

SAFE K:IDS GRAND FORKS

News You Can Use



Summer 2014 Edition



Presented by **TYLENOL** Children's

Safe Kids Day 2014

Safe Kids Day was Saturday April 12th this year. We had a great time – tons of educational materials to give out to parents and caregivers, and interactive games for the kids to learn about safety while having fun. We couldn't pull off an event this large without all our wonderful sponsors and volunteers. We give a special thanks to our presenting sponsor (for the second year in a row), Wells Fargo. New to our Platinum level sponsorship this year was Bhavani Hospitality. We thank these, and all of our other sponsors for their generosity to help fund this event and provide the necessary resources for our programming. We had over 35 sponsors, 150 volunteers and 1,200 kids and adults in attendance for our 20 safety booths at Safe Kids Day. We raised over \$6,000 from our sponsors and individual donations – all of that money will go right back into our Safe Kids Grand Forks program to provide car seats, bike helmets, life jackets, home safety supplies, etc. to help keep our kids safe!

There are LOTS of photos from the event on our Safe Kids Facebook page: Safe Kids Grand Forks. Please visit that site and check out our album that shows the excitement, activities and joys of the day!!

Thank you to everyone involved and we cannot wait to start planning for Safe Kids Day 2015!



Presented by **TYLENOL** Children's

Thank You to our Sponsors

Presenting Sponsor:

Wells Fargo

Platinum Level:

Bhavani Hospitality

Gold Level:

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ATΩ

We are grateful for the partnership from the ATO Fraternity at UND.



We thank you for your support of our injury prevention programs. Together, we are keeping kids safe!!



Safe Kids Star



There are so many people that help out with our Safe Kids efforts. Many you see teaching classes, helping at check-up events or out in the public at community events. However, there are so many people who work with us “behind the scenes” to carry out our injury prevention strategies. One such person that does this and “makes us look good” is Billy Braxton. Billy is a carpenter in Altru Health System’s Maintenance Department. When we come up with an idea or a project, Billy is our “go to man” for designing and creating the piece. Billy has been the creative mind behind some of the following projects for our team: creating a car seat training stand for display at Rydells, crafting a medication display box and poison look-alike display for our poison prevention education and creating a playground surfacing material box for that education. Most recently, Billy was the designer behind our new “share the roadway” display that debuted at Safe Kids

Day 2014. His skill and craftsmanship is amazing and we consider him a valuable part of our team. Thanks, Billy for your hard work to make our projects “come to life”. For that, you are our Safe Kids Star!



Billy Braxton, using his skill and craftsmanship to make our Safe Kids projects “come to life”. Many THANKS, Billy!!



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Child Care Aware® of North Dakota is a program of Lutheran Social Services in western North Dakota and Lakes and Prairies Community Action Partnership in eastern North Dakota



Insect Repellent



Choosing an insect repellent

- **Insect repellent is not recommended for children under 2 months of age.** Mosquito netting or clothing should be used instead.
- **No products with more than 30% DEET should be used on children.**
- **Always check the amount of DEET on a repellent label.** It is important to remember that a higher percentage of DEET in a repellent does not mean that the protection is better; it just means it will last longer. Choose a repellent with a percentage of DEET that provides protection for the amount of time that you are outdoors. A higher percentage of DEET should be used if you will be outdoors several hours, while a lower percentage of DEET can be used if time outdoors is limited to 2 hours or less. A product containing around 24% DEET provides 5 hours of protection and a product containing around 10% provides 2 hours of protection.
- Products containing Picaridin, IR3535, oil of lemon eucalyptus, and 2% soybean oil have shown to provide protection comparable to products with 10% of DEET. Products with oil of lemon eucalyptus (PMD) should not be used on children under 3 years of age. Closely follow directions on label for use.

Use of insect repellent with sunscreen

- Do not use products that combine DEET with sunscreen. The DEET may make the sun protection factor (SPF) less effective. These products can overexpose your child to DEET because the sunscreen needs to be reapplied often.
- If sunscreen and insect repellent both need to be applied, apply the sunscreen first, followed by the insect repellent.

Guidelines for application of insect repellent

- **Always follow the manufacturer's instructions for use.**
- Repellent can be applied to clothing to protect children from mosquitoes. It is safest to spray clothes when off child, let the clothes dry, then put on child. Remove clothing once inside. Clothing should be washed before it is worn again. **Products with permethrin can only be applied to clothing, not to skin.**
- Only apply repellent to skin that is exposed. Do not apply repellent to skin under clothing.
- Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation are not recommended.
- **Do not apply repellent to children's hands, or around their eyes or mouth.**
- Do not apply repellent to cuts, rashes, wounds, or irritated skin.
- Do not allow young children to apply insect repellent to themselves. **Keep all insect repellents out of the reach of young children.** Supervise older children when they are using insect repellents.
- Wash treated skin with soap and water after being outside for the day.
- **Never spray repellent directly on a child's face.** Pump sprays are a safer choice than aerosols. Spray the product on your hands then apply to child. Do not spray aerosol or pump products in enclosed areas.
- Insect repellent wipes are an alternative to aerosol or pump sprays. They can prevent children from inhaling the repellent or mistakenly getting it sprayed into their eyes or mouth. Closely follow directions on label for use.

Allergic reactions:

- If a child develops a rash or apparent allergic reaction from an insect repellent, stop using the repellent. Wash it off with soap and water, and call the poison control center (1-800-222-1222). If a product gets in the eyes, flush with water and consult a health care provider. If you go to a health care provider, take the product with you.

Guidelines for minimizing bites

- Avoid areas where insects nest or congregate such as garbage cans, stagnant pools of water, uncovered food or sweets, and orchards and gardens where flowers are in bloom.
- Dress the child in long pants and a lightweight, long-sleeved shirt when you know they will be exposed to insects.
- Avoid clothes with bright colors or flowery prints; they seem to attract insects.
- Avoid scented soaps, perfumes, or hair spray because they are inviting to insects.

This article has been provided by Sarah Myers, a Child Care Health Consultant with Child Care Aware. They are a proud member of Safe Kids Grand Forks.

Resources:

*CFOC, 3rd Edition, 2011
Insect Repellent, HealthyChildren.org, AAP, 5/11/2013
FAQ; Insect Repellent Use Safety, CDC, 11/14/2013*



Kids' Wellness Tracker App



Kids' Wellness Tracker makes it easy for parents and care givers to track children's height, weight, BMI, vaccines, symptoms, and medicines, plus use pediatric TYLENOL® and MOTRIN® product dosing tools. Get this free children's health tracker for both iphones and androids at www.kidswellnesstracker.com.

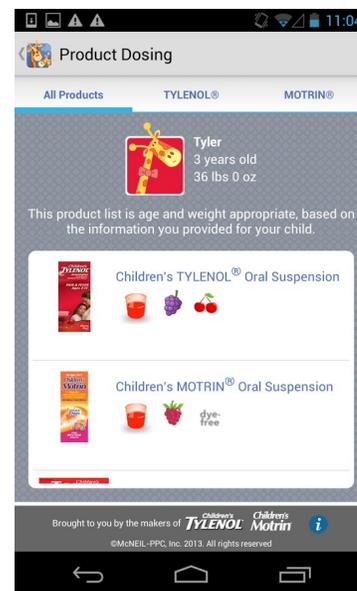
This new, all-in-one solution brings together the trackers and tools you need to help manage your children's health with ease. Track your kids' heights, weights, BMIs, vaccines, and medicines all with one app. Create a custom profile for each child with an avatar or your choice of photo. Your children's information will be stored exclusively on your Android™ device. Once you've created profiles, you'll be on your way to building a health history for each of your kids.

Kids' Wellness Tracker includes:

- Height, Weight, & BMI (Body Mass Index) Tracker
 - Track your children's progress as they grow (without marking up the kitchen wall)
- Vaccine Tracker

- Easily track and keep an ongoing record of which shots your children have had, and when
 - Sort by vaccine, age, or date
- Medicine Tracker
 - Track additional medicines, start and stop dates, and prescribing healthcare providers' names
- Symptom Tracker & Reminder
 - Record temperature and symptoms to build your children's health history and set reminders to help track fever, temperature, and symptoms
- Dosing Calculator for Pediatric TYLENOL® & Pediatric MOTRIN® Products
 - Get information about correct dosing
- Learning Resources
 - Easy to read and colorfully illustrated
 - Cover such topics as colds and flu, ear infections, treating fevers, and infant crying and gas

- Reports
 - Create reports based on the information that you've saved in your children's trackers. Just select the desired information and date range, and Kids' Wellness Tracker will create a report that you can view, print, or open as a PDF in other apps



The Car Seat Lady

Explains the 2014 Car Seat LATCH changes

What to Use When the Weight of		is less than 65lbs combined?	is more than 65lbs combined?
 Rear-facing	 Lower Anchors or Seat Belt	Choose one, not both	Seat Belt
	 Tether	If present, use if allowed	If present, use if allowed
 Forward-facing	 Lower Anchors or Seat Belt	Choose one, not both	Seat Belt
	 Tether	Always use	Always use



For lots more info, go to <http://bit.ly/LATCH2014>





Have you liked Safe Kids Grand Forks on Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.



- Ask questions
- View our weekly Area Voices blog
- Contact information for the Safe Kids Grand Forks office



North Dakota Conference on Injury Prevention & Control

"Preventing and Responding to Injuries"

SAVE THE DATE

October 1-2, 2014

Radisson Hotel
6th and Broadway - Bismarck, N.D.

"Bringing the Pieces Together"

Topics will include:

- General Injury Prevention
- Suicide and Mental Health
- Domestic/Sexual Violence
- Traffic Safety

Purpose:

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

Continuing education credits have been requested for nurses, social workers, licensed counselors, law enforcement, emergency medical services, and domestic violence advocates.

Interested in presenting or need more information?

Call 800.472.2286 or visit www.ndhealth.gov/injury/trainings.htm.

Registration will be available soon.

