



A Part of Altru  
Health System



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### **Don't miss these Upcoming Events!**

Summer Bash with  
Paul McGhee  
Saturday, July 25, 2009  
9 am-2:45 pm  
Alerus Center  
*For more information,  
see page 7*

# Safe Kids Grand Forks News You Can Use

## Safety In Your Yard



It's that time of year again. The lawn begins to green up, which means you need to mow. Every summer, 30 million power lawn mowers are in use in the United States. The U.S. Consumer Product Safety Commission (CPSC) data shows that each year about 400,000 people are treated in hospital emergency rooms for injuries from lawn tools. A few simple precautions may help you enjoy your time spent outdoors, and help you get your work completed more efficiently.

### **In General:**

- Before mowing, trimming or edging, read the owner's manual and pay particular attention to safety recommendations.
- Start the mower on level ground where you

have firm footing. Mow parallel to a slope. Never pull the mower toward you; always push it.

- Do not tamper with built-in safety devices; they are there for good reason.
- Clear the lawn of stones or toys, and anything else that might be thrown by the mower, trimmer or edger.
- Be sure the yard is clear of children and pets. Always be aware of where others might be in the yard. A moment's distraction could mean tragedy.

When using equipment, wear sturdy shoes with rough soles. Never go barefoot or wear sandals.

Keep hands and feet away from the mower housing and never unclog the mower when it's running.

• Keep children away from equipment unless you're sure they're trained in how to use it and know the associated dangers.

Don't mow, trim or edge in "blind spots". There may be hidden objects under bushes, hedges or in trees.

Be aware of the lawn surface; watch out for holes and tree roots.

Never leave equipment running or leave tools where others might stumble over them.

### **For Gasoline Mowers:**

Fill your gas tank before you start, while the engine is still cold. Wipe up all spills. And never smoke near gasoline.

*Yard Safety Continued on Page 2*

## Car Seat Check-Up Events

June 11, 2009	Grand Forks
June 23, 2009	Crookston
July 9, 2009	Grand Forks
August 6, 2009	Grafton
August 13, 2009	Grand Forks
August 25, 2009	Crookston
September 10, 2009	Grand Forks



Car Seat Check-Up Events in Grand Forks and Grafton are held from 4-7 pm. Crookston Events are held from 4:30-6pm by appointment only. Call 218-281-9100 for an appointment in Crookston or call 701-780-1489 for more information on any check-up event.

## **Happy Father's Day (and a belated Happy Mother's Day)!**

On behalf of Safe Kids Grand Forks, we wish all mothers and fathers reading our newsletter a Happy Day!! Being a parent is one of the most important "jobs" we will ever have and one that comes with very little "formal orientation". We at Safe Kids Grand Forks are here to help with all your safety questions to help keep your precious kids safe. Hope your day was/is a special one.

## **Safety In Your Yard** continued from page 1

Always turn off the mower and disconnect the spark plug wire before unclogging the machine or adjusting it. Gasoline mowers can start even when they're turned off if the blade is rotated.

### **Hedge Trimmers / Weed Trimmers / Lawn Edgers:**

- Wear safety eye protection. It's also a good idea to wear long pants when doing lawn work to protect from abrasions.
- Never use electric-hedge trimmers over your head. If trimmers become lodged on

something, disconnect the power source before attempting to dislodge it.

- Remember weed trimmers are intended for groundwork only, not for overhead work in trees or bushes where the hazard of flying debris is a real possibility.
- When using a weed trimmer, disconnect power before advancing the line if it is a manual-feed trimmer.

*This article was provided by Altru Health System Safety Department.*

### **Travel Safely**

Summer is just around the corner and many family trips are being planned. Camping, adventure parks, time at the lake cabin or a cross country road trip. Need information on how to travel safely with children? Contact Safe Kids Grand Forks for a new brochure designed to discuss topics such as adventure parks, safety gear when traveling, fire escape plans for hotels, taking medications along in suitcases and many other topics. Our goal is to keep your summer travel plans safe and fun. Happy traveling!!

# Playground Safety: Safe Kids at Play

Playgrounds and kids just seem to go together. Seeing kids gather and play at a local park, school or backyard playgrounds is a sure sign of spring and summer.

Following are some safety tips to keep playgrounds a safe area for kids to explore, grow and play.

