

# SAFE K:DS GRAND FORKS

## News You Can Use



Summer 2017

### Safe Kids Day: New, BIGGER Location

We held our 5th annual Safe Kids Day on April 1st and found a great new location that we hope to continue to use for future years. A big thank you to the Grand Cities Mall for allowing us to hold Safe Kids Day in their building! We had lots of room to spread out and showcase our 27 booths with all the unintentional injury topics we cover. We had around 450 people attend and raised over \$4,000 from area businesses.

With the help of our presenting sponsor, THI Hospitality, and over 100 volunteers Safe Kids Day ran smoothly and was fun for everyone involved. A huge THANK YOU to the Men of ATO Fraternity at UND for again being huge helpers in the event.

If you missed it this year, don't worry, we will be back again next April! Watch our Facebook page for details later in the year.

SAFE  
K:DS  
DAY



# SAFE KIDS “STARS”

Each spring for the last 19 years, Safe Kids Grand Forks has been offering a class entitled “Kids Don’t Float”. This class is a water safety course offered the first week of May at the University of North Dakota’s Hyslop pool and arena. During the course of three days, we offer six two hour long classes in which we train nearly 600 kids and 50 adults. The kids participate in an interactive classroom presentation and they visit 5 skill stations. Those include rescue techniques, the effects of hypothermia, fatal vision goggles (to learn about the effects of alcohol on a driver), life jacket relay and boating. These classes would not be possible without the help of our loyal and dedicated volunteers that teach at each station. We give a special shout out to the following agencies/individuals for their on-going support:

- ⇒ **US Army Corps of Engineers** (Scott and Chris, you are the best).
- ⇒ **US Coast Guard Auxiliary** (Howard and Dick, we are grateful for your expertise and help.)
- ⇒ **Altru Ambulance Service** (Val, thanks for the special place this program has in your heart.)
- ⇒ **ND Game and Fish** (Marty—we appreciate that you take time to come each year.)
- ⇒ **Grand Forks Sheriff’s Department** (Thank you to all the officers that come and teach a valuable lesson to the kids.)
- ⇒ **UND Athletics** (Brian—We are so grateful for the many years of partnership with this program and hope that you will stay connected in future years, despite the changes being made at UND.)
- ⇒ There are many other volunteers that come and provide time and expertise to make this event happen and to them, we are also grateful.

Besides working volunteers, it also takes financial support to make a class and

program of this nature happen. For the past few years, **Valley Vision** has been our presenting sponsor. They have provided us with a financial donation that helps us with the necessary supplies and support for the program. To them, we are so grateful and tip our hats for their efforts to help keep the kids of our community and region safe around water. Our heartfelt THANK YOU, Valley Vision!!

To each of the individuals, businesses and agencies that make this class happen, we name you our Safe Kids STARS!! We are so grateful. This year we shared a story of a young lady who helped to save her sister and cousin from drowning based on skills she learned in Kids Don’t Float. Talk about an impact this program is having, thanks in great part to our volunteers and sponsors that say YES!! Thank



# “Pediatric Prepared” Recognition

## Altru Ambulance Services Achieves “Pediatric Prepared” Recognition from State Emergency Medical Services for Children Program

Grand Forks, N.D. – Altru Ambulance Services recently achieved recognition as being a “Pediatric Prepared” ambulance service by the North Dakota Emergency Medical Services (EMS) for Children program. In order to be named a Pediatric Prepared service, applicant agencies must achieve program standards in carrying pediatric equipment, receiving appropriate training and providing community outreach. As part of the voluntary recognition program, Altru Ambulance Services was awarded a certificate of honor, as well as decals for the service’s ambulances.

“Over 600,000 children are transported by ambulance every year in the United States, so making sure that EMS agencies are prepared to transport and treat those children is a priority,” said Elizabeth Pihlaja, program manager of the North Dakota EMS for Children program. “North Dakota’s emergency personnel work hard to ensure they are ready to care for kids, and we wanted to provide recognition for that time and effort. If you see the Pediatric Prepared decals on your community’s ambulance, be proud – it shows they are willing to go above and beyond to help the children in your community.”

Safe Kids Grand Forks was proud to be a part of achievement through their efforts and time to train all the Ambulance Department staff. Great teamwork and keeping the patients’

needs at the forefront of our work makes for great outcomes.