 Hosted by: North Dakota Department of Health - Division of Injury Prevention & Control

Child Passenger Safety Made Simple

FOR NEW OR EXPECTANT PARENTS



Have you ever tried to install a car seat into a vehicle? Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.

Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Child Passenger Safety Made Simple**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you already have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into your vehicle.

Cost:

Registration fee is included with the prenatal class registration fees of \$15.00. To register, please call 701.780.5179 or log on to altru.org. And, please remember to bring your car seat along if you have purchased it already!! (Fee waived if this is the only class being taken.)

2014 Class Dates

Rydell Auto Center - 2700 South Washington Street - Grand Forks, ND (use front entrance on Washington St.)

2nd Thursday of each month 6 - 7:30 p.m.		4th Tuesday of each month 4:30 - 6 p.m.	
January 9	July 10	January 28	July 22
February 13	August 14	February 25	August 26
March 13	September 11	March 25	September 23
April 10	October 9	April 22	October 28
May 8	November 13	May 27	November 25
June 12	December 11	June 24	December 23



Car Seat Check-Up Events

presented by:



in cooperation with

Rydell Auto Center
2700 South Washington Street



4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks and Altru Health System are pleased to partner with our local GM dealer to offer monthly car seat check-up events.

These are offered the 2nd Thursday of every month from 4:00-7:00 p.m.

Stop on by and make sure your children have a safe ride.



2014 Dates

January 9
February 13
March 13
April 10
May 8
June 12
July 10
August 14
September 11
October 9
November 13
December 11

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit www.safekidsgf.com

BLAST!

Babysitter's Lessons And Safety Training!

BLAST! is a babysitting class designed by the American Academy of Pediatrics to teach 11 - 14 year olds about the responsibilities of caring for children. Attendees receive a certificate of completion and a course manual.

This class will be offered at Altru Health System on:

Saturday - June 7, 2014

9:00 a.m. - 3:00 p.m.

Cost: \$45 (includes lunch)

Registration is required and can be completed at www.altru.org/calendar. For more information, call 701.780.5179.





Car Seat Check-Up Events

presented by:



Public Health
Prevent. Promote. Protect.



in cooperation with
Hanson's Auto & Implement

110 5th Street West, Grafton, ND

4 out of 5 car seats are used wrong. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



Stop on by and make sure your children have a safe ride.

Proud Program Sponsors



2014 Dates

February 6
April 3
June 5
August 7
October 2
December 4

For questions, call Donna at
Walsh County Health District,
701.352.5139.



Car Seat Check-Up Events

presented by:



in cooperation with

Brost Chevrolet

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4:30-6:00 p.m.

Stop on by and make sure your children have a safe ride.



2014 Dates

January 23
April 24
July 17
October 16

For more information,
contact Altru Clinic
Crookston at
218.281.9100.

Car Seat Recalls



Unsafe car seats can pose serious risks to babies and young children. It is important to follow instructions on what to do if your car seat has been recalled. Many car seat manufacturers have had recalls in the past few months on the crotch buckle.

This is a simple problem to fix – if you notify the manufacturer of your child's car seat they will send you a replacement piece. When you purchased your car seat it came with a registration card; these cards are very important to fill out and send back to the manufacturer as they will notify you if your child's seat has been affected by a recall and will let you know what you need to do.

If you did not fill out the registration card or have moved since filling it out, you will

need to check on the manufacturer's website to see if your child's car seat has been affected. You can also register your car seat on the manufacturer's website to be notified of any future recalls that may happen.

As of May, the following manufacturers have put a recall on some of their seats due to the crotch buckle not releasing: Baby Trend, Evenflo and Graco. Between these 3 companies they recalled over 4.2 million car seats. Is yours one of them?



Recalled Harness Buckle

New and Improved Harness Buckle



Featured Car Seat– Chicco NextFit Zip Convertible Car Seat

Chicco’s rear facing only infant car seat is known for its easy of use. Once your child has outgrown their infant seat, the next step is a convertible car seat that can both rear and forward face. Chicco’s NextFit convertible car seat is easy to install accurately and securely. Now with an exclusive Zip & Wash™ Seat Pad, NextFit Zip is an easy to care for convertible car seat with a pad that zips out from the shell for convenient machine washing.

NextFit Zip also features Comfort-Flex™ Harness Management with padding and flex-out design that holds both sides of the waist belt up and out of the way during loading/unloading and keeps them in the right spot once baby is ready to be buckled!

NextFit's exclusive 9-position Leveling System provides the most recline options to accommodate a wider range of vehicles, and the LATCH tightener uses force-multiplying technology to help achieve a tight and secure vehicle fit with a fraction of the effort! Bubble

levels accurately indicate correct seat angle in both rear-facing and forward-facing modes. And, when you’re ready to move to forward-facing, an integrated slide path makes it easy to re-position the LATCH strap without re-threading!

For use with children from 5-40 lbs in rear-facing mode, and from 22-65 lbs in forward-facing mode.

Features include...

- 9-position Leveling System for an accurate fit in a wider range of vehicles
- Dual Bubble Level-Indicators
- Exclusive SuperCinch® LATCH Tightener
- Zip & Wash™ Seat Pad easily zips out from shell
- Padded ComfortFlex™ Harness Management System
- Thermal-insulated cup holder with storage pocket
- Integrated LATCH strap slide path for conversion from rear-facing to forward-facing

- Infant insert for smaller babies
- 5-point harness with one-pull tightener
- 2-position chest clip for growing children
- 6-position adjustable headrest
- Auto-adjust shoulder straps that widen as headrest is raised
- Built-in belt lock-offs for installation with vehicle belt
- Integrated LATCH storage compartments



It's A Car Seat Check-up Event

Wednesday – June 11, 2014

1:30 – 4:30 p.m.

Altru Health System – Safe Kids Building

860 South Columbia Road

This event is free of charge but appointments are required.

We have appointment times at

1:30, 2:15, 3:00 and 3:45 p.m.

(Times can be adjusted slightly if needed.)

- For appointments, contact Jasmine at 701.780.1660 or safekids@altru.org

- Each seat takes about 30 - 45" to inspect and technicians will be on hand to check for correct fit of the child in the seat and correct installation in the vehicle.

Sponsored by:





Airlines & Car Seats

Flying with kids? Bringing the car seat with you... and using it on the plane? (We hope the answers are yes & yes)

Here are some things to know about using a car seat on a plane:

1. Make sure your car seat is FAA approved. All seats that are approved must have a sticker on the side of the seat that says "This restraint is certified for use in motor vehicles and aircraft." in RED print.
2. Make sure you know how to install your seat on the plane - see the car seat's manual as it will discuss this (also read the sections on installing with a lap belt... as airplanes only have lap belts)
3. The car seat cannot block an adult's exit to the aisle. Therefore, it must go next to the window - or if on a large plane with 2 aisles, it can go in a seat in the middle of the middle row of the plane. If you don't have an appropriate seating assignment, mention this to the airline staff after you check in - they are required to make reasonable accommodations to find you an

4. If flying OUTSIDE the US, make sure the airline allows the use of car seats (check this before booking your tickets) - as while it is crazy and makes no sense, many of them don't allow car seats, or allow them but only forward facing ones and only for kids in certain age ranges. If you fly a US based carrier when going outside the US, they are under FAA jurisdiction and will allow you to use a car seat if you have purchased a seat for the child on the plane (i.e. the child is not a lap infant).

If you are thinking about saving some money and intend to fly with your infant in your lap please consider your child's safety. While airline tickets can be costly, hospital bills can be even more expensive. This past

winter a United Airlines flight hit severe turbulence over Montana and a baby propelled from it's mother's arms. You wouldn't hold your baby in your arms driving 75 mph down the interstate, so why would you hold your baby while flying at 500 mph?



Sunscreen Protection

Summer is coming and that means you will have to start thinking about using sunscreen on a regular basis again. Here are some tips from Mayo Clinic on sunscreen.

When you're shopping for sunscreen, don't just grab the bottle with the highest SPF. A sunscreen with an SPF of at least 15 can be a good choice if it is also a broad-spectrum sunscreen, which means it protects against UVA and UVB rays. The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or more. Also check whether the sunscreen is water resistant.

- **For babies 6 months or older.** If your baby is 6 months or older, liberally use sunscreen. Also, avoid exposing your baby to the sun during peak hours — generally 10 a.m. to 2 p.m. — and dress your baby in protective clothing, a hat with a brim and sunglasses.

- **For babies younger than 6 months.** If your baby is younger than 6 months, keep him or her out of direct sunlight. Protect your baby from sun exposure by dressing him or her in protective clothing, a hat with a brim and sunglasses.

Apply sunscreen generously 20 to 30 minutes before going outdoors and reapply about every two hours — or more often if your child is swimming or sweating. Be sure to rub the sunscreen in well. To avoid irritating your baby's skin and eyes, consider using a sunscreen that contains only inorganic filters, such as zinc oxide and titanium dioxide. Avoid using products that combine sunscreen and the insect repellent DEET, since sunscreen must be regularly reapplied and insect repellent typically doesn't need to be reapplied.

Sunscreens are designed to remain at original strength for up to three years. This means that you can use leftover sunscreen from one year to the next. Some sunscreens include an expiration date — a date indicating when they're no longer effective. Discard sunscreen that is past its expiration date. If you buy sunscreen that doesn't have an expiration date, write the date of purchase on the bottle. Discard sunscreen that is more than 3 years old, has been exposed to high temperatures or has obvious changes in color or consistency.

Remember, just a few serious sunburns can increase your child's risk of skin cancer later in life. Taking simple steps now can go a long way toward protecting your child from the risks of sun exposure.

This information was compiled from www.mayoclinic.org.



Kids Cycling on the Road

The training wheels are long gone and your child is asking for some independence in riding their bike to the neighbors, school or parks. What do parents need to know to help their older children continue to ride safely? We took some information from kidshealth.org and added a few tips to help you out.



Be Seen, Be Safe!

