



Summer 2020

### Summer Safety Amid Covid

The sunshine and promise of summer days coming is a welcome in our lives that have been turned upside down amid the Coronavirus. The news is consumed with information, some factual, other speculation. While we take the threats of Covid-19 seriously, we also know that lives continue and safety remains an important topic to help keep kids safe from their number one cause of death—preventable injuries. Other states in the country that are further ahead of the Covid pandemic are seeing a spike in Emergency Room visits and injuries and deaths from causes that are preventable.

In this issue, some of our topics are the same as they have been in past years. . . . Check out our information on some of these dangers that present themselves during this time of year:

- ⇒ Heatstroke—Pages 14-16, 26
- ⇒ Drowning, water & boating - Pages 7, 27 and 29
- ⇒ Wheeled sports helmets—Page 11
- ⇒ Backovers & safe play spaces—Pages 12 and 18
- ⇒ Playground safety— Page 20
- ⇒ Fire, fireworks, and campfires—Pages 22-23, 25-27

Because of Covid, we have had to change some of the strategies in which we provide classes or events. . . . But, this education and support is important and we are committed to continuing our work of keeping kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. Check out these pages for some great educational opportunities that can be accessed on our web site:

- ⇒ Bringing Home Baby—Page 8
- ⇒ Traffic Safety Education—Page 9
- ⇒ Smart Sitter & Safe at Home Alone—Page 17
- ⇒ Virtual Concussion Symposium—Page 19

You will see from this newsletter, the hard and busy work of keeping kids safe has not stopped and we hope you take the time to check out some of the resources we have put together to help keep your kids and family safe this summer.





# Safe Kids Stars: Bev Olson



So much of the work that we do is carried out by volunteers. Some of them are visible at our events and you know their names and faces. Others of them are more “behind the scenes”. These are often the folks that come to our office to get packets, bags and supplies ready for our classes and events.

In this edition’s Safe Kids Star spotlight, we present to you and thank Beverly Olson .

When Bev retired from her 43 year position at Valley Memorial Homes as an Executive Assistant, she was wanting a way to make good use of her

time. Bev’s daughter, Correen Radi is a graphic designer in Altru’s Print Shop and does a great deal of work to make Safe Kids Grand Forks “look good”. She connected Bev with our efforts and each week, Bev is a faithful volunteer at our office on Wednesdays and Thursdays. While Covid has put a pause on our ability to have volunteers on site, we look forward to seeing Bev again and thank her for her time, hard work and her friendship.

Recently, we were thrilled to “socially distance” a drop off of a thank you to each of our weekly volunteers, including Bev (photo on right), Ronda

and Linda. Thank you ladies for your time and know we look forward to seeing your smiling faces again soon!!



# SAFE K:IDS GRAND FORKS

## Congratulations, Kallie, Harlan & Matt!!

On behalf of Safe Kids Grand Forks, we send our congratulations and best wishes to each of the following for the recent award bestowed upon them from the North Dakota Department of Transportation and Vision Zero. We were proud to nominate them for the award they were to receive at the Annual Law Enforcement Summit in Bismarck in April. While the worldwide Covid-19 pandemic changed much in our world and the awards lunch was cancelled, we remain celebratory and grateful for their hard work and commitment to the safety of children in our communities and state. Their contributions to keeping kids safe has not gone unnoticed and we were delighted that each of them were chosen to receive the award listed.

- Kallie Christenson – Child Passenger Safety Technician Award*
- Harlan Brekke – Child Passenger Safety Technician Award*
- Matt Henson – Traffic Safety Media Award*

We are proud and grateful and thank each of them for their on-going partnership and work as a partner of Safe Kids Grand Forks. The entire team of staff and volunteers with our program send our congratulations!!

Sincerely,

*Carma Hanson*

Coordinator – Safe Kids Grand Forks

# HANDS ON learning fair

PRESENTED BY  
**SAFE  
K:DS**  
GRAND FORKS



Even though this year's Hands on Learning Fair by Safe Kids Grand Forks had to be cancelled due to the Covid pandemic, our important work to keep kids safe from preventable injuries continues. Now more than ever, Safe Kids Grand Forks is here to assure that parents have the knowledge and resources to keep kids safe in their homes. We are grateful to these sponsors, who despite the event not happening, saw that need and importance of our work and provided support to us anyway. We are grateful to them for their partnership in our injury prevention work and look forward to having them back at our 2021 Hands on Learning Fair!!

**ALERUS**

Altru Family YMCA  
the **Y** **Altru**

**BANK**   
**FORWARD**



**Little  
Miracles,  
Inc.**



  
**RIVERVIEW  
HEALTH**

**FRANDSEN  
BANK & TRUST**  


 **State Farm**<sup>TM</sup>

Sharon Opdahl, Agent



**SageLegal** PLLC

**ChildCare  
Aware**<sup>®</sup>  
OF NORTH DAKOTA

  
**CIRCLE OF FRIENDS**  
ANIMAL SHELTER

**GRAND  
FORKS  
PUBLIC**

**All About  
KIDS**

**truyu**

 **Altru**<sup>®</sup>  
HEALTH SYSTEM

  
**Baby**<sup>SM</sup>  
Tobacco Free

**SAFE KIDS**



# SUMMER

## 2020 CAR SEAT CHECKS

- June 15 Larimore (Little Lambs Childcare) 4-6pm
- June 23 Drayton (Altru Clinic) 4-6pm
- June 25 Cooperstown (WeeCare Day Care) 3-6pm
- July 1 Cavalier (Leevers) 3-6pm
- July 9 Grand Forks (Rydell Cars) 4-7pm
- July 22 Thief River Falls (Northrup Park) 10am-1pm
- July 23 Grand Forks (Fire Station #5) 1-3pm
- July 23 Crookston (Brost Chevrolet) 4-5:30pm
- July 28 Grafton (WIC Office) 1-4pm
- August 4 Lakota (WIC Office) 11am-2pm
- August 4 Northwood (TBD) 4-7 pm
- August 6 Grafton (Hanson's Auto Body) 4:30-6pm by appt only 701.352.5139
- August 13 Grand Forks (Rydell Cars) 4-7pm
- August 24 Park River TBD
- August 27 Grand Forks (Fire Station #5) 1-3pm
- September 10 Grand Forks (Rydell Cars) 4-7pm
- September 14 Crookston (Tri-Valley Head Start) 2-4:30pm
- September 24 Grand Forks (Fire Station #5) 1-3pm
- September 26 Seat Check Saturday
- September 28 East Grand Forks (Head Start) 2-5pm
- September 29 Roseau (Roseau Electric) 4-7pm

**All check up events will be BY APPOINTMENT ONLY  
to help with social distancing.**

To schedule a time call 701.780.1660



Please check [www.safekidsgf.com](http://www.safekidsgf.com) or our Facebook page for details and up to date information.

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## Grand Forks 5th Grader Named North Dakota's AAA Patroller of the Year

Congratulations to Brody Schneider, 5th grade student at Viking Elementary School, on being selected as the North Dakota AAA School Safety Patroller of the Year for 2019-2020! This is an especially exciting year for this award as it occurs in the 100th anniversary year for AAA's Safety Patrol Program.