- Proper surfacing is the single most important factor as to whether children are hurt on playgrounds. Falls from equipment are common but injuries can be prevented if there is adequate surfacing on the ground. Surfacing provides protection by absorbing the fall's energy. Surfacing below all equipment should be at least 9-12". When initially placing surfacing substances, fill to 12" and then replace when there is only 9" of substance left. Substances that

can be used include:

- Sand
  - Pea rock
  - Wood chips
  - Rubber mulch
- Each of these substances have benefits and drawbacks and also vary in cost. At any rate, the cost of surfacing should not be overlooked when planning for outdoor playground equipment. Remember, grass yards and concrete surfaces are NOT adequate substances and can lead to injuries should falls occur.
  - Public playgrounds are designed for one of two age groups - under 5 and age 5-12. Be sure that young children play on age appropriate sized

playgrounds that are designed differently for their different body characteristics.

- Adult supervision is important to assure that playground equipment is used as it is intended.
- Be sure to avoid other hazards on playgrounds such as wearing a bike helmet or backpack on equipment or having drawstrings on clothing. These can all lead to entrapment or strangulation hazards.



## Why Register?

No, we are not talking about a bridal registry or registering to vote. Safe Kids Grand Forks reminds all parents that it is important to register your car seats when you obtain them. If purchased new, the car seat will have a self-addressed, stamped registration card on the seat. The make, model number and manufacture date of the seat will be on the card and you will simply fill in your mailing information. If you obtained the seat secondhand from a friend or relative, you can also log on to car seat manufacturer's web site or [www.nhtsa.gov](http://www.nhtsa.gov) to register your seat. This is important so that if and when there is a car seat recall (and they happen routinely), you will be notified of it and can make the necessary changes. If a new seat is warrantied or parts required to fix a problem, the manufacturer will send those items. They are only able to do that if they know you have a seat.

If you are unsure if your current seat has been registered, take the time to complete these steps again to be certain. For

# Thank you Sam's Club

On behalf of Safe Kids Grand Forks, we would like to thank Sam's Club for their generous donation toward our coalition. The grant funding they provided in May will be used to support our injury prevention efforts in the Grand Forks region. We are thankful for their community spirit and generosity!!



## AAA StartSmart: The keys to safe teen driving

Did you know that teens crash more than any other age group? Help keep your teen safe with AAA StartSmart. AAA is proud to offer tools to help keep your teen driver safe.

AAA StartSmart is a newsletter system designed to help families get through the crucial period when teens are learning to drive safely during their first year or two of licensed driving. A series of newsletters will help parents and teens learn about the biggest dangers to teen drivers and to work as a family to increase the safety of independent teen driving. The information is divided into prelicense and postlicense sections with a total of 18 newsletters available free of charge.

To learn more and sign up for these newsletters, register for free at [AAA.com/startsmart](http://AAA.com/startsmart).

Another option: order a copy of the **Teaching Your Teens to Drive** DVD for a AAA member price of \$26.95 or \$29.95 non-member price. This DVD is over 60 minutes that focuses on:

- Basic vehicle control
- Freeway and night driving
- Driving emergencies
- Maneuvering in traffic
- Reducing risks, and more!!



Visit [aaa.com](http://aaa.com) or call 800-JOIN-AAA for more information. **Safe Kids Grand Forks is proud to have AAA employee, Gene LaDoucer as a member of our coalition and we thank them for their past support and partnership in our injury prevention work.**

## Refugee Training Offered By Safe Kids GF

Imagine settling in a new country where you don't speak the language and the environment in which you live, work and play is drastically different from where you originated. The Grand Forks community has seen an influx of refugee families that are settling here thanks to the efforts of the New American Services of Grand Forks. Safe Kids has been aware of these families in our community and we wanted to do our part in making them aware of safety tips to keep their children safe and of dangers that may be present for them and their children. After meeting and coordinating our efforts with Dawne Barwin, the New American Resettlement Coordinator, Safe Kids Grand Forks and our Home Safety Subcommittee put together a 2 hour training to address some

common safety issues. The first session of this training was held for the Buthanese population on April 27<sup>th</sup> and will be held again in May. Following this training, we will work with the other refugee populations that are in our community as well including the Iraqi's and Nepalese families to name a few. We thank the following individuals and agencies who have provided information to these families on the topics listed:

- Kayla Erickson, Grand Forks Housing Authority – Fire Safety
- Taunya Schliechner – American Red Cross – Kitchen, Home and First Aid Safety
- Bob Rost – Grand Forks County Sheriff's Department – Weather Safety



- Jolanine Knain – Healthy Families – Poison Safety
- Patty Olsen – Safe Kids Grand Forks and Altru Health System – Wheeled Sports & Pedestrian Safety

We thank our partners in this effort and know that the best welcome we can provide for these families are tips on how to make living, working and growing up in America, and more specifically Grand Forks, a safe adventure.