Teach children to wear bright clothes and put reflectors on their bike. It helps other people on the road see them. Daytime riding is the safest so try to avoid having your child ride their bike at dusk and later. You'll also want to make sure that nothing will get caught in their bike chain, such as loose pant legs, backpack straps, or shoelaces. Have them wear the right shoes — sneakers — when they bike. Sandals, flip-flops, shoes with heels, and cleats won't help them grip the pedals. And never let them go riding barefoot!

Do not let your child wear headphones because the music can distract them from noises around them, such as a car blowing its horn.

Where to Ride

You need to determine where you want your child to ride. Make sure they know how far they are allowed to go and whether they should ride on the sidewalk or in the street. Kids younger than 10 years should ride on the sidewalk and avoid the street. This is due to their limited depth perception and ability to accurately judge the speed and distance of approaching traffic.

No matter where they ride, they need to keep an eye out for cars and trucks. Even if they are just riding on sidewalk, a car may pull out of its driveway into the path of their bike. If they are crossing a busy road, it's best that they walk their bike across the street.

A bike path free of cars is a great choice if there's one in your area. Just remember to share the path with the other riders, walkers, and strollers who also might be using it!

Teach children to keep an eye on the road ahead so they can be prepared for big hills and road obstacles. Some common ones that can cause falls include:

- wet leaves

- big puddles
- changes in the road or sidewalk surface
- storm grates
- gravel or rocks
- curbs
- little kids and pets.

Road Rules

If your child is allowed to ride on the street, teach these road rules:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same

direction as cars do. **Never** ride against traffic.

- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey traffic (red) lights just as cars do.
- Ride single-file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.

Hand Signals

It will also help to teach some hand signals. These are like turn signals and brake lights for bikers. It helps cars and trucks know what a bicyclist will do next.

The best way to make your child a safe rider is to set an example. Wear a helmet and follow the rules of the road!



Left turn



Stop



Right turn



Also means right turn



2014

NEW
Training
Reduced
to 3 Days

Dates

March 4 - 6, 2014
Bismarck

May 20 - 22, 2014
West Fargo

June 9 - 11, 2014
Grand Forks

NATIONAL STANDARDIZED Child Passenger Safety Training

Course Information

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



Who Should Attend?

- Law Enforcement Personnel - **POST available**
- Emergency Medical Personnel
- Nurses
- Health-Care Professionals
- Child-Care Providers
- Car Dealership Personnel
- Physical Therapists
- Firefighters
- Social Workers
- Any interested adults

Course Content

This training will provide participants with the technical skills to:

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



The training is taught through a combination of lectures, hands-on practice, role-playing, and written and hands-on skills testing and it concludes with a real-world community car safety seat checkup.

Register

- Go to: <http://cert.safekids.org>
- Click on Log In, and follow online directions to register as a new signup.
- Click on "Find a Course", choose ND.

Certification Fee: The fee of \$85 is due 7 days prior to day one of class. Send fee with registration information to the Safe Kids address via online registration instructions.

Local Fee: The fee of \$30 should be sent to the North Dakota Department of Health address via online registration instructions. Make check payable to the North Dakota Public Health Association (NDPHA). Credit card payment is not available for local fee. Fees include a two-year certification, technician manual, car seat instructions CD and North Dakota child passenger safety resources.



For more information

Dawn Mayer 701.328.4533 drmayer@nd.gov



Share the Road Display



Through our Pedestrian and Wheeled Sports Subcommittee, Safe Kids works with bicycle advocates throughout the community to identify ongoing issues about safe bike riding. One of the consistent concerns we hear involves “sharing the road”. While cyclists have full rights to ride on the road, drivers do not always understand this or know how to drive safely around cyclists. Additionally, cyclists do not always follow the rules of the road.

In light of these concerns, Safe Kids recently had a “Share the Road” display built by our Altru carpenter, Billy Braxton. The display gives drivers and cyclists tips on riding on the same road. In April, we used the display at Safe Kids Day and Super Science Sunday. We received lots of positive feedback on the clarity of the message. We are looking forward to using the display throughout the Grand Forks region this summer.

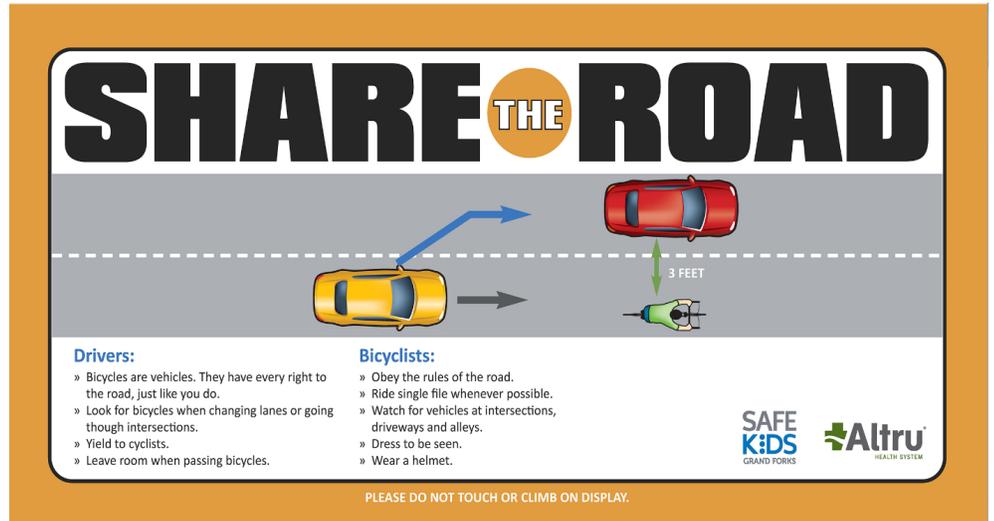
Here are tips that are highlighted on the display:

Drivers:

- Bicycles are vehicles. They have every right to on the road, just as you do.
- Look for bicycles when changing lanes or going through intersections.
- Leave room when passing bicycles.

Bicyclists:

- Obey the rules of the road.
- Dress to be seen.
- Wear a helmet.



Carpooling



Summertime can be a time when children are doing more carpooling. With parents working and children’s activities happening during the day, it’s hard to be everywhere at once. One of the best ways to cope is to share the driving with other parents.

Call a meeting with all the parents in your carpool and try to agree on these points so that the rules are the same in every car.

- Be sure drivers all agree to wear seat belts.
- Check to be sure all drivers have a valid license, carry insurance, have cars in good working order, do not carry weapons in the car and agree to drive drug and alcohol free.
- Also be sure that drivers do not substitute for themselves with a teenage driver or one you do not know. Asking these questions ahead of time reduces the chance that your child will ride with someone who is not the best choice.

Safe Kids has made an easy to use checklist to give to each adult in your carpool. Check

it out at: <http://www.safekids.org/checklist/carpool-checklist-drivers>

Before you load up the neighborhood kids, set these ground rules for safe carpooling:

- Plan your route so children can enter and exit the car on the curbside.
- At each stop, check that everyone is buckled up before putting the car in gear.
- When dropping off children, wait until they are safely supervised before driving off.
- Never leave children alone in the car, even for a few minutes.
- Make it a rule that everyone 12 and under rides in a back seat. This is the safest place for preteens and younger children to sit.
- If a child 12 or under must sit in a front seat, disable the airbag if the child does not meet the manufacturer's height and weight requirements.
- Every child must have a safety belt. Sharing seat belts is not safe.
- Don't allow children to wear shoulder belts under their arm or behind their

back.

- Treat unused seat belts like any other cord. Remind kids not to play with them.
- If high spirits get out of control, let your riders know you can't drive safely when you are distracted. Pull the car over until they have calmed down.
- Walk completely around the car looking for kids, toys and pets before entering the car and starting the engine.



Kids & Bicycles



Who doesn't remember the joy of learning to ride a bike as a child and gaining the independence to ride to your friends, the local park or the ice cream store? For many children in our area, owning a bicycle is not possible due to financial constraints. Fortunately, there are two groups in our community that provide bicycles to children in need each spring. We wanted to feature their efforts this month.

Optimist Club

The Optimist Club, under the leadership of Tim Goetz, has been conducting bike rodeos with third grade students in Grand Forks and East Grand Forks for over 15 years. Safe Kids partners with the Optimist Club to provide helmet safety education and distribute helmets to students at our local schools. About 10 years ago, the Optimist Club realized that many 3rd grade students did not own bicycles or helmets and sought to help these kids out. The club works with social workers at our elementary schools to identify 3rd grade students who cannot afford bicycles. On a weekend afternoon each May, Optimist Club members and Safe Kids meet with these children to size them for a new bike, lock and helmet. Since 2004, the Optimist Club has provided over 250 children with new bicycles and helmets.

Kids Bike Adventures

In addition to the Optimist Club, a group of concerned members of Calvary Lutheran Church has also reached out to children in need throughout the Grand Forks and East Grand Forks. They also work with social workers at our schools to identify children under the age of 16 who would benefit from receiving a bicycle. Working with local bicycle shops and Safe Kids, this group helps over 50 children obtain bicycles, bike locks and helmets each spring. Kid Bike Adventures has been active in the Grand Forks community for over 4 years.

We applaud the efforts of the Optimist Club and the Calvary Lutheran group to assist children in need by providing bicycles AND helmets. Way to go!



CONCUSSIONS

What happens when you hit your head?

1. Your brain slams into your skull.

2. The movement disturbs normal brain function; it affects how your brain works.



3. This is a concussion, a type of Traumatic Brain Injury (TBI). People who have concussions often experience the symptoms below.

CONCUSSION FACTS

1. A concussion can give you headaches, balance problems, and difficulty reading and concentrating.
2. You don't have to hit your head to injure your brain. Any blow to your body that shakes your head around—like a fall or a tackle—can cause a concussion.
3. If you play when your brain is still healing, more bumps to the head can cause serious damage.
4. A severe TBI can result in paralysis or even death.
5. One of the best ways to protect against a concussion is a proper-fitting helmet.



An estimated 1.6 to 3.8 million sports-related TBIs occur each year. This estimate might still be low because many of these injuries go unrecognized and thus uncounted. (From Langlois, J. A., W. Rutland-Brown, and M. M. Ward. "The epidemiology and impact of traumatic brain injury: a global overview." *J Child Trauma Rehabil* 21: 5 (2006): 375-379.)