The Patroller of the Year award recognizes safety patrollers who best exemplify leadership qualities and perform their duties effectively and responsibly without incident. In an essay, Schneider spoke about his role as a student leader, the importance of school safety, and how he uses those opportunities to be a role model for other students. "My job as a role model has gotten stronger because the kids look up to me and when they need to cross the street, they look to me to know when they can cross. Students think I'm a role model because I'm helping them to be safe."

"Brody has been an outstanding student throughout his years at Viking Elementary," said Jolyn Bergstrom, principal at Viking Elementary School. "He is kind and caring to others and goes out of his way to help students and staff."

Schneider will receive a plaque and \$100 gift card and Viking Elementary School will receive a \$100 credit to improve safety patrol gear. Brody is the son of Grand Forks County Sheriff Andy and Callie Schneider.



Schneider Named  
North Dakota  
AAA School Safety  
Patroller of the  
Year



### A Special Thank You to All Grand Forks Safety Patrollers

Safe Kids Grand Forks and AAA North Dakota have teamed up with five of the Grand Forks elementary schools to offer a safety patrol program. AAA provides the funding for equipment and Safe Kids Grand Forks assist with the training of the 5th grade students. Each school has an assigned patrol advisor/coordinator and we are grateful to them for managing the students' schedules and day-to-day operations of the program. This year marks the 100th anniversary of the AAA Safety Patrol Program and our goal is to expand this program to other schools in our community and region that may be interested in helping to create a safer environment around the schools.

For a complete list of schools, advisors and safety patrollers, please refer to the following page as we share our gratitude for all the 2019-2020 school year safety patrollers. While the school year didn't end as we expected, we are excited to recruit from the new fall 5th grade class and train new leaders into this role.

## A Special Thank You to All Grand Forks Safety Patrollers (continued from page 5)



### Discovery Elementary

Advisor: Jessica Grove

Principal: Ali Parkinson

Safety Patrollers:

- ◇ Hamza
- ◇ Jocelyn
- ◇ Sophia
- ◇ Caden
- ◇ Michael
- ◇ Kaylee
- ◇ Evan
- ◇ Lilee
- ◇ Clarissa
- ◇ Harper
- ◇ Westen
- ◇ Raul
- ◇ Carson



### Lewis & Clark Elementary

Advisor: Bailey Andrews

Principal: Kelly Tannahill

Safety Patrollers:

- ◇ Layla
- ◇ Jack
- ◇ Jet
- ◇ Xavier
- ◇ Giana
- ◇ Peyton
- ◇ Bella

- ◇ Jackson
- ◇ Mairi
- ◇ Aliah
- ◇ Emmarie
- ◇ Jaeden
- ◇ Aiden



### Viking Elementary

Advisor: Kiya Knable

Principal: Jolyn Bergstrom

Safety Patrollers:

- ◇ Brody
- ◇ Jace
- ◇ Dom
- ◇ Cooper
- ◇ Carter
- ◇ Finn
- ◇ Easton
- ◇ Tyson
- ◇ Gabe
- ◇ Taryn
- ◇ Alli
- ◇ Samara
- ◇ Alivia



### West Elementary

Advisor: Corinna Fortwengler

Principal: Lissa Diederich

Safety Patrollers:

- ◇ Vedant
- ◇ Sophie
- ◇ Elizabeth
- ◇ Ethan
- ◇ Rylan
- ◇ Oliver
- ◇ Henning
- ◇ Ruby
- ◇ Rhys
- ◇ Nolan
- ◇ Marcos



### Ben Franklin Elementary

Advisor: Leigh McNichols

Principal: Leslie Bjelde

Safety Patrollers:

- ◇ Jack
- ◇ Skylar
- ◇ Brady
- ◇ Madi
- ◇ Chole
- ◇ Jordan
- ◇ Collin
- ◇ Abigail
- ◇ Alexis
- ◇ Jacob
- ◇ Caleb



# Is my life jacket correct?

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

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

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



Straps should be pulled tight and not twisted.

All buckles should be fastened.

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

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



# FOR YOUR TEEN DRIVER, THE FORD DRIVING SKILLS FOR LIFE PROGRAM COULD BE THE EVENT OF A LIFETIME.



The Ford Driving Skills for Life program teaches teens personal responsibility and the skills to make the right choices when driving. Teens 14-18 years old with their permit or license can drive in a closed controlled setting with law enforcement while learning to handle various distractions. They can also experience virtual simulators and many more interactive stations.

Give your teen driver the advantage of learning from experts and practicing in a controlled environment. Sign your teen up for the Ford Driving Skills for Life Program, Wednesday, August 5, 2020 at the Gambucci Arena in Grand Forks.

Learn more at [VisionZero.ND.gov](http://VisionZero.ND.gov).



## Free Online Driver Training During the Coronavirus

Parents,

In an effort to stay safe and healthy during the coronavirus pandemic, many of us are isolated at home. As your daily routines have been disrupted, perhaps you and your teen can utilize this time to discuss safe driving behavior. Take a look at our online resource called The Academy for free virtual driver training.

World class instructors will walk you through lifesaving advanced safe driving skills. You will test your knowledge with short quizzes and receive a certificate of completion.

The Academy has 5 learning units that include a total of 21 videos. Each of them less than 6 minutes long.

Speed Management: 3 videos

Space Management: 6 videos

Vehicle Handling: 2 videos

Hazard Recognition: 7 videos

Driving Positions: 3 videos

Please visit this link to access the content:

<https://drivingskillsforlife.com/training/academy>

By spending only 20 minutes a day, in one week you and your teen will complete this training course. You can also present the certificate to your insurance company for rate reduction consideration.

Your safety and well-being is our number one priority, and not just when you're on the road. As you hunker down with family, we hope that these resources can provide a time to bond and strengthen your relationship with your teen, while also providing the knowledge of important safe driving skills.

Stay healthy and drive safe

Sincerely, The Ford Driving Skills for Life Team



Amid Covid and social distancing, please note the format of these classes until further notice.

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.



## Bringing Home Baby

For new or expectant parents

Altru Health System and Safe Kids Grand Forks have teamed up to virtually offer Bringing Home Baby. This class is designed for expectant parents or those of newborn babies.

If you have purchased your car seat, have it handy and we will provide hands on training.

### Cost:

Virtual classes are being offered at no charge, but registration is required. Please call 701.780.1400 or visit MyChart to schedule.

### 2020 Class Dates

#### May

Thursday, May 14  
Tuesday, May 26

#### June

Thursday, June 11  
Saturday, June 27

#### July

Thursday, July 9  
Tuesday, July 28

#### August

Thursday, August 13  
Saturday, August 29

#### September

Thursday, September 10  
Tuesday, September 22

#### October

Thursday, October 8  
Saturday, October 17

#### November

Thursday, November 12  
Tuesday, November 24

#### December

Thursday, December 10

### Location:

During this time of social distancing, join us via Microsoft Teams from the comfort of your home. After class, a link will be emailed with installation instructions for your specific car seat and a 1 on 1 video call will be set up to assist with installation from a certified car seat tech from Safe Kids Grand Forks.

### Times:

6 p.m. - Tuesday & Thursday | 9 a.m. - Saturday

For additional car seat check-up events in Grand Forks, please visit Safe Kids Grand Forks on Facebook!