## NORTH DAKOTA



Emergency Medical Services for Children



## Need a Life Jacket? Check one out!

Just like you check out a book from the library, you can check out a life jacket with the Safe Kids Life Jacket Loaner Program! Stop by one of our SEVEN locations to check out as many life jackets as you need for up to 2 weeks. We have infant through adult sizes available. For more information on hours and availability, please contact the location you would be loaning the life jackets through.

- Crookston – Altru Clinic (218.281.9108)
- Grand Forks – Altru Family YMCA (701.775.2586)
- Park River – Homme Dam (701.284.7841)
- Cavalier – Icelandic State Park (701.265.4561)
- Langdon – Cavalier County Public Health District (701.256.2402)
- Mt Carmel – Dam Recreation Area (701.256.3964)



# Garage Sales & Use of Second Hand Items

It's garage sale season and sellers need to know that it's **ILLEGAL** to sell a recalled product. Products are recalled because they pose a serious safety risk and buyers need to exercise good judgment when they are out hunting for bargains. Recalled products found at rummage sales can include car seats, dressers and electronics with unstable batteries.

Purchasing a car seat without knowing its history is very risky. Car seats that have expired, been recalled or involved in a crash are not safe to use and that may be the case with garage sale car seats.

Cribs with drop-sides are another item to avoid purchasing. While

these cribs have not been recalled, they have been outlawed and should not be used due to safety concerns for infants.

It's not just rummage sales either, recalled products can easily be found on sites such as eBay, Craigslist and LetItGo. To learn if a product you're eyeing has been recalled visit the CPSC and NHTSA recall pages.

If you are an avid garage sale-er and see a car seat for sale, Safe Kids has cards with more information on why the seat shouldn't be sold that you can share with the person having the sale. If you would like to have some of these cards on hand, please contact our Safe Kids office at 701.780.1489.



U.S. Consumer Product Safety Commission  
**A SAFER GENERATION OF CRIBS**  
 New Federal Requirements

**5 New Federal Requirements:**

- ⊗ Traditional drop-side cribs cannot be made or sold; immobilizers and repair kits not allowed
- ⊗ Wood slats must be made of stronger woods to prevent breakage
- ⊗ Crib hardware must have anti-loosening devices to keep it from coming loose or falling off
- ⊗ Mattress supports must be more durable
- ⊗ Safety testing must be more rigorous

**Beginning June 28, 2011 all cribs sold in the United States must meet new federal requirements for overall crib safety.**

SafeSleep is a campaign of the U.S. Consumer Product Safety Commission.

www.cpsc.gov  
  
 NSN 11-2

# Featured Car Seat: Mifold Grab-and-Go Car Booster Seat

“10x Smaller & Just as Safe”

The Mifold booster came out on the market last year and when folded up is small enough to fit in your glove box or backpack. This booster was designed for “big kids” that don’t want to be seen in their regular car seat or booster seat and is designed for kids up to 12 years old with an upper weight limit of 100 pounds. The Mifold booster is available for \$49.99. (We have them in stock at our Safe Kids office).

1



1.

Adjust Mifold to fit the child side arms width and shoulder strap length.

2



2.

Fasten the seat belt and insert the lap belt into both Mifold lap belt guides.

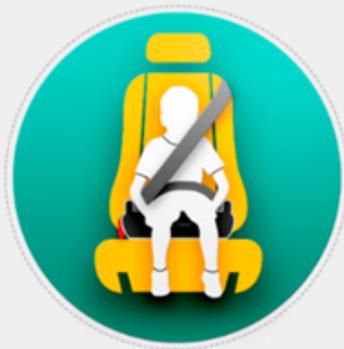
3



3.

Clip the Mifold shoulder strap onto the chest seatbelt to hold it on the shoulder.

## How is it possible for mifold to be 10x smaller and just as safe?



A regular booster lifts a child to be in a position of an adult



**mifold** does exact the opposite... instead of lifting the child up, it holds the seatbelt down

# SAVE THE DATE

Find the latest products, safety information, services and fashions. Shop for everything you and your baby/toddler will need, all under one roof!