If you think you might have a concussion, stop playing immediately. Get evaluated by a licensed healthcare professional.



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Sharrows to be Added to the Greater Grand Forks Bikeway System this Summer!



The City of Grand Forks has approved sharrow markings along University Avenue. These markings will extend from Columbia Road to North 3rd Street. Motorists and bicyclist should start seeing the markings sometime this summer.

So what exactly are sharrows? Sharrows are pavement markings depicting a bicycle icon and two arrows intended to remind drivers that they should expect to share the lane with cyclists. They are also used to remind cyclists that they can ride in mixed traffic where there is no bicycle lane. Sharrows can be used on roads that are too narrow to accommodate a bicycle lane. Sharrows don't require the removal of vehicle lanes or parking for motorists.

Q. Are sharrows going to be on every street that does not have a bicycle lane?

A. No. Sharrows are designed primarily for use on streets designated as part of the bicycle network. They are usually used on streets that do not have sufficient width to allow for bicycle lanes.

Q. If I see sharrow markings on a street, does that mean that only bicycles are allowed in that area?

A. No. These sharrow markings can be



used in any lane that is used by bicyclists and motorists.

Q. Will there be any signs used with these sharrow markings?

A. Bicycle warning signs and "Share the Road" signs can be used in addition to standard bicycle route signs.

Q. So, if I don't see sharrow markings, then it's not a shared lane and bicyclists aren't supposed to be there?

A. No, cyclists are allowed on every street unless stated otherwise. Sharrow markings are intended to reinforce that cyclists are allowed to use the traffic lanes, not to define a special condition.

Q. Can't bicyclists just look into parked cars as they ride and see if someone is about to open the door?

A. Checking every parked car for a driver is not practical, especially on busy streets. It is often impossible to see drivers when large parked vehicles block the view or vehicles have tinted windows.

Q. What are some of the benefits of the sharrow?

- A. Sharrows can benefit both motorists and cyclists. Some examples:
- Sharrows tend to keep bicyclists from riding too close to parked vehicles, which puts them at risk for unexpected opening car doors.
 - With sharrows on the road, motorists



tend to give more space to bicyclists that they pass.

- Sharrows help reduce wrong-way riding by bicyclists.
- Sharrows help decrease aggressive bicycle-car interactions.

Learn more about bicycling in Greater Grand Forks online at www.bikingtheforks.com. And enjoy the ride!

This article has been provided by the City of Grand Forks Greenway Coordinator, Kim Greendahl. Kim has been a member of our coalition for many years and we appreciate her partnership.



Easy Bike Tune-up Tricks for a Better Ride

Want your bike to go faster, ride easier and shift smoother?

Improvements in these areas are often relatively easy to accomplish with just a few simple steps. Try out these four simple tune-up tasks below, which don't require any special knowledge or tools and you should see immediate improvements in your riding:

1. Clean and lubricate your chain. The chain and sprockets on your bike play a key part in the transfer of power in your legs to your wheels, making them go round and round. When they collect dirt and grit and get gummy, not only does it slow you down, but they also wear out faster. Keeping your chain clean and lubricated is one of the best ways to keep your bike working well.

This is not a daily or weekly task by any means. Plan on doing this every thousand miles or so; more often if you ride in dusty



or dirty conditions.

Continued on page 15





Easy Bike Tune-up Tricks for a Better Ride-continued from page 14

Tip: Use a lightweight oil specially designed for bikes. Stay away from motor oil as it is too heavy and will quickly attract dirt and crud. Want a big greasy chain ring mark on your leg? Using too much oil or the wrong kind is a guaranteed way to get one. Light lubrication is the key, and wipe off excess at the end.

2. Lubricate the moving parts of your brakes and derailleurs.

Your bike has quite a few moving metal parts that are vulnerable to dirt and moisture. To keep your bike happy and functioning well, these parts should be lubricated regularly.

Pivot points on the brakes and derailleurs are good examples of the types of places you should target because they are vulnerable to attracting dirt and grit due to their placement on your bike. Here's a diagram of common lubrication points on a bike, but you can spot many of these places just by watching your bike in action and seeing where metal parts move against and around each other.

For instance, think about your brakes. On most road bikes, they are mounted on a bolt on the frame above your wheel. When you squeeze the lever, the brake pivots around this bolt as it contracts. It's these places where you want to apply a couple drops of oil.



3. Inspect your brake pads.

A quick check of your brake pads will often reveal potential problems that are easy to fix. You want to check:

- Are your brake pads properly aligned? Brake pads are the little rubber things that clamp down on your rims to slow you



when you squeeze the brake levers. Make sure they are hitting the rims evenly, and aren't either rubbing the tire or missing your rim partially or completely.

- Are the brake pads toed-in? The bike brake pads should also be "toed-in," which means the leading edge of the pads should touch the bike rim first when you lightly apply the brakes. The pads squish a little, and when you squeeze down hard, you should get full contact to the rim. This helps prevent squeaking

- Check for junk embedded in the brake pads. Inspect the surface of the brake pads where they meet the rims, and using a pointy sharp instrument like a knife, pick out any bits of sand or metal that may have become embedded in the pad. Removing this grit prevents the pads from wearing and scratching your rims and helps them provide more even and consistent stopping power.

4. Check the pressure on your tires.

This is one of the simplest things you can do that will have the greatest effect. And surprisingly, most people overlook this both on their bike and car. Paying attention to keeping the proper level of air pressure in your tires accomplishes many things, including:

- Makes pedaling easier
- Protects your rims from damage
- Prolongs the life of your tires
- And it makes it much less likely that you will get a flat.

Checking for proper air pressure in your tires before every ride is quick and easy to do.

Simply look for the recommended air pressure for your bikes tires. It will be



printed on the sidewall of the tire in both English and/or metric units. When you know what that number is, inflate the tire, check the air pressure as you pump to ensure that you're on target. You'll need a tire gauge, either built into your pump or else separate gauge to measure air pressure of the tires. Be sure to check the pressure frequently as you pump up the tire so that you do not overinflate your tire.

Also, take a quick moment to check your tires for proper inflation before each ride and add more air if needed. It is not uncommon for tires to gradually lose air over several days, even without having a flat that needs to be replaced. Taking just this simple and easy step will prove to be a valuable one to you in the long run.

If you are still having problems, need to adjust the derailleurs or get some new tires if the ones on your bike are several years old, visit your local bike shop. They will fix you up and share some more easy maintenance tips.

Now go out and ride and have fun!
This information has been provided by Have Fun Biking.com



Hydration Is a Must for Summer Safety



This summer as you make plans to be outside and partake in a variety of fun activities, it is important to include hydration as part of your plan.

Whether you enjoy hiking, playing soccer or just relaxing at the pool, it is important that you stay safe and stay hydrated.

According to the [American Heart Association](#), when the temperature and humidity are both above 70 degrees F, we have entered the dehydration danger zone. During this time, it is necessary to sip water frequently and drink before, during and after vigorous activity.

Listed here are some summer safety tips for staying hydrated:

1. **Have fluid source readily available** – Plan ahead and make sure you drink enough **water** throughout the day and night to replenish fluids lost during activities. That means drinking when you are thirsty and keeping your urine color light yellow like lemonade and not dark like apple juice.
2. **Water will do the trick** – For most people water will be sufficient enough to keep you properly hydrated. If you are working really hard, you might need to replace calories that are lost due to perspiration. A sports drink may do the trick. Be cautious with Energy drinks. The sugar and caffeine can be counter-productive to maintaining fluid balance
3. **Listen to your body** – When the temperatures and activity levels rise it's even more important to listen to your body and take breaks if you:
 - feel light-headed or dizzy
 - feel overheated, weak or tired
 - develop a headache or cramps

These are warning signs that something is not right. Don't ignore them! Stop dehydration before it begins. A good

general guideline is to drink half your body weight in ounces of water every day! This means an adult weighing 150lbs would require 150 divided by 2= 75 ounces of water daily or about 9- 8 ounce glasses. A child who weighs 60 lbs would need 60 divided by 2= 30 ounces of water daily or about 4-8 ounce glasses of water daily. Increase the amount of water you drink as your activity increases.

Following these hydration tips can ensure a safe, happy and healthy summer for you and your family.

Submitted by Beth Haney and Staci Halliday, School Nurses with Grand Forks Head Start.



The information in this article was gathered from pamphlets distributed by the American Heart Association, the American Red Cross and from Health Talk @ w.health.umn.edu/healthtalk.

Bug Bites & Stings



Although [insect stings and bites](#) can be irritating, in most cases symptoms begin to disappear by the next day and don't require medical care. However, kids who are [allergic to some insect stings](#) or bites may sometimes have life-threatening symptoms that need emergency treatment.

Signs and Symptoms

Of a mild reaction:

- red bumps
- Itchiness
- mild swelling

Of a severe allergic reaction:

- swelling of the face or mouth
- difficulty swallowing or speaking
- chest tightness, wheezing, or difficulty breathing
- dizziness or fainting

What to Do

If there are signs of a severe reaction:

- If your child has injectable epinephrine (EpiPen), give it right away, then **call 911**. Tell them your child is experiencing a life-threatening emergency. If someone is with you, have that person **call 911** while you give the epinephrine.
- If your child is conscious and you don't have epinephrine, give diphenhydramine, then **call 911** as above.

If there are no signs of a severe reaction:

- If your child was stung and the insect's stinger is visible, remove it as quickly as possible by scraping the skin horizontally with the edge of a credit card or your fingernail.
- Wash the area with soap and water.
- Apply ice or a cool wet cloth to the area to relieve pain and swelling.