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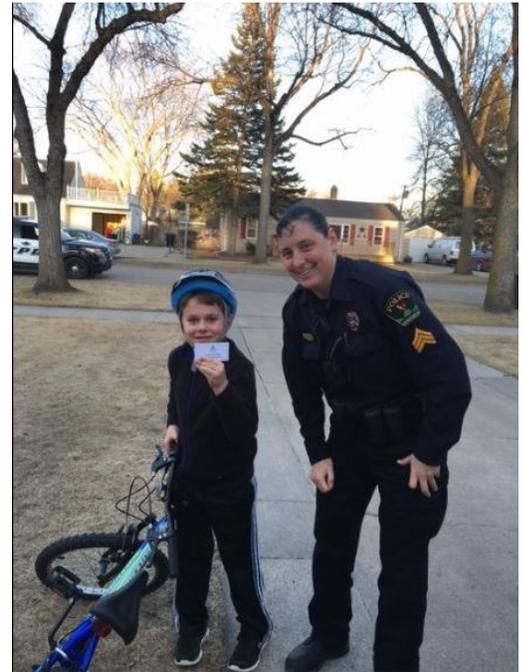
**Ryde**llcars.com

# Safe Kids Grand Forks Partners With Local Law Enforcement Officers and Restaurants For Conehead Citations

The summer is here and the bicycle season is upon us. The GFPD will again be out in full force issuing tickets this summer, but these are the tickets you will want to receive. Officers will be looking for area youth, who are wearing their helmets, to give out this year's Conehead Tickets. Conehead Tickets let area youth redeem these coupons for an ice cream cone at area restaurants. Conehead Tickets are a great way for local officers to interact with area youth in a positive manner. It is not unusual to have kids wearing helmets wave down officers trying to get a Conehead Ticket. So if you know a child or are out with children riding bicycles and wearing a helmet, you never know when you will be issued your next Conehead Ticket.

Cpl. Jon Lampi

Grand Forks Police Department



Safe Kids Grand Forks also notes that there are two programs currently operating: The Conehead Citation offers an ice cream cone from the Grand Forks McDonalds locations and we thank them for their participation. In Larimore, the Grand Forks County Sheriff's Department is providing these citations with thanks to The Station and Larson's Drive Inn .



All across North Dakota, AAA and the Dairy Queen have supported "I Got Caught" Coupons for various law enforcement agencies to pass out to kids in helmets. We thanks the restaurants, AAA and the law enforcement agencies who help to make this program happen.



## I Got Caught!

**Congratulations! You were found wearing your safety helmet while riding your:**

- bike
- skateboard
- scooter
- in-line skates

Free Small Cone

Share Your Pics with Us!

#HappyTastesGood      #SafeSummerND

📱 DairyQueen   
 📱 AAANorth Dakota   
 📱 VisionZeroND



Officer Name or Badge Number



EXPECT SOMETHING MORE™



HAPPY TASTES GOOD



Zero fatalities. Zero excuses.

Please present before ordering. One offer per coupon, per visit. Not good in combination with any other offer. Valid at participating North Dakota DQ restaurants only. (PLU #29266)      **EXPIRES: 12/31/2020**

## BIKING SEASON IS JUST AROUND THE CORNER. . . . .

Despite the Covid-19 pandemic, the snow will melt and the seasons will change. Kids and adults alike will soon be out and about on their bikes. We want to ensure that both are equipped with helmets to keep their head safe. Did you know that bike helmets are 85% effective in preventing head injuries?

While getting to the store may be difficult, we have you covered and can set up an easy way to get your helmets. Simply measure the distance around the head, just above the eyebrows. Tell us that measurement, along with the style of helmet and color you want.

**Bike helmet** (used only for riding a bike) - \$8 (black, red, blue, purple)

**Multi-sport helmet** (used for riding a bike, scootering, skateboarding, in-line skating, etc.) - \$12 (black, blue, white)

Email your order to [safekids@altru.org](mailto:safekids@altru.org) and you will be contacted to set up a "social distancing" pick-up option. We will also provide you with instructions on how to properly fit that helmet once you have it.

**Don't let the Covid-19 issue distract you from the leading cause of death for children – PREVENTABLE INJURIES.**



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### Does your helmet fit properly?

#### Take the Helmet Fit Test

1



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



**Ears:** Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.



### Now you're ready to roll!

Safe Kids Grand Forks has reduced price bicycle and multi-sport helmets available for children and adults. Contact us at 701.780.1489 for more information.

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The staff at Safe Kids Grand Forks are here to help with your safety needs but our office is not staffed regular clinic hours. We are often times out teaching classes or conducting community events. We don't want to miss you when you stop by so please call ahead to 701.780.1489 to schedule an appointment for all your safety needs. We look forward to serving you!!

## Streets Are Not For Play

Summer is here and kids will naturally want to explore and gather to play. Set rules and remind them to never play where cars can drive. This includes parking lots, driveways and streets, even ones that are in quiet neighborhoods or in a cul-de-sac. Stay smart, play away from the street!




**THE Parent Pep Talk**  
ADVICE AND UNDERSTANDING FROM PARENTS, PROS AND KIDS



The Parent Pep Talk is a heartfelt and humorous podcast filled with advice and understanding from empathetic experts, honest parents and teens who are willing to talk. It's for all parents looking for a little perspective, a few well-tested tips, and the feeling that you're probably doing a lot better than you think, even if it doesn't always feel like it. The Parent Pep Talk is brought to you by Safe Kids Worldwide and more information can be found at this link or by downloading Parent Pep Talk in your podcast app. <http://www.parentpeptalk.org/>

56 Entrees - 3,204 likes - 1 Safe Kids Tot Shot Winner



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*Thank you to our 2020 Tot Shot sponsors*

**Reenes**  
PHOTOGRAPHY

Grand Forks  
**Herald**

Christine Blasky at  
The Ultimate Look

Northern Roots  
**Boutique**



# Heatstroke Prevention



## Kids and Cars

It's a scorching hot summer day, and the sun is beating down as you are walking into the grocery store. As you glance over, you see a young child in a car all alone. You take a further glance through the rolled-up car windows, and you see the child all alone, locked in their carseat. You are unsure how long this child has been there. What should you do?

### If you see a child/pet in a hot vehicle alone, what should you do?

**01** Don't wait for the driver to return to the vehicle, call 911 right away!!!

If the child or pet is **not responsive or in distress:**

-**Get them out of the car by any means necessary**

-Move them to a cooler environment (somewhere with AC if possible)

-Remove the child's clothing to let the heat dissipate

-Dampen them with cool water or wet rags, immerse in cool water (not in an ice bath)

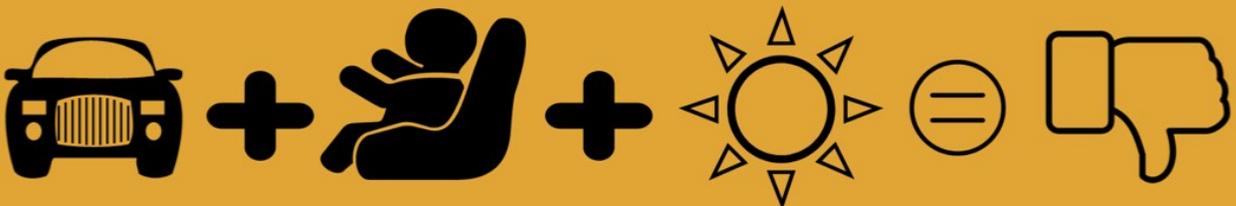
**02**

If the child or pet is **responsive:**

-**Stay with them until help arrives**

- Ask someone if they can locate the driver

**03**



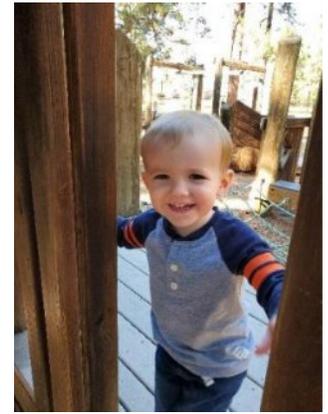
<https://www.kidsandcars.org/2019/03/01/what-to-do-if-you-see-a-child-or-animal-alone-in-a-vehicle/>