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**Reenes**  
PHOTOGRAPHY

 Safe Kids Grand Forks

 @SafeKidsGF

 @SafeKidsGF



Sunday, October 22, 2017  
12 - 3 p.m.  
Alerus Center

For more information about the  
Tummy to Tot Expo visit:  
[safekidsgf.com](http://safekidsgf.com)

or  
[facebook.com/TummytoTot](https://facebook.com/TummytoTot)

# MEDICATION

## TAKE BACK DAY

{ June 13 | 9 a.m. - 2 p.m. }  
860 S. Columbia Rd. }



For more information visit [altru.org/drugdisposal](http://altru.org/drugdisposal)

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**WHAT WON'T YOU SEE  
WHEN YOU GLANCE  
AT YOUR PHONE?**

**100% OF DRIVERS  
on phones are distracted.**

*You are no exception.*



**Upcoming Grand Forks courses:**  
Alive at 25 - July 16  
Defensive Driving Course, 4-Hour - June 3, August 12  
DDC Distracted Driving Online - anytime

[www.ndsc.org/TrafficSafety](http://www.ndsc.org/TrafficSafety)





# 2017 Car Seat Check-Up Events

presented by: **SAFE KIDS GRAND FORKS** **Altru HEALTH SYSTEM**

**Rydellcars.com**



2700 S. Washington St., Grand Forks

### Second Thursday of every month from 4-7 p.m.

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

No appointments needed at Rydell's

### Fire Station 5



1002 47th Ave. S., Grand Forks

January 25.....	1-3 p.m.
February 20.....	9-11 a.m.
March 22 .....	1-3 p.m.
April 26 .....	9-11 a.m.
May 25 .....	1-3 p.m.
June 26 .....	9-11 a.m.
July 24.....	1-3 p.m.
August 23.....	9-11 a.m.
September 28 .....	1-3 p.m.
October 23.....	9-11 a.m.
November 21 .....	1-3 p.m.
December 27.....	9-11 a.m.

Appointments at Fire Station preferred, call 701.780.1489

### Stop by either location and make sure your children have a safe ride.

#### Baby on the way?

Register for our "Bringing Home Baby" class taught by a certified car seat technician. This class will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.5179.



For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)



# Car Seat Check-Up Events

presented by:

**SAFE KIDS GRAND FORKS** **Altru HEALTH SYSTEM**

in cooperation with

**Rydellcars.com**



2700 South Washington Street

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check.

**Car seat check-ups are offered the second Thursday of every month from 4:00-7:00 p.m.**

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



#### Baby on the way?

Register for our Bringing Home Baby class offered every week. This class is taught by a certified car seat technician and will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.5179.

#### 2017 Dates

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

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)



Additional dates and times on other side.



## MINNESOTA CAR SEAT ASSISTANCE

Keeping kids safe in vehicles is important to Safe Kids Grand Forks. Thanks to a generous car seat grant from the state of Minnesota, we are able to provide seats to residents of Minnesota that cannot afford a car seat. We have seats to fit children of all ages. To set up an appointment for car seat education and installation assistance, please contact Jasmine at 701.780.1660.





# Car Seat Check-Up Events

presented by:



**SAFE KIDS**  
GRAND FORKS

in cooperation with  
**Hanson's Auto & Implement**

110 5th Street West, Grafton, ND

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car 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 from 4:30-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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



Proud Program Sponsors



### 2017 Dates

February 2  
May 4  
August 3  
November 2



# Car Seat Check-Up Events

presented by:



**SAFE KIDS**  
GRAND FORKS

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 by and make sure your children have a safe ride.**



### 2017 Dates

January 26  
April 27  
July 27  
October 26

**For more information, contact Altru Clinic Crookston at 218.281.9100.**

## North Dakota's Child Passenger Safety Law is Changing on August 1, 2017

This last legislative session, the North Dakota legislature passed a bill and it was signed by Governor Burgum requiring kids to be in a car or booster seat to age 8. In the past, the law only required use of a car or booster seat to age 7 but it was known that the best practice is for kids to be in that seat until the seat belt fits them the way it is intended to fit an adult. The criteria to determine correct seat belt use include:

- ⇒ Child sits with their back against the back of the vehicle seat.
- ⇒ Their knees bend at the edge of the seat.
- ⇒ Their feet are flat on the floor.
- ⇒ The shoulder belt crosses at the middle of the chest/shoulder, not on the neck.
- ⇒ The lap belt is down low across the lap and not up on the abdomen.

Most kids don't start meeting this criteria until they are between 8-12 years of age. This new law will take effect on August 1, 2017. If you need help with getting a car or booster seat for your child, contact Safe Kids Grand Forks at 701.780.1489 and we would be happy to help.