Seek Medical Care If:

- the sting or bite is near or inside the mouth
- your child has a known severe allergy to a stinging or biting insect
- injectable epinephrine (EpiPen) was used
- the site looks infected (increasing redness, warmth, swelling, pain, or pus occurring several hours or longer after the sting or bite)

Think Prevention! Teach kids to avoid:

- walking barefoot while on grass
- playing in areas where insects nest or congregate
- drinking from soda cans outside (these attract insects)

Reviewed by: [Steven Dowshen, MD](#)
Courtesy of www.kidshealth.org





Keep Your Children Safe This 4th of July

There are many types of consumer fireworks on the market today, some posing more of an explosive danger than others. Fireworks should never be overlooked with their elevated safety risk they inherit, regardless of the type of firework device. According to the U.S. Consumer Product Safety Commission (CPSC), fireworks were involved in an estimated 9,600 injuries that were treated in hospital emergency rooms. The risk of firework injuries was higher with children between the ages 5-19. Even the simplest fireworks like the fire-sparkler contributed to 10% of the 9,600 injuries, and the firecrackers topping the injury list of contributing 32%. The National Fire Protection Association (NFPA) reported that fireworks caused an estimated 17,800 reported fires including 1,200 total structural fires, 400 vehicle fires, and 16,300 outside and other fires with an estimated total of \$32 million in

direct property damage, and an estimated eight reported civilian deaths, and 40 injuries. The following list below can help insure a safer environment when using fireworks.

This is not to scare you for this upcoming 4th of July. Everyone should enjoy using fireworks, it is part of our American culture. We would encourage you to leave the lighting of fireworks to professionals. However, if you do decide to light off fireworks, keep these important safety tips in mind (Safe Kids reminds you that children should never handle fireworks):

- Assess the wind condition and be aware that sparks or the fireworks can spread quickly and ignite a big fire.
- Have a water source readily available to put out any fires.
- Do not let off fireworks in an area with dry grass or items such as a boat

canopies, etc. that can catch on fire.

- Light only one firework at a time and never point them in the direction of a person.
- Never make your own fireworks or try to relight one that has not gone off.
- Soak all fireworks in water before throwing them away in the trash.

With a little consciousness towards safety, we can all have an enjoyable Independence Day!

This article has been provided by Justin Haskamp, a Fire Inspector with the Grand Forks Air Force Base Fire Department. They are proud members of Safe Kids Grand Forks.



DID YOU KNOW???

Sparklers can reach 1,800°F (982°C) — hot enough to melt gold. These are probably not an item you want to put in the hand of a young child no matter how much “fun” they seem to be!!

Lake & Pool Safety



With summer swimming season just around the corner, parents need to remember some key lake and pool safety reminders. While similar safety measures should be taken regardless of the body of water, there are some specific things to remember between them.

One of the main things to remember when swimming in a lake is that water conditions aren't controllable. That means parents need to make sure they are aware of the temperature of the water, cleanliness of the water and safety of swimming areas.

- Depending on the time of year, lake temperatures can be very cold, especially early or late in the summer. This not only can lead to hypothermia if exposed to for too long, but also greatly decreases the stamina of someone in the water, tiring them out sooner and quicker than they originally assumed.
- Some lakes have water that is unsafe

to be in for various reasons (pollution, chemical runoff, etc). Assuming you are at a lake that is safe to swim in, caution must be taken if the water is not clear. There are many things that could be hidden by murky water, including stumps and rocks which can easily cause injury.

- A final thing to be wary of is the safety of the swimming area, especially as it pertains to motorized vehicles. A safe swimming area should be roped off to prevent getting too close to these vehicles.

While pools can be viewed as safer than swimming in an open body of water, there are also a few things to remember in relation to backyard pools.

- Cleanliness of water and proper chemical levels should be monitored regularly to ensure they are doing their job of keeping the water clean but not so strong as to cause rashes or burns.

- Area surrounding the pool should be kept clear of items that could cause people to trip and fall into the pool.
- All swimmers should understand the depths and dimensions as backyard pools can have sharp slopes and inclines.

Regardless of what body of water someone is swimming in, children should be supervised at all times and wearing appropriate flotation devices for their level of swimming. Someone should know how to appropriately respond to an emergency, appropriate safety equipment should be available and at minimum one person (preferably everyone) should know CPR and first aid.





Staying Home Alone

Deciding when your child can stay home alone is a difficult decision for parents. The following are supervision guidelines set by the ND Department of Human Services: Children 8 years of age and under should normally be supervised at all times. A child in this age group should not be left in charge of other children.

Children who are 9 years old should not be left unsupervised for periods greater than 2 hours during the daytime. This age child should never be unsupervised at night and should not supervise other children. Children who are 10 and 11 years old may be left alone for 2 hours or less with ready access to an adult supervisor. Children in this age group should not be responsible for younger children. Children in this age group should not be left unattended at night.

Children who are age 12 and older may be permitted to act as babysitters. It is recommended that they successfully complete an approved babysitting course. Children this age should not be left unattended at overnight.

If parents decide to allow their child to stay home alone, consider these recommendations:

- Practice – act out or talk through scenarios
- Set rules with child and keep a written list for reference
- Create a plan or schedule – include simple chores, homework, something fun, etc.
- Make a list of emergency contact information and keep posted for reference
- Make sure smoke and carbon monoxide detectors work – change batteries at least yearly; twice a year is recommended
- Make sure firearms are unloaded and locked up. Ammunition should be locked in a separate location.
- Make sure alcoholic beverages, medication, and hazardous chemicals are stored properly
- Make sure a first aid kit, flashlight, and weather radio is readily accessible
- Make sure ready to eat/easy to prepare foods are available
- Make sure exterior doors can lock and your child knows how to use them
- Start with daylight hours
- Start with short periods of time when parents are close by

- Ensure that parents or a responsible adult can be reached at all times if needed
- Schedule check-ins with child

Other things to consider (not a comprehensive list):

- Child knows when and how to call 911
- Child knows home address and phone number – post with other emergency numbers in case child forgets
- Child knows what to do in emergencies such as a fire, storms, etc.
- Child knows what to do if someone comes to the door or calls
- Plan for meals/snacks
- Rules for other children coming over
- Rules for phone use
- Child knows what to do for a medical emergency

For more information, please request a copy of “Safe at Home Alone” booklet created by Safe Kids GF. If you decide your child is not ready to stay at home alone or if time periods greater than a couple hours are needed, please contact Child Care Aware for a list of child care options.

NHTSA Honors the Contributions of Devoted Safety Advocates at Annual Lifesavers Conference -continued on page 19



NASHVILLE – The U.S. Department of Transportation’s National Highway Traffic Safety Administration (NHTSA) presented 12 individuals and organizations with the NHTSA Public Service Award at today’s 32nd Annual Lifesavers Conference. The agency’s top public service award recognizes the tireless efforts people make to advance highway safety throughout the country.

“Safety is our top priority, and NHTSA has worked hard to reduce roadway fatalities to historic lows, but we can’t do this alone,” said U.S. Transportation Secretary Anthony Foxx. “Today’s award recipients represent the full spectrum of dedicated public servants who help us improve safety each

and every day across the country. We thank them for their service, for the difference they have made and the example they are setting for others.”

The Lifesavers conference is the nation’s largest assembly of highway safety professionals, all of whom strive to improve the safety of America’s roadways and communities. NHTSA annually recognizes safety leaders and their exemplary efforts in the area of traffic fatality and injury reduction. The conference highlights emerging traffic safety issues and exposes participants to proven life-saving programs and best practices. This year’s conference expects to host more than 1,700 participants and include more than 100 exhibitors.

“We celebrate the individuals and

organizations honored today and their relentless commitment to saving lives and reducing injuries on roads in states, cities and towns all across our country,” said NHTSA Acting Administrator David Friedman. “We appreciate their dedication and hard work in helping to improve traffic safety.”

- Safe Kids Grand Forks was proud that one of Safe Kids Worldwide’s very own, Kerry Chausmer, was presented with one of the awards for her contributions to the Child Passenger Safety Certification Program. Kerry is the Certification Director for Safe Kids Worldwide and she was recognized for her dedication and creative management of the National CPS Certification program and on-going (Continued on page 19)



NHTSA Honors the Contributions of Devoted Safety Advocates at Annual Lifesavers Conference (continued from page 18)



commitment to improving child passenger safety. Hats off to you, Kerry, on your award!!

The purpose of the National Highway Traffic Safety Administration's Public Service Award is to recognize and honor an individual or organization who:

1) exemplifies high standards of achievements in the field of traffic safety, and 2) through his/her or the group's accomplishments, has contributed to the quality of life in the community, state or nation. Nominations were limited to individuals and organizations who conduct these activities as volunteers or in a civic capacity. Award winners were nominated by NHTSA staff members and selected by senior NHTSA leadership.



Leaving Kids Alone in Hot Cars — Know the Risks and Consequences



Even great parents can forget a child in the back seat, but caregivers who are unaccustomed to transporting children are especially prone to forgetting.

Think about the last time your routine was interrupted. Maybe you forgot something, or were afraid you might forget something. Or maybe you decided to leave your child alone in the car, thinking "I'll just run into the store for a minute." In either case, it's important to know the risks and consequences associated with leaving kids in cars — especially hot cars.

Risks

- In 10 minutes, a car can heat up 20 degrees Fahrenheit.
- Cracking a window does little to keep the car cool.
- With temperatures in the 60s, your car

can heat up to well above 110 degrees.

- A child's body temperature can rise up to five times faster than an adult's.
- Heatstroke can happen when the temperature is as low as 57 degrees outside!
- A child dies when his/her temperature reaches 107.

Consequences

- The heat-related death of a child
- Misdemeanor with fines as high as \$500 — and even imprisonment — in some states
- Felony, depending on the state, if bodily harm results from leaving kids alone in a hot car
- **Note:** The age of children who can be left unattended in a vehicle varies from state to state, as does the duration of

time a child can be left alone in a car.

Prevention Tips to Avoid a Tragic Heatstroke

- Never leave a child alone in a car.
- Don't let your kids play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.
- Keep a large teddy bear or other stuffed animal in the car seat when it's empty. Move the teddy bear to the front seat when you place the child in the seat as a visual reminder.
- If you are dropping your children off at childcare, but normally your spouse or partner drops them off, have your spouse or partner call you to make sure they were not left in the car.
- Become vigilant about looking in the vehicle before locking the door. Always look front and back before walking away — always!