## HEATSTROKE: A FAMILY STORY

It was a hot day in June 2017 when Erin Holley and her family were in the midst of moving to another home. Holley, her husband and two children, who were 4 years old and 4 weeks old at the time, were riding in two separate cars to a storage facility. The couple decided to take a break, jump into one car and bring the kids to the park. "We drove to the park and when we went to move the bucket car seat to the stroller, we realized he was not in the car," she said. "I couldn't feel my extremities, and I screamed, 'Oh my God, the baby.'" The parents raced back to Finn, beating paramedics they had called en route. When they



arrived, the car was thankfully still cool from the shade. Finn was sleeping peacefully, unaware. Paramedics checked the child's vitals and all was fine, Holley explained. At a May press conference in front of the U.S. Capitol in Washington, Holley detailed her frightening close call when her 4-week-old son was forgotten in a hot car. The purpose of the press event was to promote the Hot Cars Act, (HR 3593) which is a bill introduced in 2019 with the support of the KidsAndCars.org organization and over 70 leading consumer advocacy and child safety organizations, as well as leading animal welfare organizations. Holley is now committed to spreading awareness on hot-car accidents, as a parent advocate for KidsAndCars.org "But that was when I realized this can happen to anyone," Holley said at the Capitol. "If you had offered me, prior to that day, optional technology (in a car seat for example) to prevent it, I would have emphatically declined and told you I was incapable of leaving my baby in a hot car. I am a cautious, loving, aware mother of two."

This is why technology must be required in all motor vehicles so that all children are protected. It is unfathomable for a parent to believe they could fail to remember the most important thing in their world. Until technology is standard in all vehicles, children will continue to die and be seriously injured.

Submitted by KidsAndCars.org



## Heatstroke Partnership & Gratitude

Despite the end of the school year being held on-line, Safe Kids Grand Forks was fortunate to partner with the Population Based Health Nursing Class (Instructor: Sheri Altepeter) at the University of North Dakota to conduct heatstroke awareness through a variety of avenues. The students articulated that they learned a great deal on this topic and we thank them in turn helping us with social media posts, a radio PSA, a visual display at a local grocery store, communication with regional child care centers and information for our newsletter.



Thank you Mayor Brown & Officer Simon (GFPD) For Helping Us With Our Heatstroke Press Conference (Even with Social Distancing)



SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 11-15 year olds about the responsibilities of caring for other children. Attendees also receive an introduction to First Aid procedures and CPR. A certificate of completion and a course manual will be provided.

# Smart Sitter

BABYSITTING CLASS



August 8 | October 10

9:30 a.m. - 2:30 p.m.

607 DeMers Ave., East Grand Forks (Altru Clinic, Lower Level)

Cost: \$50 (lunch included, but please bring a water bottle and snack)

Registration is required and class size is limited.

To register, please call 701.780.1400.

Are your young adults looking to babysit or take care of younger siblings? This class is a great way to prepare them for that responsibility. Class size is limited so don't delay in getting them signed up.



Are you ready to stay home alone?

**6 sessions available in 2020**

*(Pick one to attend)*

**May 23, August 15, November 7**

Class Times: 9 a.m. - Noon or 1 - 4 p.m.

**607 DeMers Ave., East Grand Forks**

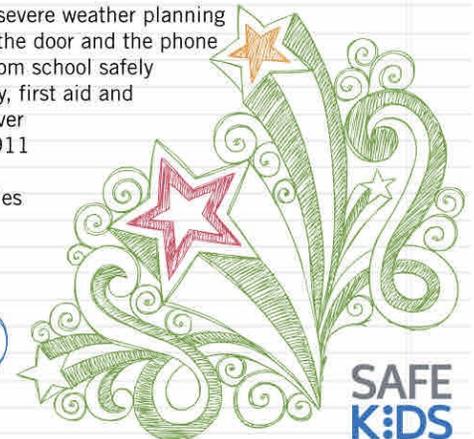
*(Altru Clinic, lower level)*

Help your 8-12 year old prepare for independence with this class created by Safe Kids Grand Forks. Drop your child off and they will learn:

- » Fire escape and severe weather planning
- » When to answer the door and the phone
- » Getting to and from school safely
- » Medication safety, first aid and Heimlich maneuver
- » Reasons to call 911
- » Cooking safety
- » Setting house rules
- » And much more!

**Cost: \$20**

Call 701.780.1489 to register.



Registration is required at least 3 days prior to class date. Class size is limited.

The Safe at Home Alone class is a great one for youth who are coming home alone after school or staying by themselves in the home for a brief period of time. Knowing how to respond in an emergency and how to make good decisions is a part of the responsibility of being home unattended. Check out this class and get signed up.



## Backover / Frontover Injuries

Tragically, a 2-year-old girl was run over and killed by a family member in GA recently because the driver couldn't see her in front of the truck. Thousands of children are injured or killed in frontovers like this every year. Please learn more and share these safety tips... <http://www.kidsandcars.org/wp-content/uploads/2019/06/Frontover-Fact-Sheet.pdf>

Check out this photo taken during a [KidsAndCars.org](http://www.kidsandcars.org) segment taping... we seated children in front of this SUV and not a single one of them could be seen from the driver's seat.



# AT LEAST 50 CHILDREN ARE BACKED OVER BY VEHICLES EVERY WEEK.

48 ARE TREATED IN HOSPITAL EMERGENCY ROOMS. 2 DIE.



**BEFORE YOU TURN THE KEY MAKE SURE YOU CAN SEE**

**KIDS AND CARS.ORG**  
LOVE THEM PROTECT THEM

Data Source: KidsAndCars.org as of March 2018



Each week, 50 children are backed over with a vehicle while they are playing. While those 50 go to the ER, 2 children die each week of this preventable cause. Safe Kids Grand Forks reminds parents and caregivers to set a rule and teach the safe behavior that kids should never play where cars drive. This would include driveways, parking lots and the street.

Our volunteers have been hard at work preparing our back over education kits that contain information on these dangers and ways to prevent them. If you would like some of these educational tips to distribute at your business, agency, church, etc., please contact our office at [safekidsgf.com](http://safekidsgf.com). The kits contain sidewalk chalk and should be used only on sidewalks or back patios as opposed to the driveway and other places we mentioned to teach children to stay away from for play.

# Featured Car Seat— Graco Tranzitions 3-in-1

Graco's Tranzitions 3-in-1 harness booster is designed to grow with your child and go with you, wherever your journeys take you - from car to carpool and beyond. This lightweight car seat transitions seamlessly from a forward facing harnessed seat (22 - 65lb) to high back booster (30 - 100lb) to backless booster (40 - 100lb) and features the Simply Safe Adjust Harness System, which adjusts your harness and headrest to 8 height positions, with no rethreading. It features two removable cup holders to keep your child happy, and a machine washable seat pad, body insert and harness covers.