## Been Involved In A Car Accident? Wondering If Your Car Seat Needs Replacement?

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

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

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



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

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

## NHTSA Ease of Use Guide

Selecting and using a car seat can be a challenge. With that in mind, the National Highway Traffic Safety Administration (NHTSA) has designed a Car Seat Ease of Use Guide for parents and caregivers. The guide addresses the following features:

Evaluation of Labels	Evaluation of Instructions	Securing the Child	Installation Features	Overall Ease of Use Rating
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To access this information, log on to [www.nhtsa.gov](http://www.nhtsa.gov) and click on the Child Seat “Ease of Use” Rating link found under the Quick Clicks section on the left hand side of the home page. Two other important safety tips from Safe Kids Grand Forks when selecting and purchasing a car seat:

Always read both the car seat and vehicle instruction manual prior to use and with each change in how the seat is used.

Considering visiting a car seat check-up event to have your seat checked by a trained car seat technician. To find a car seat check close to you, visit [www.safekidsgf.com](http://www.safekidsgf.com) or [www.usa.safekids.org](http://www.usa.safekids.org).

Remember, 80-90% of all car seats are used incorrectly. Make sure that yours is not one of them and provide the safest ride for your precious cargo.

# Novelty Lighters A Hazard to Children

If you have visited a local convenience store recently, you may have seen items on the counter that look like toys. They may come in the form of frogs, cars, small guns or other “animal-like critters”. These “cute” looking items are actually cigarette lighters and they are deceiving to small children. While made to look like toys,

they contain a flame and can cause burn injuries and fires if used inappropriately. Currently, there are no regulations on these items so they can be sold and used by consumers. There is work on the national level to ban these items which can be dangerous if they fall into the hands of small children. While you may not purchase them at a

local convenience store, be aware that they exist and assure that they are not in homes where small children can access them.

Below are some examples of novelty lighters. You can see how children are attracted to these lighters as they look very much like toys. Be aware and on the look-out—Protect your kids!!



## Support Safe Kids Grand Forks

Safe Kids Grand Forks is a non-profit organization whose mission is to prevent accidental injury and death to children. Our coalition is made up of hundreds of volunteers that come together to serve that common mission – to keep our community’s children safe. While we have many volunteers, we also are in need of funding to assist with our injury prevention efforts. If you would like to support our work, please consider a donation to Safe Kids Grand Forks. Whether you donate a few dollars or larger amounts, the money will be put to great use in our community. To learn more about how you can help, contact Safe Kids Grand Forks at 701-780-1489 or log on to [www.altru.org](http://www.altru.org) to make a donation online. Click on the online donation link on the left hand side and select Safe Kids Grand Forks. For information on program specific sponsorship or branding opportunities, contact Safe Kids Grand Forks Coordinator—Carma Hanson. Every dollar helps and is appreciated!!



It's never too early to talk to your kids about alcohol or other drug use.

## Are you concerned that your child is using alcohol and other drugs?

Free Drug Testing Kits available:

- For use by Parents/Guardians of youth under 18
- To use if you suspect drug use
- To deter use by providing additional supervision

Where can I get the Drug kit?

Lutheran Social Services of ND  
412 Demers Avenue  
Hours: 8:00 - 12:00, 1:00 - 5:00  
Monday - Friday

&

Altru Emergency Department  
1200 S Columbia Road  
Hours: 24 hours,  
7 days a week

For questions, call  
Lutheran Social Services at 701  
-772-7577



Thank you to the Altru Alliance for their generous support of this project.

## Thank You!!!

Thanks to the following car seat techs that attended one or more check-up events in 2008. Without their help, these events would also not be possible.