This information has been provided by the National Highway Traffic Safety Administration



Travel Systems/Restraints For Kids on the Go

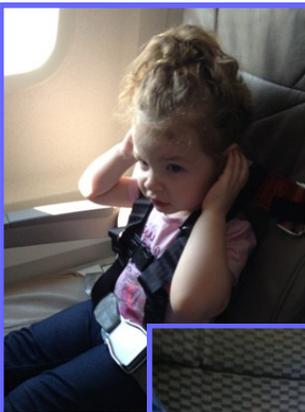


Traveling with kids and car seats can be a great deal of work but while you can take a vacation, safety cannot. When traveling with kids, you must follow the car seat laws in each of the states that you will be traveling in and through. To find a listing of each state's child passenger safety laws, visit www.safekids.org

Travel on an airplane:

If a child rides in a car seat that still has a harness system, it can be taken on the airplane, buckled in place and used as a restraint on the airplane. If however the seat is a booster seat, these cannot be used on an airplane seat as they require both a lap and shoulder belt, something the airlines don't have.

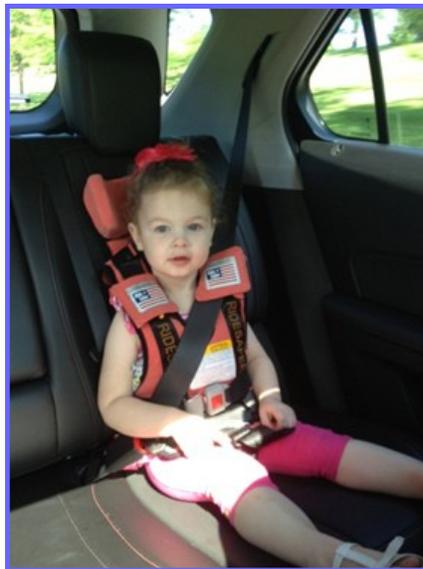
Safe Kids Grand Forks recently purchased an airplane approved restraint that is light weight and easy to use. It provides kids with the harness protection that is important for them. The system, called the CARES system by Kids Fly Safe, can be purchased on-line or borrowed from our Safe Kids office. We don't charge a rental cost for this device but rather, ask users to make a donation to our coalition so we can keep our loaner items current and in stock.



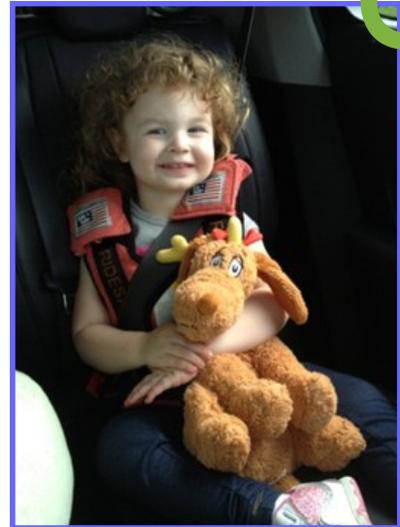
Traveling in cars:

Taking a car seat along on an airplane is often cumbersome and so Safe Kids Grand Forks has some alternatives for that as well. There are many vest type car restraint systems and also inflatable seats that make carry along easier. We have purchased two sizes of the Safe Rider vests that can be used with just the vehicle seat belt but provide all the protection of a harnessed system. These are great for use in taxis, etc. These vests can also be borrowed for up to two weeks from Safe Kids Grand Forks.

These photos have been provided by a recent "customer" of these products. Ashley Krone borrowed them from us for her daughters when they went to visit grandma and grandpa in New York last summer. Below is the note we received from her, along with these photos (reprinted with permission).



Safe Kids Grand Forks - Thank you Carma and Safe Kids for keeping my daughter safe on our recent trip. I'm so glad you told us to be careful about the car seats they offer with rental companies. After we spoke, sure enough, they offered over the phone to have the car seat(s) installed and ready to go. It sounds tempting and innocent, but after we spoke about how they aren't regulated (whether they've been in an accident or not and possibly outdated as well!) I can't imagine putting my girls in



one! Plus, you never know who is installing them. I remember reading on your website that most car seats are installed incorrectly (hence the car seat check-ups which we frequent) and obviously if they're installed incorrectly they're ineffective! Yikes, no thank you! I'm so glad you brought the rental car seat safety to our attention because I'm not sure I would have given it a second thought. We appreciated having these travel systems available for our use. These items were so easy to use and so nice to travel with; they are lightweight, small and very packable. We so appreciated being able to borrow them from your organization.

I am so thankful we have such a phenomenal Safe Kids coalition here in town at our disposal. I tell everyone about our experiences with you and your team and I hope Lily's picture will help raise awareness and possibly save a life. Thanks again Carma and the whole Safe Kids crew, you all work tirelessly to keep our kids safe and it helps us parents sleep a little better at night.

Best Regards,
Ashley Krone





Woods and Camping Safety for the Whole Family

Adapted from www.kidshealth.org

A family camping trip can be an enjoyable experience with a little preparation. Knowing everyone's limits, taking the time to plan ahead, and packing the right items will help your adventure come off without a hitch. Here are the down-and-dirty basics of woods and camping safety:

Planning Ahead

If you're not skilled in the outdoors, begin your adventures by taking day trips. But even then be aware of camping safety issues, such as bug bites and stings; plants that may cause rashes and allergic reactions; exposure to heat, wind, water, and cold; and getting lost. Once families feel comfortable with their camping skills, they may want to plan a few days or a week in a wilderness park. But first, gather information from park rangers, read guide books about the terrain and weather, and talk with campers who've been there.

Common Camping Dangers

One common mistake made by camping families is not being ready for seasonal transitions regarding proper clothing and equipment. Storms blow in and out during all seasons, and there can be sudden shifts in temperatures in spring and fall, particularly on high mountains. Precipitation and wind lead to rapid cooling, especially when temperatures drop at nightfall.

Excessive heat can be a problem for young children, whose sweat glands are not fully developed until adolescence. On hot days, hike in the cooler mornings and evenings. During the day, spend time in shaded areas. Wear skin protection whenever you or your kids are exposed to the sun, including hats, sunscreen, and cotton clothes.

Another common problem is getting lost. Teach your kids how to recognize landmarks at the campsite and on hikes. While hiking, encourage them to turn around and look at the trail to familiarize themselves with their surroundings. Teach them to remain where they are and stay calm if they are lost. Kids should wear whistles (whistles can be heard farther away than the human voice) and know the universal help signal of three blows or loud sounds. Try to take your cell phone along

in case you can get a signal.

Before your trip, look for a local class or go online to find out more about map reading and finding directions. For wilderness trekking, always carry a topographical map and compass.

Proper Clothing

To protect against sudden temperature and weather changes, wear multi-layered clothing made of polyester, polypropylene, and wool. Layers of clothing — such as tank tops, long-sleeved shirts, and sweaters — will allow you to reduce or increase clothing as needed. To protect against rain and wind, bring breathable, lightweight waterproof jackets and pants.

All family members need comfortable hiking shoes to prevent blistering. When hiking, tuck pant cuffs into socks and boots to protect against ticks. Kids should wear brightly colored clothes to increase visibility. Caps or hats will help guard against the sun and protect against insects.

Setting Up a Campsite

Natural hazards such as forest fires and fallen trees are less likely to be encountered at campgrounds that can be accessed by cars. But other dangers lurk, such as broken glass, discarded needles, and other hazardous trash.

Scout the area before setting up a tent. In wilderness areas, look for signs of animal and insect use; for example, yellowjacket wasps build their nests in the ground. If berries are plentiful at a site, bears may forage for food there.

To build a firepit, look for a clearing and previous firepits. During fire-hazard periods and dry seasons, use portable stoves rather than campfires.

Drinking the Water

Assume that all wilderness streams and creeks are potentially contaminated water sources due to domestic and wild animals. *Giardia lamblia*, a common parasitic contaminant, can cause nausea, bloating, gas, stomach cramps, and explosive diarrhea leading to dehydration.

If you are unable to bring bottled water with you on your trip or your supply runs

out, iodine is an inexpensive and easy way to purify water (you can buy iodine tablets that dissolve in the water). You'll need to check the expiration date before using. You can also use water filters. Boiling is an excellent method for purifying water, but takes a lot of time, energy, and resources; also, appropriate boiling times are uncertain because boiling points vary according to elevation.

Protecting Against Animals

Teach kids that animals in the wild are strong and agile, and will defend themselves and their young if threatened. Kids should not approach wild animals, even small ones, and should **never** feed them. Don't leave kids unsupervised — small children, especially, are vulnerable. Instruct them to stay calm and call loudly for help if they encounter a wild animal. Always ask the park rangers about wild animals in your wilderness park. Keep the campsite free of food odors and do not bring food into tents. Pack food in your cars overnight; if you're going on a long camping trip, pack food in resealable plastic bags and animal-resistant containers.



Continued on Page 22



Woods and Camping Safety for the Whole Family



Continued from page 21

What to Pack

Essentials for every camping trip include:

- map of the area
- Compass
- flashlight with extra batteries and bulbs
- extra food
- extra clothing, including rain gear
- sunglasses and sunscreen
- Pocketknife
- folding saw
- matches in waterproof container
- candle or fire starter
- adequate supply of clean drinking water
- appropriate insect repellents

Other necessary items include: full water bottles for hikes; a waterproof and lightweight tent; ground insulation for sleeping; a blanket for emergencies; signaling device such as a whistle, mirror, pocket flare, walkie-talkie or cell phone; duct tape; and 50 to 100 feet of nylon rope.

