun@gmail.com).

You can also mail her at: 321 Stanford Road  
Grand Forks, ND 58203

## Child Passenger Safety for Child Care Providers

If you are a child care provider, safe transportation of the children in your care is important. Come find out how to keep kids safe while in the car. This course has been approved for 3.5 hours of credit in both ND & MN.

To register, call 701-780-1639 at least 1 week prior to the class.

The classes will be held on the following dates:

**January 10 (Saturday) from 1-4:30pm**

**February 10 (Tuesday) from 6-9:30pm**

**March 14 (Saturday) from 1-4:30pm**

**April 7 (Tuesday) from 6-9:30pm**

Registration cost is \$25.00 and checks should be made out to Safe Kids Grand Forks and mailed to:

Safe Kids Grand Forks  
PO Box 6002  
Grand Forks, ND 58206-6002

The classes will be held at Altru Health System– Building 1 at 860 South Columbia Road-Room 201 (use the far east entrance).

We reserve the right to cancel any classes with less than 10 participants. Participants will be notified 1 week before class if it is cancelled.

## Your Cell Phone Could Save Your Life!

Recently, a young woman was abducted from a parking lot in Kansas City. Her body was later discovered many miles away in Missouri. Officials were able to locate her by the sequence of cell phone towers that picked up her cell phone location.

She had not attempted to dial out, but when her family was trying to call her, the towers could sense her phone. Sadly, the authorities were not able to reach her in time. They were, however, able to

locate her body, which was in an area that would not have been searched without the cell phone tower information.

The cell phone “locator” can be set on your phone at either:

1. 911 only– in which case you must dial out to be located.
2. Location on– there is no higher battery usage from having it on all of the time!

With “location on” all of the time, you can be located by emergency services through the police if you fail to respond (sick, injured, or worse). All cell phones should have this feature. It is called Location. Once you turn this on, your phone is then traceable. (select “Location on” instead of “911 only”)

To learn how to activate the “Location on” feature on your phone, contact your cell phone provider.

### Safe Kids Grand Forks Welcomes Sandy Schuster!

Recently, our Safe Kids secretary Kami Bushy was returned full-time to the coding department. This gave us the opportunity to bring someone new on board. Sandy



Schuster was hired as the new Safe Kids secretary in the beginning of October. Sandy’s phone number is 780-1639 and her email address is [sschuster@altru.org](mailto:sschuster@altru.org). Welcome Sandy!!



Receive this newsletter directly to your work or personal e-mail address!!



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

## Don't "Thump Your Melon" This Winter!!

Protect yourself from a serious head injury this season! Wear a helmet when you are skiing, sledding, ice skating or snowboarding. There are special helmets made just for these sports.

Safe Kids Grand Forks is taking orders for winter sports helmets available at a greatly reduced price.

Safe Kids Grand Forks also has Inmold ski/snowboarding helmets available. These helmets have built in speakers in the earflaps for use with your iPod or MP3 player.

To order your winter sports helmet, call 780-1489, e-mail [chanson@altru.org](mailto:chanson@altru.org) or stop by Altru's Work-Life Center located in the concourse between the hospital and rehab building. These helmets are not in stock and must be special ordered. Orders must be in to Safe Kids by November 28<sup>th</sup> and will arrive the second week in December. Winter sports helmets are available in five colors and cost \$22.

Inmold winter sports helmets are available in two colors and cost \$35

### Helmets are available in these colors



### Inmold helmets are available in silver & black



## Make Your Holiday Decorating Safer with *Candle Impressions and Safe Kids!!*

Safe Kids Grand Forks is now offering *Candle Impressions* battery operated candles at a greatly reduced price! These battery operated candles are available now for a \$12 donation to Safe Kids Grand Forks. No more open flames or messy wax! Use them year round for safe decorating. They are even safe enough to be used by children!



Choose from three styles:

- Votives** – A four pack of unscented votive candles with batteries included. Total battery time is 100 hours!
- Pillar**- A four inch round unscented pillar candle . Two AA batteries last more than 250 hours. (Batteries not included)
- Hurricane**- A four inch carved hurricane candle with a light vanilla scent. It also comes in a organza gift bag. Two C batteries will last more than 350 hours. (Batteries not included)



To get your *Candle Impressions* battery operated candles at this great price in time for the holidays, contact Safe Kids Grand Forks at 701-780-1639 or email [sschuster@altru.org](mailto:sschuster@altru.org).



**Candle**  
**IMPRESSIONS**® BATTERY-OPERATED  
FLAMELESS CANDLES

**Safe Kids**  
Grand Forks