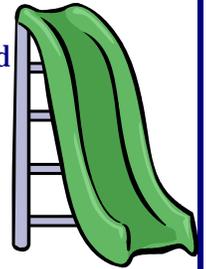
**Bill Vasicek**—Safe Communities, **Judy Larson, Patty Olsen**—SKGF, **Jen Beck**—All About Kids, **Jenny Strenkowski, Lavonne Nelson & Ed Strenkowski**—GF Police Department, **Megan Solberg**—United Day Nursery, **Amy Fiala**—UND College of Nursing & Altru **Karen Seaworth, Brittany Keller, Melissa Zeigler & Lisa Thorpe, Judy Sather-Reed, Ashley Howard**—Altru Hospital-**Danielle Kovarik & Bette Otteson**—GF Public Health, **Ed Grossbauer**—GF Fire Department, **Yvonne Holter**—UND and GF Sunrider Kiwanis Club, **JoAnn Munter**—Polk County Public Health, **Stacey Nelson, Liz Martinson & Harlan Brekke**—Valley Ambulance & Rescue, Grafton, **Mary Meine, Carrie Bergquist and Lynette Rocha**—Altru Clinic Crookston, **Mike Swang**—EGF Police Department, **Sadie Ripley**—Bremer Bank, **Terry Anderson**—Unity Hospital, Grafton, **Mary Barrett**—EGF Head Start, **Tami Northagen**—Tri-Valley Opportunity Council—Grafton, **Donna Holand**—Walsh County Public Health, **Laura Jennings**—Child Care Resource & Referral, **Diane Omundson**—First Care Med Center-Fosston, **Peggy Littlefield**—GFAFB New Parent Support Program, **Heidi Restemayer & Tony Restemayer**—Park River Ambulance, **Amber Polnar**—Cavalier and Grafton Ambulance, **Ryan Strenkowski, Laurie Vasicek, Megan Graham, Lynnae Wocken, Melissa McCarty, Jeremy Hanson, Nicole Jorgenson**—Larimore Ambulance, **Jodi Danner**—Avera McKenna Hospital, Sioux Falls

If I missed any of our technicians, I did not do so intentionally. You are all instrumental in carrying out our efforts. Many thanks—Carma Hanson—Coordinator, Safe Kids Grand Forks

## Congratulations Bill!!

Congratulations to Safe Kids Grand Forks member and volunteer, Bill Vasicek. Bill recently took and passed his Certified Playground Safety Inspector Examination in Bismarck, ND. Bill has been a playground inspector with Safe Kids since obtaining his certification in October 2002. With this certification, Bill is required to retake the exam every other year. The certification allows him to inspect and provide recommendations on public (not home) playgrounds and to also provide recommendations for improving them from a safety standpoint. As a member of Safe Kids Grand Forks, Bill has inspected several playgrounds in the community and region in an effort to keep our kids safe while at play. Congratulations Bill and thanks for all your hard work!!

\*\*Anyone wanting tips on playground safety can contact Safe Kids Grand Forks for resources (brochures and a supervision videotape).



## Summer Bash

Join the Fun with Paul McGhee and Lighten Up!

Paul McGhee is a rare individual. He is one of the few people in the world to have earned a PhD degree in Laughter! Dr. McGhee goes beyond making his audiences laugh, he explains from a scientific perspective how laughter really works.

Child Care Resource and Referral would like to invite you to join us for a day of laughter as Paul McGhee shares how to use humor as an effective tool in managing stress and maintaining a frame of mind conducive to working with children. Learn how to build humor into your environment and explore the development of young children's humor. Join the Fun Just with!



www.laughtersmady.com

CCR&R  
Child Care Resource & Referral



Saturday, July 25, 2009  
9:00am-2:00pm  
Altru Center  
Grand Forks, ND  
7:00-8:00am & CEU's  
\$45.00 includes breakfast and lunch  
Registration deadline 7:10:00

To register go to  
www.ndchildcare.org or return registration form to:

Lakes and Prairies CCR&R  
715 11th St N, Suite 402  
Moorhead, MN 56569  
800-452-3646 x7325

Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Last five Numbers of Social Security \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

## Higher Weight Harnesses on Car Seats

In the past, the harness system on most car seats went to a weight of 40 pounds. The goal was to have a child in a harness system ultimately to that weight. While some high back car seats allow the use of the seat belt starting at 30 pounds, this is certainly not the best or safest practice. Many changes and improvements have been made in the child passenger safety arena and that includes car seats that now have harness weights well beyond the 40 pounds that used to be the industry standard. Today, seats come with harness weights up to 50 pounds, 65 pounds and even 80 pounds. Since a child is safer in a harness system, these seats provide safer options for the parents. To see a list of seats that meet these higher weight standards, visit

[http://fcs.tamu.edu/safety/passenger\\_safety/certified-tech/booster-alternatives.pdf](http://fcs.tamu.edu/safety/passenger_safety/certified-tech/booster-alternatives.pdf)

Ultimately, here are some simple rules to following when selecting the safest seat.