First-Aid Kits

Bring a first-aid kit that includes:

- adhesive and butterfly bandages
- self-adhesive roller bandages
- sterile gauze pads
- a cold pack
- splinting materials
- large wound dressings
- blister dressings
- nonadhesive dressings
- cloth-based adhesive tape
- elastic bandages (Band-Aids)
- Thermometer
- non-latex gloves
- large plastic bag

- safety pins
- Scissors
- tweezers and needles (to remove splinters or ticks)
- topical antibiotic cream (such as Neosporin)
- oral antihistamine (such as Benadryl)
- medications for pain or fever, such as acetaminophen or ibuprofen
- hydrocortisone cream (1%)
- alcohol pads

In addition, bring a liquid antiseptic soap to clean wounds. Don't forget extra protective dressings for severe arm or leg blisters. Knowing how to make a splint in case of injury is also useful and can be learned in first-aid classes.

Camping Emergency Basics

In case of an emergency, the most important thing to do is to remain calm. During an emergency, families need to decide together on the best plan of action, examin-

ing the resources available. Before your trip, notify friends and families of your destination and time of return. And sign up at park registers before and after wilderness treks.

If your kids have whistles and were instructed to wait in a sheltered area if they get lost, you should be able to find them more readily. If you bring a cell phone, make sure it's charged and consider bringing extra batteries.

Always stay on the safe side when setting boundaries for family camping. The more remote your location, the more care you should take in choosing your activities. Survey campsites for riverbanks and cliffs. Check out climbing trees for dead branches and moss, both of which cause falls. Properly preparing for camping lets the whole family enjoy the great outdoors safely.

Reviewed by: Steven Dowshen, MD



Safe Kids Grand Forks will be providing information on hydration at this event. We hope you will come out and support this great cause and get your free water bottle and hydration information.



RUN FOR YOUR BUNS



5K RUN/WALK BENEFITTING COLON CANCER
June 21, 2014



altru.org/runforyourbuns



Macy's Shop For A Cause: (Safe Kids GF)



Safe Kids Grand Forks has once again been chosen to participate in the Macy's Shop For A Cause event on Saturday—August 23, 2014. Safe Kids has been given coupons that will be sold for \$5.00. Our organization will keep the profits of the coupon sales and use it for our programming. The coupon entitles the user to 25% off any sales, regular priced or clearance merchandise. If you have any Christmas shopping to do, school shopping needs or wedding gifts to buy, now would be a great time to do a little shopping. The coupon can be used all day long on August 23rd and at the end of the shopping day, it is entered in a drawing for a \$500 gift card at Macy's.

If you are interested in getting a coupon and supporting Safe Kids Grand Forks, please contact us at 701.780.1660.



Summer Vacations & Safety

With summer come the vacations and lots of car time. Sometimes we tend to pack so much into our vacations we forget to add time to stop to eat. We tend to feed the children as we go. This can be potentially hazardous for the children. When we are traveling and have the children in the back seat in their appropriate safety seats, it sometimes seems easier to just drive through a fast food place and keep on traveling versus stopping, getting the child out of the vehicle and going into a restaurant to eat.

There are two reasons why we should take the time to stop. First children have so much energy that they really need to get out and do a bit of running around. Secondly, while we are driving we may not notice a child choking, and by the time you do it could be too late. A brain begins to die after 4 minutes without oxygen. When we are traveling, EMS services may be anywhere from a few minutes to longer than 20 minutes to reach you. So for the short delay you will have by stopping and taking the child or children out of the vehicle to eat, you may just save their lives.

Heat Stroke In Vehicles

Did you know that a vehicle's temperature rises about 19 degrees in about 10 minutes according to the Department of Geosciences out of San Francisco State University? Between the years of 1998—2013, over 605 children have died of heat stroke due to being left in a vehicle. That is an average of 38 children per year. A child's body warms three to five times fast than an adults', and a core temperature of 107 degrees F is usually fatal.

Safety Recommendations:

- ⇒ Never leave a child in an unattended car, event with the windows down.
- ⇒ Be sure that all occupants leave the vehicle when unloading, don't overlook sleeping babies.
- ⇒ Always lock your car. If a child is missing, check there first. Teach your children that vehicles are never to be used as a play area.
- ⇒ Keep a stuffed animal in the car seat and when the child is put in the seat, place the animal in the front with the driver.
- ⇒ Make "look before you leave" a routine whenever you get out of the car.
- ⇒ Have a plan that your childcare provider will call you if your child does not show up for school or daycare.



This information has been provided by Val McDonald, a Paramedic with Altru Health System's Ambulance Department and a Certified Child Passenger Safety Technician.



Child Care Checklist

Choosing child care is one of the most important decisions that families make. High quality child care in the early years can make a positive difference for the future of your child. Making a thoughtful decision now will help your child develop the skills needed to be successful in school. Finding good child care requires an investment of your time. Compare your choices and ask plenty of questions.



Steps to Guide Your Search

- Contact Child Care Aware® of North Dakota**
Talk with a Child Care Aware® Referral Specialist who can create a personalized list of licensed child care providers that fit your needs or search online at www.ndchildcare.org.
- Contact providers as soon as you receive a list from Child Care Aware®**
Vacancies in good programs fill quickly, so your immediate action is important. Use the Questions to Ask on the Phone list to help you screen providers.
- Arrange a tour and on-site interview with programs you're most interested in.**
Use the Questions to Ask During a Site Visit to help you cover the key topics that you need to consider. Make notes to remind yourself of their responses.
- Check references.**
Ask for personal and professional references. You should also contact your local county social services to ask about any complaints that may be on file.
- Make your decision.**
Use the Making Your Decision list to help you review the information you've gathered. Remember, it's OK to be a choosy parent.
- Contact the provider you've chosen**
Let provider know that you would like to enroll your child in their program.
- Follow up with other providers**
Make a courtesy call to notify the other providers that you will not be using their program.

Questions to Ask on the Phone

Phone Interview Questions:	Why ask these questions:
Is there an opening at the time I will need child care?	<i>Child care programs must stay within state rules for how many children they can care for at any one time, based on the child's age, adult:child ratios, and space available. Family and group providers must include their own children under age 12 in the total if they are present on site. Refer to your handbook for the specific numbers.</i>
Is there a waiting list for care in the future?	
How many children do you care for? What are their ages? Do the provider's own children attend?	<i>Response will determine if this will be a stable option for you to consider.</i>
What experience do you have in providing child care?	
What hours/days are you open? Can you be flexible?	<i>By asking these questions, you will get a sense if this program is a good match for your family.</i>
Do you provide transportation? To which schools/activities? Is there an additional fee?	
Is your program smoke-free 24 hours a day?	
Are there any pets in the program?	
What meals and snacks are provided? Are they included in your fee?	<i>Good child care can be costly. Yet the type of care a child receives when they are young influences their ability for learning throughout their lives.</i>
What are your rates? Is there a minimum charge?	
What is the payment policy for holidays, vacation and sick days?	<i>Schedule a time when you would have an opportunity for an uninterrupted conversation. Visit again when the children are present.</i>
When is a good time to visit your program and arrange an interview?	



Questions to Ask on the Phone

Health & Safety	Program 1	Program 2	Program 3	Best Practices:
What are your emergency procedures? Are they posted? Do you have practice evacuation drills? How would I be notified in case of an emergency?				<ul style="list-style-type: none"> • Good child care providers make health and safety a priority. • Evacuation procedures should be posted and practiced on a monthly basis. • Babies need to sleep, be changed, and be fed according to their bodies' time clocks, not an imposed schedule. • Ways to decrease the spread of germs include routine handwashing using soap and water by the adults and the children (including babies), regular sanitizing with a bleach/water solution for toys and surfaces, proper handling of food and bottles of formula or breast milk, and proper diapering. • All toys and equipment should be cleaned, sanitized and inspected for safety on a weekly basis (mouthed toys should be sanitized daily). • Diapers should be changed on a washable surface close to a sink or handwashing, but away from food and bottle preparation.
Are children taken off the premises? How and when would I be notified? How are children transported?				
What is your policy for administering medication?				
Are hands always washed before eating and after diapering? <i>Observe and take note if you see hands being washed.</i>				
Where will my baby's diaper be changed? How frequently do you do diaper changes?				<ul style="list-style-type: none"> • Children need enough space to work on projects and participate in activities both indoors and outdoors. • Child-sized furniture encourages independence in children. • Babies should not be confined to carseats, swings, or bouncy seats, and should not be allowed to sleep in these objects. • Children should be checked on regularly during naps. • The caregiver should always see where children are and what they are doing, indoors and outdoors. • Year-round outdoor activities provide a change of pace, fresh air (which decreases the spread of illness), as well as exposure to nature and the larger community.
What precautions are taken to reduce the spread of illness? What do you use to sanitize?				
How are children supervised at all times?				
How often do you take the children outdoors?				<ul style="list-style-type: none"> • Children learn through using play materials that are of interest to them and that challenge their minds and bodies without frustrating them. • Children develop independence and responsibility when allowed to make choices about what they want to do. They need activities that develop thinking skills, large motor (running, jumping, riding trikes), and fine motor skills (drawing, writing, putting toys or puzzles together). • A variety of books should be available for all children to use on their own, in addition to being read to daily, individually and in groups. • A skilled provider asks open-ended questions, encouraging a lot of language and extended learning. • American Academy of Pediatrics recommends no TV viewing for children under two years old, and for older children, no more than 1-2 hours per day of educational, non-violent programs. Frequent use of video games and computer time replaces activities that contribute to healthy development and increases the risk for obesity.
Space and Environment				
<i>Observe and take note if the space looks clean, safe and comfortable.</i>				
Where will the children wash, sleep, play and eat? Are babies always put to sleep on their back on a firm, flat surface in a crib or playpen?				
How are children supervised at all times?				
How often do you take the children outdoors?				
Activities and Materials				
Describe a typical day in your program. What activities are children involved in?				
Are there areas for quiet play, as well as active play?				
Are items displayed at the child's level so the child can easily choose toys and materials to play with? How do you decide which toys are appropriate?				
Can children bring a special item from home, such as a toy or blanket?				
Tell me how you plan activities to promote my child's development.				
How much screen time (TV, computer, video games) is typical?				