Retail: \$99.99



## Safe Kids Safety Items

These items are available through Safe Kids Grand Forks. Please schedule an appointment as our office hours vary and our staff is part time.

 <p><b>Bike Helmets</b> These come in toddler to adult sizes and are used for riding a tricycle or bicycle. \$8 - Black, Red, Blue or Purple</p>	 <p><b>Multi-Sport Helmet</b> Available in kids to adult sizes. Used for in-line skating, scooters, skateboards, bicycles, etc.. \$12 - Black, White or Blue</p>	 <p><b>Elbow/Knee/Wrist Guards</b> These come in child to adult sizes and are sold in sets to include all above items. \$12 per set - Black only</p>
 <p><b>Ski/Winter Sports Helmet</b> These are for non-motorized winter sports to include skiing, snowboarding, skating. Kids to adult sizes. \$25 - Black, Blue, Red, Pink or Silver</p>	 <p><b>Life Jackets</b> Available in: infant-30 lbs, 30-50lbs, 50-90lbs, and 90+ (Infant has additional head/neck support) \$20 - Infant, Kids &amp; Adult</p>	 <p><b>TV Anti-Tip Strap</b> Fits flat-panel TVs up to 70" Secures TV to furniture or wall for added safety - prevents accidental tipping and bumping. \$12</p>
 <p><b>SafetyCaps</b> These outlet plugs have a wider shield, reducing the potential for ingestion, and ventilation holes eliminating the risk of suffocation. \$2 for 12 covers</p>	 <p><b>Car Seats</b> Car seats are available in various sizes and styles to fit infants to older kids. Prices and styles vary</p>	 <p><b>Gun Locks</b> These are used to safely store your gun. Keys are universal between locks. Free</p>

### SAFE KIDS GRAND FORKS

Our mission at Safe Kids Grand Forks is to prevent unintentional injury and death to children. Our goal is not just to distribute items, but to educate parents and caregivers on their proper use and the importance of using safety items. You can also access more information at [www.safekidsgf.com](http://www.safekidsgf.com)



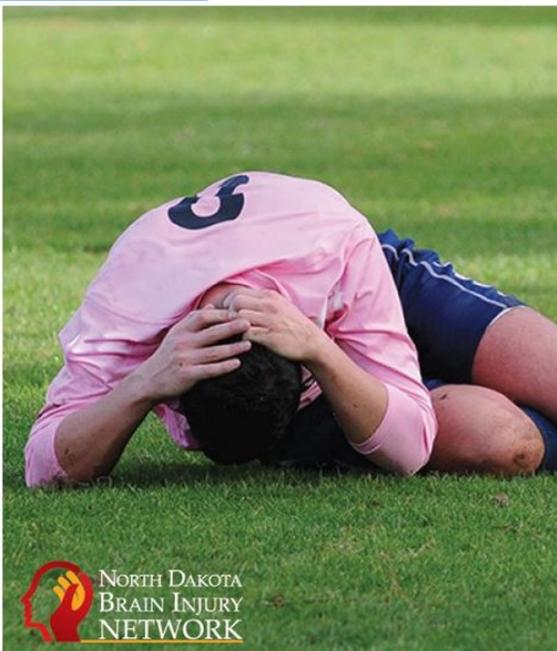
Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.



Prices listed on this flyer are effective 2-2019 and may change based on availability and price changes we incur. For the most current price, email [safekids@altru.org](mailto:safekids@altru.org) or call 701.780.1489.

Need safety gear? We can help. Check out the items we have on our web page (found below) and connect with us via email.

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



## Save the Date!

### Virtual Concussion SYMPOSIUM

September 18, 2020

8:00 am – 4:00 pm

*No cost to attend*

Registration: [und.qualtrics.com/jfe/form/SV\\_bfupdHZW0t6RthX](http://und.qualtrics.com/jfe/form/SV_bfupdHZW0t6RthX)

For more information: [ndbin.org](http://ndbin.org)

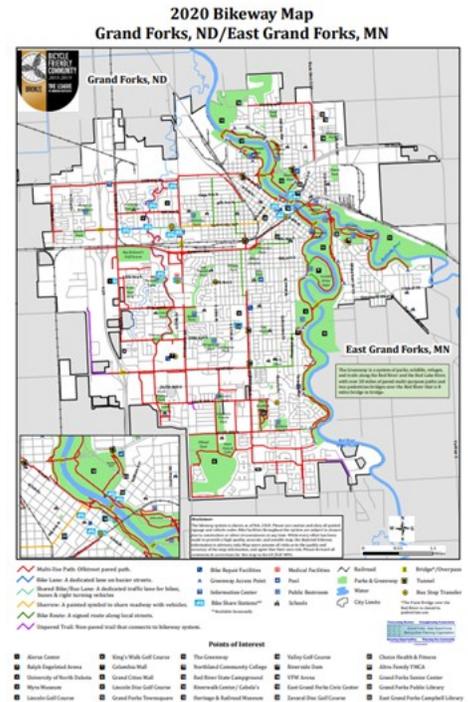


# Grand Forks / East Grand Forks Bike Map

With warmer weather comes biking in our community. Annually, the Grand Forks / EGF Metropolitan Planning Organization updates the bike map for our communities. This map highlights where there are trails, Greenway access points, bike maintenance facilities and other features along the paths. You can check it out at the following link.

[https://theforksmpo.files.wordpress.com/2020/04/bikemap\\_2020-1.pdf](https://theforksmpo.files.wordpress.com/2020/04/bikemap_2020-1.pdf)

A special thanks to Earl Haugen and the Metropolitan Planning Organization for their hard work to keep this updated and available to cyclists in our community. Earl and the MPO are a member of our Safe Kids Grand Forks Coalition and we appreciate their partnership in our injury prevention work.



## Playground Safety

Playgrounds can be found in many different places like backyards, schools, day care centers, local parks, community recreation centers, and more. They are a great way for kids to let loose and run off some energy. Many facilities use playgrounds to offer kids some free time and to adventure off, but sometimes even a place specifically meant for kids can be dangerous. According to the National Program for Playground Safety there is a check list that they provide to make sure a playground is safe and secure. The check list consists of supervision, age appropriate design, fall surfacing, and equipment maintenance. These categories can help keep kids safe and keep track of what might needs to be fixed or changed when an injury occurs. It is also very important that parents teach their kids about playground safety. Kids should know the following to promote safety and fun:

- ✦ Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and/or other equipment.
- ✦ Use equipment properly. Slide feet-first, don't climb outside guardrails, no standing on swings.
- ✦ Check to make sure no other kids are in the way if they're going to jump off equipment or slide, and land on both feet with their knees slightly bent.
- ✦ Leave bikes, backpacks, and bags away from the play area so that no one trips over them. Always wear a helmet when riding a bike, but take it off while on playground equipment.
- ✦ Never use playground equipment that's wet because it makes the surfaces slippery. Check playground equipment in the summertime. It can become uncomfortably or even dangerously hot, especially metal slides, handrails, and steps. So keep in mind, if the equipment feels too hot to touch, it's probably not safe or fun to play on. Contact burns can happen within seconds.
- ✦ Wear clothes without drawstrings or cords. Drawstrings, purses, and necklaces could get caught on equipment and accidentally harm a child. Wear sunscreen when playing outside to protect against sunburn.