State of North Dakota  
Office of the Governor  
Doug Burgum  
Governor

*Doug Burgum*

# SAFE KIDS SUMMER

## 2017 CAR SEAT CHECKS

- May 31 Karlstad (Tri-County EMS District) 2-6pm
- June 6 Grand Forks (Auto Finance Super Center) 11:30am-1:30pm
- June 8 Grand Forks (Rydell Cars) 4-7pm
- June 14 Grafton (WIC) 1-4pm
- June 19 Warren (WIC) 9-11am
- June 23 Grand Forks (Safe Kids Office) BY APPOINTMENT ONLY—call 701.780.1489
- June 26 Grand Forks (Fire Station #5) 9-11am
- June 26 Larimore (Little Lambs Daycare) 4-6pm
- July 11 Langdon (Langdon Day Care Center) 3-6pm
- July 13 Grand Forks (Rydell Cars) 4-7pm
- July 24 Grand Forks (Fire Station #5) 1-3pm
- July 27 Crookston (Brost Chevrolet) 4:30-6pm
- July 31 Northwood (location TBD) 3-6pm
- August 1 Lakota (WIC) 12:30-3:30pm
- August 2 Walhalla (WIC) 10am-1pm
- August 2 Cavalier (Nodak Insurance) 2:30-5:30pm
- August 3 Grafton (Hanson's Auto & Implement) 4:30-6pm
- August 8 McVillage (McVillage Lutheran Church) 12:30-3:30pm
- August 10 Grand Forks (Rydell Cars) 4-7pm
- August 16 Grafton (Migrant Head Start) 5-7pm
- August 22 Grand Forks (Head Start) 9am-3pm
- August 23 Grand Forks (Head Start) 9am-3pm
- August 23 Grand Forks (Fire Station #5) 9-11am
- September 14 Grand Forks (Rydell Cars) 4-7pm
- September 23 Seat Check Saturday TBD
- September 26 Roseau TBD

For more information on each event, visit [safekidsgf.com](http://safekidsgf.com)  
or on Facebook search for Safe Kids Grand Forks



**SAFE  
KIDS**  
GRAND FORKS



**THERE ARE SO MANY REMINDERS IN OUR CARS,  
BUT THE MOST IMPORTANT ONE...**



**KIDS AND CARS.ORG**  
LOVE THEM, PROTECT THEM  
[www.KidsAndCars.org](http://www.KidsAndCars.org)



**It's A Car Seat Check-up Event**

**Friday – June 23, 2017**

**9:30 –11:45 a.m.**

**Safe Kids Grand Forks Headquarters**

**3065 DeMers Avenue**

This event is free of charge but appointments are required. We have appointment times at

9:30, 10:15 and 11:00 a.m.

(Times can be adjusted slightly if needed.)

**For appointments, contact Safe Kids Grand Forks at 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org)**

Each seat takes about 30-45 minutes 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.

*Give us a call  
to book your  
appointment!*

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GRAND FORKS**



# Mountain Bikes: What Is Best for You and the Terrain You Will Ride

by John Brown, [HaveFunBiking.com](http://HaveFunBiking.com)

Mountain Bikes (MTB) may all look similar, however there is a difference in features and not only the cost of the better components. First lets take a look at the "It looks like a mountain bike" version, then we will look at a true mountain bike.

## Trail/Path Cycles Only Look Like Mountain Bikes

There are some Trail/Path cycles that will look like Mountain Bikes, but aren't designed for off road use. These Trail/Path bikes are popular because riders like the stability, traction, control, and upright riding position of a Mountain Bike but don't need the features geared toward off road use.



TRAIL/PATH "MOUNTAIN BIKES" HAVE HIGHER BARS, NARROWER TIRES, AND LESS SUSPENSION TRAVEL.

Mountain Bikes True to Their Name  
A true Mountain Bike is designed to be ridden off road over loose and rocky terrain. These actual all terrain bicycles offer suspension designed for control rather than comfort, are equipped with low gearing designed to navigate steep, loose terrain, and are built using more durable

components to hold up to the constant impacts of riding off road.



TRUE MOUNTAIN BIKES HAVE MORE SUSPENSION, AND LARGER TIRES.

## Mountain Bike Suspension

A key feature of a true mountain bike is the suspension that allows the wheels to move up and down over objects giving the rider better traction and more control. The amount the wheel can move is called travel. Therefore, a suspension fork that has 100mm of travel can move up and down 100mm (roughly 4").



What Kind of Mountain Bikes are Available?

Mountain bikes get grouped by their intended riding conditions. As an example, Cross country bikes (XC) are designed to move quickly both uphill and downhill. For example, XC bikes are light and the suspension is most often limited to 100mm of travel.



Trail bikes are like cross country bikes, but rather than being concerned with maximum speed uphill, they focus a bit more on the downhill. Trail bikes have suspension ranges between 100mm and 140mm of travel.