Interactions				Best Practices:
Observe how the caregiver responds to the children.				<ul style="list-style-type: none"> • Warm, loving care is needed for all children. • A skilled provider is patient and gives children time to adjust from one activity to the next. • Child care provider involves the children in setting fair rules and limits, and is clear and consistent. • A variety of guidance techniques are used, such as sticking to a daily routine or schedule, redirection, and positive reinforcement, which helps children feel ready to take on new challenges and learn new skills. • Physical punishment, belittling or shaming should never be used.
What is your policy on guidance and discipline?				
What are the rules and how do the children know what the rules are?				
How do you settle disputes between children?				
What are your feelings on wetting, thumb-sucking, pacifiers, finishing meals, biting, etc.?				
Ask "what if?" questions. (What if my child hits you? What if my child bites another child? What if my child won't take his nap?...)				
Training & Experience				Best Practices:
Tell me about your experiences caring for children. Do you have a philosophy on child rearing?				<ul style="list-style-type: none"> • Good caregivers are eager to learn about child development through books, professional journals, and training. • Research shows that the more child development training a caregiver has, the better care your child is likely to receive. • Training should include a variety of topic areas – how children grow, learn, and form relationships. • Training certificates are often displayed for parents to view in a prominent area.
How many hours of training are you required to have? How many hours did you attend in the past year? Get specific information on the caregivers who will be with your child.				
Tell me what you've learned in recent workshops. How will you keep me updated on your training?				
How long do you anticipate providing child care?				
Security				Best Practices:
Can I drop in anytime unannounced?				<ul style="list-style-type: none"> • Parents should feel welcome at the child care program. You should feel comfortable with all of the adults who will be in contact with your child. • It is essential to do a thorough reference check, contacting current and past users of the child care program, as well as the licensing entity at county social services. • Drop in unannounced to compare what is actually happening at the child care program to your expectation for good care.
Who are all of the people who would be around my child? Are they screened? May I meet them?				
Is your license posted? Would I be informed if you were out of compliance with the child care rules?				
Can you provide me with contact information for references?				
Are you on the CareCheck registry? <i>After the interview, contact county social services to find out if the provider has been in compliance with the rules. Child Care Aware® can supply you with the phone number.</i>				
Program Management				Best Practices:
Please explain your written policies and contract.				<ul style="list-style-type: none"> • Good communication between parents and providers is essential so that the caregiver can give individualized care to your child. • Talking at the beginning and end of the day is very helpful. • Many providers use daily communication forms to inform parents of their child's routines, mood and activities.
How will we build effective communication?				
How would any dispute between us be settled?				
Are parents encouraged to become involved with the program? How?				



Making Your Decision

Look at all of the information that you have gathered and call the providers back if you have any unanswered questions. It is OK to be a choosy parent.

- What is my overall impression of each program?
- Will my child be happy here?
- Do I feel comfortable when I'm here? Do my children feel comfortable?
- How would my child fit in with the routine and with the other children?
- Do the people seem to care about my child as an individual?
- Do I feel welcome and valued?
- Am I going to feel comfortable leaving my child each day?
- Do I have any doubts?
- What did the references tell me?

Trust Your Instincts

If you are not comfortable with what you have found – keep looking. Call Child Care Aware® of North Dakota for a list of additional names. If a program that you like is full, ask to put your name on a waiting list. This may be an option for you if things don't work out with your current program.

Back Up Child Care

All child care providers have emergencies and may also take vacation days. It is wise to have an alternate child care arrangement ready when these situations arise.

- Would one of the providers you interviewed be a good back-up provider?
- Do you have a relative or friend available for emergency situations?
- Do you need to contact Child Care Aware® of North Dakota for a list of providers who may care for your child as a back-up arrangement?

Need More Information?

Visit Child Care Aware® of North Dakota online or call your regional office to request a Parent Handbook or get more information to help you with your child care search.

Western ND: 1-800-450-7801 or 701-838-7800

Eastern ND: 1-800-941-7003 or 218-299-7026

www.ndchildcare.org

Revised 5/2011

Child Care Aware® of North Dakota is a program of Lutheran Social Services in western North Dakota and Lakes and Prairies Community Action Partnership in eastern North Dakota



Manvel Student Presented With Buckle-up Bear

Each February during Child Passenger Safety Month, the North Dakota Department of Health (NDDOH) offers pledge cards for students to sign following in-school seat belt presentations. Grand Forks County Sheriff's Department Officer, Nicole Dvorak provided a presentation in several local elementary schools in the region. Many seat belt pledges were collected and the NDDOH drew winners from across the state to present a large Buckle-Bear to as a way of thanking students for their commitment to child passenger safety. Shown here is this year's winner from the Grand Forks region of the state. Congratulations and remember to always, "Buckle up in the Back"!!



Annual Kids Don't Float Water Safety Class Review



For the 18th year in a row, Safe Kids Grand Forks has partnered with the US Army Corps of Engineers and UND Swim North Dakota Program to offer the annual Kids Don't Float Water Safety Program. Over three days, we held 6 classes for regional elementary school students. In total, nearly 450 kids and 80 adults were taught life-long water safety skills. Following a 40 minute interactive class presentation, the students broke up into groups and learned about life jacket fitting, the effects of alcohol on boat drivers, how to throw rescue devices and the effects of cold water on the body. The highlight of the class was the kids driving boats in the UND pool. We thank our MANY partners and volunteers in this event for without them, it would not be possible to provide this extensive training for so many students. Some of them are listed below:

- ⇒ US Coast Guard Auxiliary
- ⇒ North Dakota Game and Fish
- ⇒ UND and Swim North Dakota
- ⇒ Grand Forks County Sheriff's Department





BOATING SAFETY COURSE

The North Dakota Game and Fish Department offers the “Boat North Dakota” course for those new to boating or wish to take a refresher. **This course is required for youth ages 12-15 who want to operate a boat or personal watercraft with at least a 10 horsepower motor.** There is no charge for the home-study course and your insurance company may offer a premium discount. For more information call 701-328-6312.

ATV SAFETY COURSE

The North Dakota Parks and Recreation Department offers an AT-V/Off-Highway Vehicle Safety Certification course. **North Dakota law requires youth ages 12-16 without a driver’s license or learner’s permit to take a safety certification class.** For more information call 701-328-5348.



WATER SAFETY TIPS FOR PRIVATE POOL/SPA OWNERS

- Install anti-entrapment drain covers.
- Get a safety vacuum release system (SVRS) installed on your pump. This is an emergency sensor that automatically shuts off suction if a drain is blocked.
- If the pool/spa is new, be sure to have at least two drains installed, in parallel or use a no-drain circulation system. If your pool is older, consider retrofitting your pool/spa with multiple drains. (Requirements can vary from state to state so be sure to check your local regulations to be sure.)
- Damaged or broken drain covers are dangerous—replace them immediately and do not use the pool. It’s a simple fix, yet one of the most important factors for pool and hot tub safety.
- According to government safety guidelines children should not be in a hot tubs for longer than five minutes at a time. Infants and Toddlers should not be exposed to the dangerously hot temperatures at all.
- Use a safety cover on larger pools when not in use.
- Make sure the water in your pool/spa is always clear and you can see the bottom. If not, inform you pool/spa service professional.

Make sure your pool/spa is compliant with the requirements of the [Virginia Graeme Baker Pool & Spa Safety Act](#) and if your pool/spa is in Minnesota, make sure it is compliant with the [Abigail Taylor Pool & Spa Act](#).

This information has been taken from the Abbey’s Hope web site at www.abbeyshope.org. Following the death of Abby (from the Minneapolis area) in a pool incident, the Abbey’s Hope Charitable Foundation was formed to draw attention and action to water safety issues. For more information, visit their web site or Facebook page at Abbey’s Hope. We thank them for allowing us to share their resources in our quarterly newsletters.





Grilling Safety

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.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » 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.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

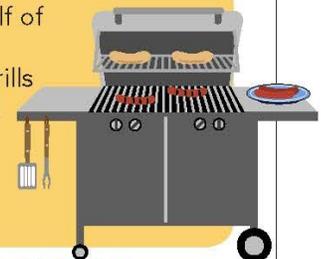
PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **15 minutes** before re-lighting it.

FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



www.nfpa.org/education

If you need your car seat checked, there will be LOTS of opportunities to have them done around the region this summer. Check out this extensive line-up of events Safe Kids Grand Forks has scheduled for the summer months. For more information, visit our web site at www.safekidsgf.com or our Facebook page.

SAFE KIDS

SUMMER



2014 CAR SEAT CHECKS

- May 28 Little Miracles Childcare Center, 3:30-6 p.m. (appointment required)
- June 3 Little Lambs Childcare Center in Larimore, 3:30-6 p.m.
- June 5 Hanson's Auto Body in Grafton, 4-6 p.m.
- June 11 Safe Kids Grand Forks parking lot, 2:15-4:30 p.m.
(appointment required – call 701.780.1660)
- June 12 Rydell Auto Center, 4-7 p.m.
- June 17 Northwood Autobody, 4-6:30 p.m.
- June 18 University Children's Center, 3-5:30 p.m. (appointment required)
- June 23 UND Apartment Community Center, 3-6 p.m.
- June 24 LifeCare Medical Center in Roseau, 2-6 p.m.
(appointment required – call 218.463.3211)
- July 1 WIC in Grafton, 10 a.m.-4 p.m.
- July 10 Rydell Auto Center, 4-7 p.m.
- July 15 All About Kids Childcare Center, 3:30-7 p.m. (appointment required)
- July 17 Brost Chevrolet in Crookston, 4:30-6 p.m.
- July 30 Great Expectations Childcare Center 4-6 p.m. (appointment required)
- August 7 Hanson Auto Body in Grafton, 4-6 p.m.
- August 14 Napa Auto Center in Cavalier, 5-7 p.m.
- August 14 Rydell Auto Center, 4-7 p.m.
- September 11 Rydell Auto Center, 4-7 p.m.
- September 16 Little Lambs Childcare Center in Larimore, 3:30-6 p.m.



All events with a community not listed are in Grand Forks.
For more information on each event, visit
www.safekidsgf.com

**SAFE
KIDS**
GRAND FORKS