- Harness to a MINIMUM of 40 pounds.
- The goal is to have a child in a harness system at least to age 4. If the child reaches 40 pounds before they are 4 years of age, a higher weight harnessed seat should be considered/used.



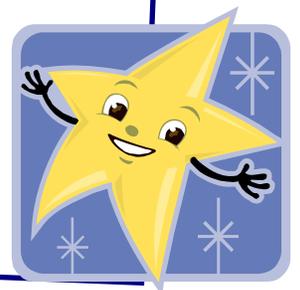
### Safe Kids Star

The spring rolls around each year and Safe Kids Grand Forks knows that we will see a great deal of Dawnita Nilles. Dawnita works as an Independent Living Coordinator for Grand Forks County Social Services but each spring, she donates many hours of her time to our Safety On Wheels program. Dawnita volunteers at many of the 20 schools that we present at and not only fits helmets but does a great job presenting the head injury information. She is an impassioned champion for wheeled sports helmets and we are glad to have her on our Safety on Wheels Team!! Thanks Dawnita!!



**Top photo:** Dawnita adjusts the helmet of a 3rd Grader at Kelly School.

**Right photo:** Dawnita and Patty Olsen, Safe Kids Grand Forks Wheeled Sports and Pedestrian Safety Coordinator hard at work distributing helmets.



## Safe Routes to School Updates

Safe Kids Grand Forks is pleased to announce that we (Safe Kids and the Grand Forks Public Schools) received a letter April 14, 2009 from Governor Hoeven announcing our selection as one of 6 sites in North Dakota to successfully receive the Safe Routes To School Non-infrastructure grant funding for the 2010 school year. This application was submitted last fall. We will receive a total of \$35,095.50 for the 2010 school year to be used to support pedestrian and wheeled sports activity around the community, namely in the schools. There was a total of \$99,195 awarded and as you can see, we received just over 1/3 of that dollar amount. We are the **ONLY** community in the state to apply and receive this grant 3 years in a row.

Thank you to Patty Olsen for your assistance with writing this grant, to those of you that wrote letters of support and provided us with data and to the Grand Forks School and City of Grand Forks for supporting and submitting the application. The kids of our community will be safer thanks to the collaboration and work to receive this funding.

East Grand Forks also benefited from Safe Routes to School grants. EGF was awarded its request to extend the sidewalk from 13th St to the Central Middle School. Safe Routes to School also funded the recent sidewalk constructed along Bygland Rd. Estimated construction costs are 100% funded by this grant!!

## Thank You To Our Partners in Car Seat Check Up Events!!!

Child passenger safety is a vital part of our Safe Kids Grand Forks program. This comprehensive program involves seat distributions, car seat checks, classes for parents, children, health care providers and child care providers and community education. The ability to carry out year-round car seat checks is an important aspect to a successfully run car seat program. Safe Kids Grand Forks is fortunate to have great partners on board that open up their dealerships on a routine basis for us to carry out these events. With our cold weather in the winter and unpredictable weather in the spring and fall, having an indoor venue makes for a stress free event. We thank the following partners in these endeavors. If you patronize these dealerships, please take the time to offer thanks as well for without them, our Safe Kids Grand Forks car seat checks would not be possible.



## Wheeled Sports Helmets For Sale!

Adults and kids alike should use a helmet when participating in wheeled sports, including: bicycling, roller blading, scootering and in-line skating. Helmets are 85% effective in preventing head injuries that can incur costly health care costs and cause life-long disabilities. To obtain a reduced price helmet from Safe Kids Grand Forks, please call 780-1856 to set up a fitting appointment. We have sizes that fit toddlers – adults.

Toddler Helmets - \$7. These are for children riding on carriers behind the bike or on tricycles. Colors include: Pink, blue and silver.

Bike Helmets - \$7. These are used for riding a bike only. Colors include: red, white, blue, black, green and purple.

Multi-sport style Helmets - \$10. These are used for riding a bike or for low level/impact wheeled sports such as rollerblading, etc. Colors include: black, white and blue.

True Multi-sport Helmets - \$12. These are designed for skateboarding and other high impact sporting activities where tricks or fast speeds are involved.



Reduced  
Price!