All-mountain (or Enduro) bicycles take the idea of a trail bike a step further. Therefore, they offer more travel and are focused on offering the most amount of control and speed while descending, while still being capable of riding back to the top of the hill.



Within each of those categories hardtails (front suspension only) and full suspension (front and rear suspension) are available as well as electric assist versions (using a battery and powered motor)

Mountain Bikes...  
Continued on page 13



# Mountain Bikes...-Continued from page 12



## What is the Deal with wheel size?

Unlike road or city/path bikes, Mountain bikes come in many different wheel sizes. The first mountain bikes were built in Marin County California 40 years ago. Notably, the only tires available were old balloon tires from the 50's which is why 26" wheels were used. As technology progressed, the benefits of larger and wider tires became apparent. Initially, 26" tires were made wider for more traction (up to 3" wide). Then a few small builders tried the idea of a larger diameter wheel (29"). The benefits of larger wheels are that objects are smaller in relation to them, offering a smoother ride, and the amount of rubber on the path is greater (better traction). Now there are a half dozen wheel sizes available, that all have their own benefits and drawbacks.

## What type of Mountain Bike is best for me?

To start, think about what you want out of your ride. Someone who wants to burn through a loop of their local park as fast as possible, or likes to push themselves on the climbs as much as they do the descent would probably be a good candidate for a cross country bicycle. Its light weight frame and efficiency will help that

rider get more enjoyment/speed out of their ride.

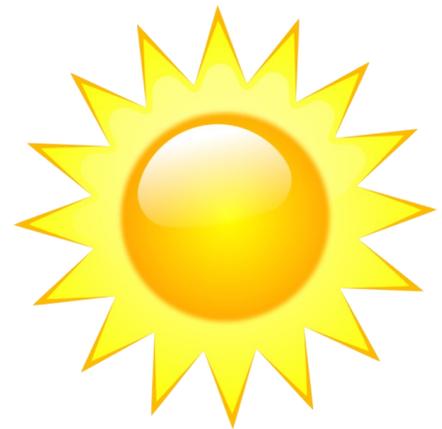
Another rider might like to make good time on the climbs, but push a bit more on the downhill. They ride quickly (trying to beat their friends maybe) but aren't looking to enter a competitive race. In this case a trail bike helps this rider have more fun. Finally, another rider might totally live for speeding downhill. Getting back to the top of the hill is only an inconvenience for this person.

Therefore, they are willing to push a heavier bike up the hill if that weight equates into more traction and more control at high speeds.

This rider would love the benefits an all mountain (or Enduro) bike gives them.

## Are there any other kinds of Mountain Bikes?

Yes. There are Fatbikes, Downhill bikes, Trials bikes, dirt jumping bikes.....The list goes on and on. To delve into all the subdivisions of bicycles, head into your local bike shop. Seeing and test riding the nuances of different bicycles will give you a quick education.



Kid's body temperatures over-heat 3-5 times faster than an adult's. And, the temperatures inside your car can get to be 40-50 degrees hotter than outside. NEVER leave a child alone in a vehicle. To help remember babies in the back seat, place your purse, phone or shoe there so you always check the back seat. Each year, about 37 kids die of heat-stroke after being left in a hot car. Most parents think it could never happen to them. . . . . But it does happen to good parents. Take steps to keep your kids safe from heat-stroke!!

# Local Grand Forks Area News

6-year-old Grand Forks boy on  
bicycle hit by vehicle

Friday, May 05, 2017—Grand Forks Herald

Boy on bike hit Thursday morning at  
dangerous Grand Forks intersection

Grand Forks Herald Sep 22, 2016 at 6:23 p.m.

Grand Forks boy escapes injury  
in vehicle-bike

KVLY News

12-year-old boy struck while  
crossing Grand Forks street  
on his bike

Grand Forks, Herald, Nov 8, 2016 at 11:10 a.m.

Girl injured in bike-car collision in  
Grand Forks

Grand Forks Herald on May 14, 2017 at 12:42 p.m.

These headlines are REAL and are kids from our community!  
We all need to do our part to keep kids safe while on their way to  
school and while at play.

## Drivers:

- Slow down and watch for kids. They are unpredictable and often cross in places where you are not expecting them.
- Put down your electronic devices!
- Take an alternative route to work so you don't have to drive near schools or other places with lots of kids.