If you teach kids about these tips then getting injuries on the playground will be less likely. Playgrounds are meant to be fun for kids so lets make sure they know how to stay safe and continue to enjoy them.

This article and some of the other ones were provided by Ana Gilbert, a UND Social Work student. We thank her for her partnership with our work.



## Partnership with MSUM Nursing Students

My name is Loni Muus and I am attending Minnesota State University of Moorhead to achieve my Bachelors of Science in Nursing! I had the privilege and experience of serving my community during a pandemic, because of my public health clinical experience with SafeKids! In my clinical time, Carma and I partnered up to create a Medication Safety presentation, which I presented to a group of students via Zoom. This opportunity was a great experience for me, as it allowed me to gain experience in public speaking and working with children, which I consider to be foreign and out of my comfort zone! Something I learned from this experience is that children learn differently from adults. They are visual learners and instead of talking at them, it is significantly more beneficial to provide them with activities and pictures that get kids excited to learn. I was able to achieve this method of learning, by creating my own crossword for the children and teach, utilizing pictures and what Carma has taught me. Thank you so much Safe Kids Grand Forks for the great experience!



## Fruits and Vegetables: Keeping Kids Healthy & Optimizing Performance

Athletes may not be interested in the fact that eating a variety of fruits and vegetables can decrease their risk of type 2 diabetes, stroke, heart disease, high blood pressure, and some forms of cancers. They may be interested in knowing that fruits and vegetables provide the vitamins and minerals to help them maintain a healthy immune system, develop strong bones, and repair and synthesize muscle tissue during recovery from exercise or injury. Here are just a few ways you can help your athlete include fruits and vegetables in their diet.

Keep fruits and vegetables handy. Apples, bananas, oranges, and cherry tomatoes don't need to be refrigerated and can be kept on the counter in plain view making them easy to grab and go.

Take fruits and vegetables along to activities to eat instead of or to have along with concession stand items. Easy choices include dried fruit; raisins, cherries, blueberries, fruit cups, or small bags/containers of cut up fruits and vegetables.

Put fruit and vegetables at the top of the snack list.

- Fresh vegetables with dip,
- Parfaits made with yogurt, berries, and nuts
- Cereal with bananas
- Apples and peanut butter or other nut butters
- Frozen seedless grapes
- Celery with nut butters and raisins
- Peanut butter and banana sandwich
- Fruited milk made by blending 1 cup of milk with ½ cup fruit



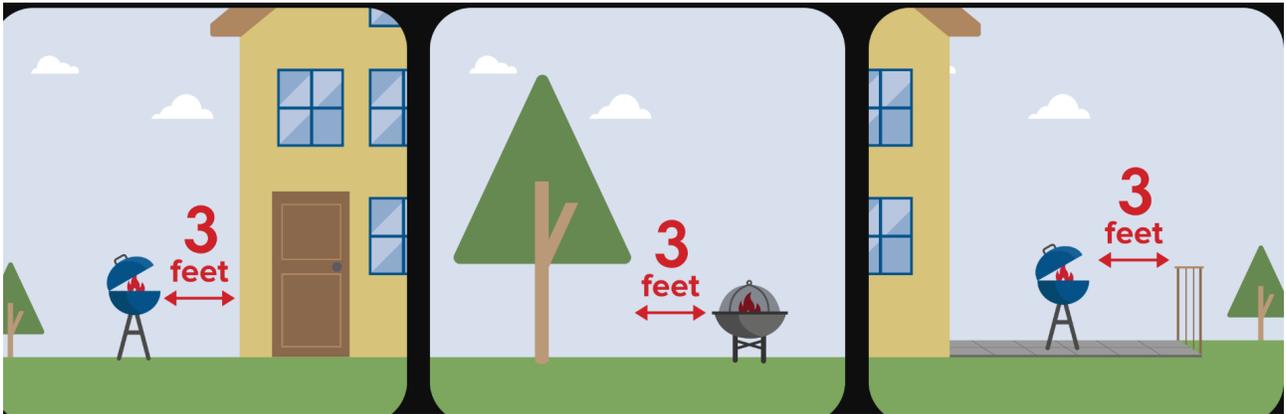
Keeping fruit and vegetables handy for kids to eat will help them reduce their risk of illness and infection often seen with hectic school schedules, intense sport training and competition schedules, and travel.

To make an appointment with a sport dietitian at Altru, call 701.732.7620 (option 2).



## Summer Fire Safety For Your Family

As the weather warms up, families are preparing to spend more time outdoors. To keep your family fire safe we would like to remind you of a few “hot” topics to consider over the summer.



There’s nothing like outdoor grilling. It’s one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling. July is the peak month for grill fires.



- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Always make sure your gas grill lid is open before lighting it.
- Propane and charcoal BBQ grills should only be used outdoors



Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of injuries each year. NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



Be safe. If you want to see fireworks, go to a public show put on by experts.



Do not use consumer fireworks.

Continued on the next page.





Campfires bring family and friends together. Sitting under the stars by a crackling fire has its appeal. It's where stories are told, sing-a-longs happen, and meals are cooked over an open flame. But campfire mishaps can cause injuries.



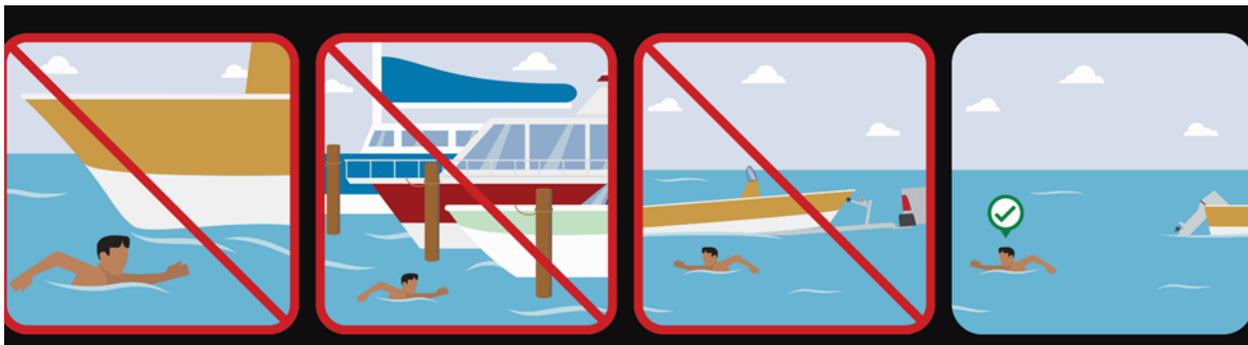
Watch children while the fire is burning. Never let children or pets play or stand too close to the fire.



Never use gasoline or other flammable or combustible liquids.



If roasting marshmallows, help young children. Never shake a roasting marshmallow. It can turn into a flying, flaming ball. A heated metal skewer can cause burns.



Marine and Boating Safety can make a family safer during the summer. Boats can be a great source of summer fun and leisure. But, boaters, swimmers, and marina staff must be aware of dangers in and around the water. Electrical hazards and carbon monoxide (CO) bring unique risks to the boating world. Learn to protect people and pets from these dangers.



Never allow swimming near the boat, marina, or launching ramp. Residual current could flow into the water from the boat or the marina's wiring. This can put anyone at risk of electrical shock drownings (ESD).



Only use cords intended for marine use. Never use household cords near water



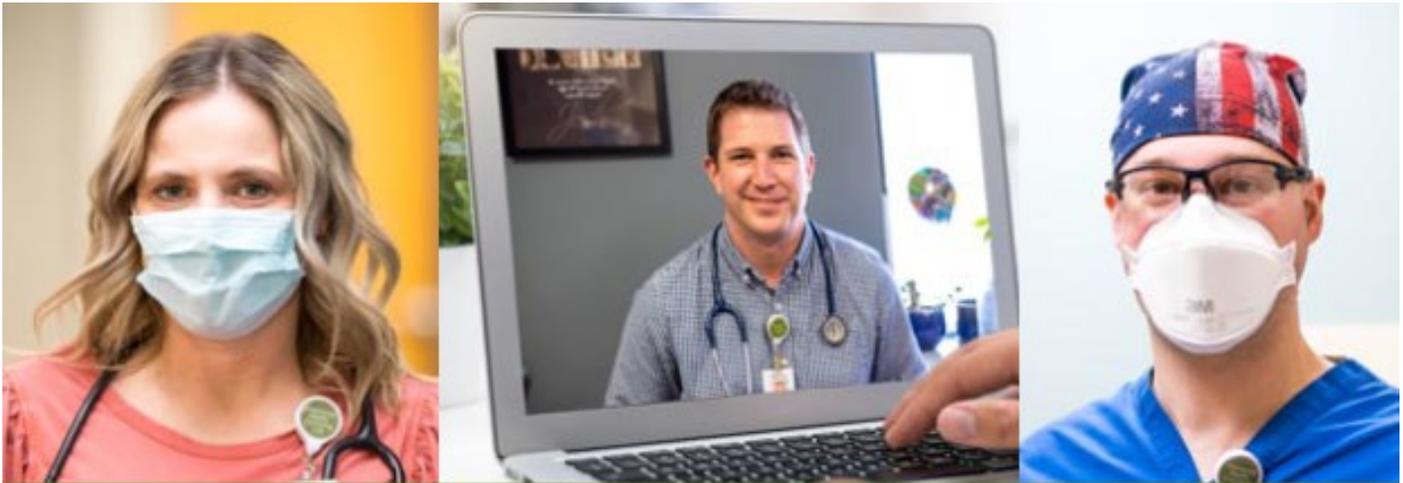
Poorly tuned engines produce more Carbon Monoxide. Keep your engine properly maintained. Follow manufacturer's instructions for service.



Carbon monoxide can remain in or around your boat at unsafe levels even if the engine has been turned off.

Now that you have a few tips to make your summer safer, go outside and soak up this beautiful sunshine. For more summer safety tips visit [www.nfpa.org](http://www.nfpa.org) or for kids activities visit [www.sparky.org](http://www.sparky.org).





# Here to Care for You. Always.

## Altru's Safe Re-Opening Plan

With several safety protocols in place, Altru will resume in-person care delivery for our patients across the system. Here's what is in place to ensure we can do this safely:

- » All Altru staff will wear masks
- » All patients and visitors will wear masks
- » Strict visitor restrictions will remain in place
- » Pre-screening of patients will be required
- » Virtual visits will continue in an expanded manner
- » Separation of sick and well clinics will remain
- » 14-day quarantine protocols before surgeries will be in place
- » Enhanced on-site testing capabilities
- » Social distancing measure in waiting rooms

With these measures in place, we will resume care as follows:

- » Patients should be scheduled for primary and specialty care once they pass screening
- » Patients can access us through virtual care if they prefer
- » Most elective procedures should move forward
- » Opening of some closed services, including Truyu and Sports Advantage with additional safety measures.



### 3 MOST HAZARDOUS FIREWORKS



**PROTECT YOUR HEARING**  
WATCH AT A DISTANCE OR WEAR EAR PLUGS

**85:** Number of decibels that can cause permanent hearing loss

**125:** Number of decibels produced by some fireworks



# MAKE IT A HOLIDAY NOT A HAZARD

**INJURED MOST**  
KIDS UNDER 4  
NEXT ARE KIDS 10-14



FIREWORKS CAUSE  
**17,000 FIRES**  
EVERY YEAR



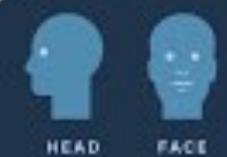
**№ 1 SAFETY TIP**

**WATCH A PROFESSIONAL DISPLAY**

**SPARKLERS BURN AT 1,200' OR MORE**  
GIVE CHILDREN GLOW STICKS INSTEAD



HANDS FINGERS EYES



HEAD FACE

**MOST COMMON INJURIES**

NUMBER HURT EACH YEAR: **10,000+**



## Keeping Safety in Fourth of July Festivities

The Fourth of July is an exciting holiday that has tons of sounds and colors popping up in the sky from fireworks. Whether it be on a lake, at a park, or in a parade you can see some awesome firework shows in the sky. We all love to look and admire them but sometimes if we are not paying attention or forget some rules people can get hurt. Here are 5 great tips to keep in mind when your family and friends are celebrating:

- ⇒ Leave the fireworks to the pros: The best way to protect you and others near you is to not use any fireworks at home. Instead go out and enjoy the show with others at a public show.
- ⇒ Find a substitute for sparklers: Little kids holding sparklers is too dangerous because of how hot they can get. Instead let little kids hold glow sticks and not worry about them heating up in their hand.
- ⇒ Take necessary precautions: If you or someone near you decides to use fireworks, be extra careful. Make sure you are not wearing loose clothing when holding or lighting a firework. Never use fireworks inside. Make sure fireworks are pointed away from homes, people, bushes, leaves, dry grass and flammable substances.
- ⇒ Keep your distance: Make sure everyone is far away from where fireworks are being lit. If a firework does not go off, do not go over and investigate it.
- ⇒ Be prepared for any problems: Keep a fire extinguisher nearby and be sure you know how to use it properly. When you are done using the fireworks, pour water over them before disposing of them to prevent a trash fire.

Using these helpful tips can prevent any further accidents and be prepared if any were to happen. However, if a serious injury is to occur by fireworks, immediately go to a doctor or hospital.

Here are some additional tips if your child gets an eye injury or burn injury.

- ⇒ If there is an eye injury:
  - Do not let your child rub or touch it, as this could cause more damage.
  - Do not flush the eye out with water or try to put any ointment in/on it.
  - Cut out the bottom of a paper cup, place it around the eye, and get medical care right away.
- ⇒ If there is a burn injury:
  - Remove clothing from the burned area.
  - Call your doctor immediately.

Remember to keep these tips in mind when celebrating the Fourth of July and any other holiday or celebration that uses fireworks.