## Kids:

- Always cross at street corners and make sure drivers see you.
- Follow the rules of the road even if you are riding on a sidewalk. If there is a STOP sign, you need to STOP, just like a car.
- Always wear your helmet. You never know when a crash might happen.

This message is brought to you by Safe Kids Grand Forks and the Grand Forks Public Schools.



# Keeping Teens Safe in their Car

As a teen, getting your first car is a huge and exciting part of life. Every family has different ideas on what type of car their teen should get and how they obtain that car.

Some families believe the child should earn their car and it should not be given to them. They will learn the value in working hard and saving money. While these are great values to teach today's teens, we need to look at the type of car that the child would be able to afford – probably an older car.

Some people may look at that older car and believe the myth that it's big, heavy and indestructible. Knowing that every day in the United States SIX teens die in a car crash, do you want your child in an old car you think is indestructible, or a newer car with more safety features, such as

side airbags and stability control.

Clearly, not every family can afford a brand new car with cutting-edge features. The good news is a “newer” car doesn't have to be brand new. The Insurance Institute for Highway Safety found that more Model Year 2007 and newer vehicles will have some of the most important safety advances included. So there are many safe cars available for families on the used car market.

Here are some practical tips as they relate to young drivers:

- Vintage cars should be reserved for vintage drivers. They're fine for slow, Saturday afternoon drives, but don't risk them with teens.
- If allowing teens to participate in the responsibility of vehicle

ownership is your goal, consider requiring they do this by paying for the insurance and/or part of the car, rather than paying for the entire car on their own.

- If funds are limited, purchase one vehicle with modern safety features, rather than multiple older cars. A 2014 study found that children who share a family vehicle engage in fewer risky behaviors and get into significantly fewer crashes than those who have exclusive use of a vehicle.
- Have a qualified mechanic carefully check out any used vehicle before purchasing it. Also, enter the VIN to check for recalls at [www.safercar.gov](http://www.safercar.gov).

Source: Safe Ride News, Denise Donaldson

## The Adventures of Splish and Splash: Teaching Pool Safety To Kids

Pool Safely has created an app to teach kids about being safe around the pool. Help your child learn what to do (and not to do) in and around pools and spas with The Adventures of Splish & Splash, an interactive app! Available for download on Apple and Android devices from the App Store or Google Play.



# C.A.R.S (Child & Restraint Systems) Class 2017 Training Schedule

2017

If you are a child care provider or foster parent, safe transportation of the children in your care is important. Come find out how to keep kids safe while in the car. The **C.A.R.S. (Child and Restraint Systems)** class is designed to meet the MN CPS course requirements for licensure & foster parenting and for law enforcement requirements. It has been approved for credit hours in MN. The class is also registered with Growing Futures credits in ND.

Certificate will be provided at the completion of the class.

To register, call 701.780.1639 at least 2 weeks prior to the class.

January 7, 2017 (Saturday) 9 am—12:30 pm  
February 7, 2017 (Tuesday) 6 pm—9:30 pm  
March 11, 2017 (Saturday) 9 am—12:30 pm  
April 11, 2017 (Tuesday) 6 pm—9:30 pm  
May 9, 2017 (Tuesday) 6 pm—9:30 pm  
June 15, 2017 (Thursday) 6 pm—9:30 pm  
July 11, 2017 (Tuesday) 6 pm—9:30 pm  
August 8, 2017 (Tuesday) 6 pm—9:30 pm  
September 9, 2017 (Saturday) 9 am—12:30 pm  
October 10, 2017 (Tuesday) 6 pm—9:30 pm  
November 4, 2017 (Saturday) 9 am—12:30 pm  
December 7, 2017 (Thursday) 6 pm—9:30 pm

All classes are held at Altru Health System  
Outpatient Psychiatry Center - Grand Forks,  
ND (860 S. Columbia Road)



We reserve the right to cancel any classes with less than 6 participants. Participants will be notified 1 week before class if it is canceled.

Registration cost is \$30 per person. Registration forms can be obtained by calling 701.780.1639 or visiting our Safe Kids web site at [www.safekidsgf.com](http://www.safekidsgf.com) (Click on Events/Classes).

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



# Bringing Home Baby

For new or expectant parents

Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. 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 a vehicle.

**Cost:**

This class is free but you must register in advance by calling 701.780.5179.

## 2017 Class Dates

**Locations:**

5 p.m. and 6 p.m. Classes held at Rydell Auto Center – 2700 South Washington Street – Grand Forks, ND (use front entrance on Washington St.)