### Prevent Heatstroke Deaths To Young Children: Become Educated on This Danger

Heatstroke deaths from children being left in hot cars is a real danger. Last year, 51 children lost their lives from heatstroke after being left in a car accidentally or on purpose, or after children gained access to a vehicle without their parent's knowledge. Preventing these types of deaths starts acknowledging this can and does happen. Educate yourself and everyone you know about this danger. The National Safety Council offers a free online course about the danger of vehicular heatstroke in children, the three primary circumstances that have led to children dying and what we all can do to prevent these deaths. Check it out at: <https://training.nsc.org/hot-cars/>



## Boating Safety

Summer is almost here and that means a lot more fun out in the sun! Maybe it's in motorboats, sailboats, kayaks, or canoes, on either lakes, rivers, or oceans. Being on any type of these large bodies of water is a lot of fun and you want to make sure you are taking the right precautions to keep the fun from stopping. These top 5 safety tips for boating can make a huge difference in practicing safe and secure boating fun:

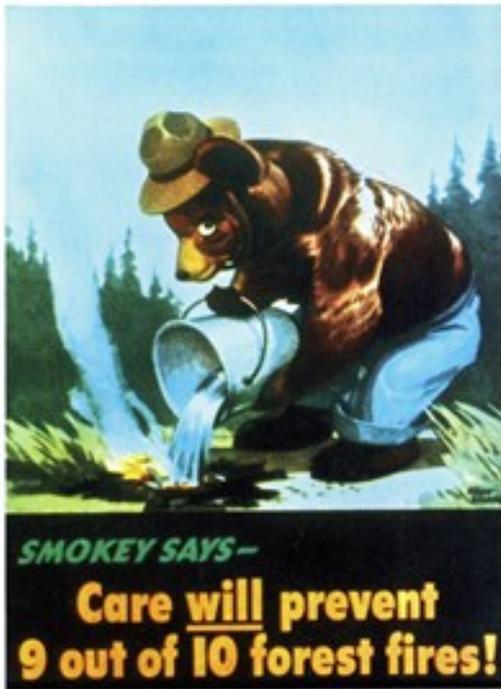
- \* Always have your child wear a life jacket. Be sure it is approved by the U.S. Coast Guard
- \* Do not drink and drive your boat.
- \* Infants and young kids have a higher risk of hypothermia so always keep extra blankets/towels with.
- \* Take the time to learn CPR. These classes are often offered at local hospitals, fire departments, & recreation departments.
- \* Teach children that swimming in a large body of water is very different than being in a pool. They may encounter uneven surfaces, river currents, ocean undertow, & changing weather

Keeping these 5 safety tips in mind can reduce the number of accidents when boating. Passing these tips along can help prevent other families from having boating accidents and keep the summer fun going for everyone!



## Campfire Safety

Did you know that nearly 9 out of 10 wildfires are caused by people not being careful and paying attention in the United States? Having an adult set up a fire and watching it at all times when children are near is a big help when decreasing accidental wildfires. We all want to sit around a campfire and have fun after a big day on the lake or on a cool summer night. But, to make sure that we safely can enjoy our fire, Smokey the Bear has some rules we need to follow:



- ⇒ Make sure you are at a site that permits campfires.
- ⇒ Dig the fire pit away from overhanging branches.
- ⇒ Circle the pit with rocks.
- ⇒ Clear a 10-foot area around the pit down to the dirt, removing any items that could catch on fire.
- ⇒ Throw the match into the fire after lighting it.
- ⇒ Never leave a campfire unattended; an adult should supervise the fire at all times.
- ⇒ Never put anything but wood into the fire.
- ⇒ Do not grab sticks out of the fire.
- ⇒ When it's time to put out the fire dump lots of water on it, stir it with a shovel, and then dump more water on it. Make sure it's COLD before leaving the campsite. If it's too hot to touch, it's too hot to leave!

It is also important to remember that Smokey's friends never play with matches, lighters, lighter fluid, or any other flammable liquids. If you see a child playing with any of these items be sure to tell an adult and prevent any other child from finding these items. By following these easy rules everyone can have a great time outside next to a cozy campfire!

# 2020 North Dakota National Child Passenger Safety Technician Certification Training



## Course Information

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

## Course Content

This training will provide participants with the technical skills to:

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

Certification is achieved through a combination of lectures, hands-on practice, role-playing and written and hands-on skills testing. The training concludes with a community car seat checkup. Participants must be in attendance for the entire course and successfully pass to receive certification.

## Who Should Attend?

- Law Enforcement Personnel (POST available)
- Health Care Professionals
- Social Workers
- Emergency Medical Personnel
- Child Care Providers
- Nurses
- Physical/Occupational Therapists
- Safety Advocates
- Firefighters
- Agencies Who Transport Children
- Car Dealership Personnel

## Registration & Fees

- Go to: <http://cert.safekids.org>, select "Become a Tech" and follow registration instructions. Fees include a two-year national certification (upon successful completion), technician manual and car seat instructions CD.
- National certification fee is \$95.
- Local fee is \$30.

## 2020 DATES

Jamestown **June 23-26**

Bismarck **August 4-7**

Grand Forks **August 10-13**

Williston **August 18-21**

Fargo **Aug. 31-Sept. 3**

For more information; 701-328-4533 or [drmayer@nd.gov](mailto:drmayer@nd.gov).



# WATER SAFETY TIPS



## TEACH THEM EARLY

Teach children to get comfortable in the water, take swim lessons and educate them early about water safety.

## ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards. Parents should be within arms length of children.

## WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



## WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



## DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.



## I'M ON A BOAT!

Always wear a properly fitted US coast guard approved life-jacket (PFD- personal flotation device)

## GET CERTIFIED

Become certified in infant and child First Aid and CPR.



## STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

## Announcing: Two Wonderful Opportunities of Support For Safe Kids Grand Forks and the Work That We Do

**Randy Fenley Agency**  
Get to know #1 auto insurer in ND



**Phone:** 701-772-5684 **Website:** [randy@rfenley.com](mailto:randy@rfenley.com)

**Address:** 2750 26th Street S, Suite A, Grand Forks, ND 58201



Stay Connected:     

### QUOTES FOR GOOD

The Randy Fenley State Farm Agency is proud to partner with Safe Kids Grand Forks in our mission to improve child safety. The Fenley agency will donate **\$10 for every auto quote** provided during 2020 when you mention "Quotes for Good". These dollars will be used for the many Safe Kids programs that improve the safety and well-being of our community and region.

Call Randy for your free quote today.

**Randy Fenley**  
Owner



### United Way Launches Partnership with SKGF to Assist With Car Seats For Those In Need

The United Way of Grand Forks, East Grand Forks and Area and Safe Kids Grand Forks is excited to announce the launch of their new program Car Seats for Kids. Car Seats for Kids is a collaboration between the two agencies that will ensure children are kept safe when traveling in a vehicle. Thanks to a generous donation from United Way, Safe Kids is able to provide car seats to families in need at little to no cost. To apply for a car seat, please contact Safe Kids at 701.780.1489. Together, we are fueling opportunities to thrive!

We are so grateful for businesses and agencies that step up and offer their support of our work to keep kids safe at HOME, at SCHOOL, at PLAY and ON the WAY. If you would like to learn about more ways in which you can be a part of our efforts, please reach out to Carma Hanson, Coordinator—Safe Kids Grand Forks at 701.739.1591 or simply go to our web page and see some of the areas of work in which we are involved. We are always looking for volunteers, expertise in our injury risk areas, donation of in-kind services or financial support to carry out our work. Together, we can help keep the kids of our community region safe from their number one cause of death—preventable injuries. To donate, visit [www.safekidsgf.com](http://www.safekidsgf.com) and click on the DONATE icon on the home page. We appreciate your support!