9 a.m., noon and 4 p.m. Classes held at Altru Psychiatry Center, 860 South Columbia Road - Grand Forks, ND (use door B1-1 on south side of building)

January 12 ..... 6-7:30	May 6..... 9-10:30am	September 9 ..... 9-10:30am
January 16 ..... 4-5:30	May 11..... 6-7:30	September 14... 6-7:30
January 24 ..... 5-6:30	May 15..... 4-5:30	September 18... 4-5:30
February 9 ..... 6-7:30	May 23..... 5-6:30	September 26... 5-6:30
February 13 ..... 4-5:30	June 8 ..... 6-7:30	October 3 ..... 12-1:30
February 25 ..... 9-10:30am	June 13 ..... 12-1:30	October 12 ..... 6-7:30
February 28 ..... 5-6:30	June 19 ..... 4-5:30	October 16 ..... 4-5:30
March 9 ..... 6-7:30	June 27 ..... 5-6:30	October 24 ..... 5-6:30
March 13 ..... 4-5:30	July 13 ..... 6-7:30	November 4 ..... 9-10:30am
March 21 ..... 12-1:30	July 17 ..... 4-5:30	November 9 ..... 6-7:30
March 28 ..... 5-6:30	July 25 ..... 5-6:30	November 13... 4-5:30
April 8 ..... 9-10:30am	August 5 ..... 9-10:30am	November 28... 5-6:30
April 13 ..... 6-7:30	August 10 ..... 6-7:30	December 5 ..... 12-1:30
April 17 ..... 4-5:30	August 14 ..... 4-5:30	December 14 ... 6-7:30
April 25 ..... 5-6:30	August 22 ..... 5-6:30	December 18 ... 4-5:30





# Thank You to our Sponsors

**Presenting Sponsor:** THI Hospitality



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





Fireworks are often used to mark special events and holidays. However, they are not safe in the hands of consumers. Fireworks cause thousands of burns and eye injuries each year. People can enjoy fireworks safely if they follow a few simple safety tips:

**BE CAREFUL!**

- » Be safe. If you want to see fireworks, go to a public show put on by experts.
- » Do not use consumer fireworks.
- » Keep a close eye on children at events where fireworks are used.

**CONSUMER FIREWORKS**

NFPA is opposed to consumer use of fireworks. This includes sparklers and firecrackers. Even sparklers burn hot enough to cause third-degree burns.



**FACTS**

- ! Fireworks cause an average of almost 20,000 reported fires per year.
- ! In 2013, sparklers caused 41% of fireworks injuries.

Safe Kids Grand Forks

701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org)



# “School’s Out for the Summer!”

That song comes to mind each spring as our children excitedly wait for the last days of school and prepare for summer activities – baseball, softball, golf, swimming, park, theater programs – the list goes on. As children transition from school to summer activities, their travel patterns change. Children begin walking and biking to parks during the day and evening. This means that you may encounter children on your route at unexpected times. Safe Kids wants parents, children and others in the community to stay safe and has included the following tips for families.

## Pedestrian Safety:

1. Cross streets only at corners and at crosswalks. If there is a traffic light, do not cross until the signal is in your favor.
2. When preparing to cross look left, look right, look left for traffic. Before stepping out in front of traffic, assure that the tires of the car have stopped and you have made eye contact with the driver.
3. Make sure to keep looking left and right as you cross.
4. If walking in low light conditions, wear light colored clothing or a reflective device. Carrying a flashlight is also a good idea if it is getting dark.
5. Never run across the street. This decreases the chance that a driver will see you. If you have to run to get across, the car is too close.
6. When sidewalks are not available, walk facing traffic and as far to the left as possible.

## Wheeled Sports Safety

1. The most important safety tip is to WEAR A HELMET when participating in any wheeled sport like bike riding, inline skating, scootering or skateboarding. Helmets are the most effective way to prevent head injuries that can harm or kill someone. Get a helmet that fits and wear it each and every time.
2. Safe Kids Grand Forks distributes bike helmets and multi-sport helmets at a reduced price. Bike helmets are worn only for riding bikes, but a multi-sport helmet can be used for riding a bike, scooter, in-line skates or a skateboard. To obtain a helmet from Safe Kids email [safekids@altru.org](mailto:safekids@altru.org).
3. Walk your bike on school property and when using school crosswalks.
4. A bicycle must be equipped with a reflector and a lighted headlamp for riding after dark.
5. The bicycle must have a permanent seat and the driver must sit on that seat when they are riding.



6. A bicycle should not carry more people than it was designed for, such as on handlebars or pegs. One seat, one rider.
7. Bicycles have all the rights and responsibilities of a vehicle on the roadway and must obey traffic laws for vehicles. Use bike paths when available.
8. Never hang onto a car or let someone tow the bike and rider with a car.
9. When driving on the roadway, stay as far to the right hand side of the road as possible, but watch out for parked cars and for cars going the same direction as you on the roadway. Pass carefully.
10. When driving a bicycle, don't carry anything in your hands or on the bicycle that will prevent you from keeping at least one hand on the handlebars.
11. Use proper hand signals when turning or stopping.
12. Please note, the use of motorized scooters on Grand Forks sidewalks is prohibited by city code. Check city code regarding laws on motorized scooters illegal to use without a license.

*“School’s Out” continued on page 21*

# “School’s Out for the Summer!” -Continued from page 20

Vehicle reminders for drivers:

1. Be aware of activities at your local park. Familiarize yourself with activity times and be aware of children who may be thinking about getting to their destination, but may not be thinking of getting there safely. Remember, children are impulsive.
2. When backing out of a driveway or leaving a garage, watch out for children walking or bicycling.
3. Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood. Follow posted speed limit signs.
4. Be aware of crosswalks on the street and stop well before the crosswalk, not IN them. Be especially careful at locations where bike trails/paths cross the road.
5. When dropping children off at activities, have them exit the vehicle on the “grass” or “curb” side so they do not get out directly into oncoming traffic. Be especially careful in the parking lots with children arriving and departing activities.
6. Be sure to not park your vehicle in the “no parking” zone near crosswalks. It makes it difficult to see children preparing to cross.
7. And most importantly, for pedestrians, bicyclist and drivers:

## HEADS UP, PHONES DOWN!

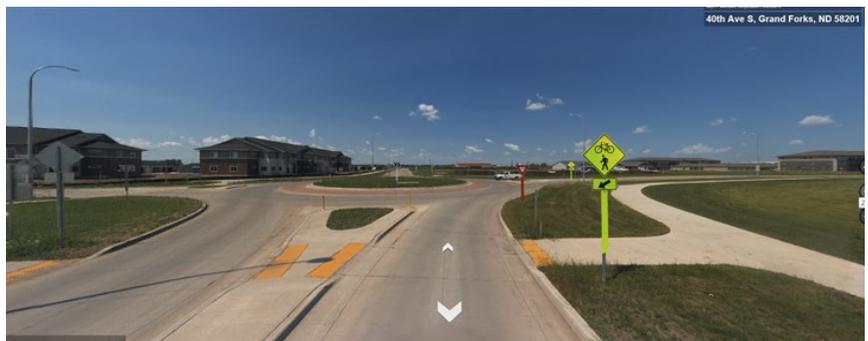
## Roadway Roundabout Rules of Navigation

Roundabouts are a new traffic roadway feature in Grand Forks. They are found in some southwest locations of our community and may become more popular over time. That being said, using the roundabout for cars and pedestrians is a new skill to learn. Safe Kids has spent some time at Discovery Elementary School teaching kids about them but we also offer these tips provided by Jane Williams, our City Traffic Engineer.

General rules for pedestrian use of the modern roundabout

- Always stay on the designated walkways approaching and leaving the roundabout.
- Designated roadside paths and crosswalks are often shared by bicyclists and pedestrians. Watch for bicyclists when you are at or near the roundabout intersection.

- You should only cross at the designated crosswalks; NEVER cross to the center island.
  - Once getting to the desired crosswalk location, wait for an acceptable gap in traffic before entering the crosswalk. As when crossing any other intersection, look for oncoming cars before entering the crosswalk.
  - Do not assume that cars will stop to let you cross. Only enter the crosswalk when there are no cars coming or when you are certain that all of the oncoming traffic is yielding to you.
  - Proceed to the splitter island. The splitter islands offer a safe refuge between the two different directions of traffic flow allowing you to concentrate on traffic coming from only one direction at a time.
  - Again, wait for an acceptable gap in traffic before entering the crosswalk.
  - Just like before, do not assume that cars will stop to let you cross. Only enter the crosswalk when there are no cars coming or when you are certain that all of the oncoming traffic is yielding to you.
- After crossing roadway, proceed to your desired location.



# CDC HEADS UP Rocket Blades—The Brain Safety Game

CDC HEADS UP Rocket Blades is the first-ever, mobile game app developed by the CDC, that teaches concussion safety to children ages 6 to 8. Through a futuristic world of galactic racing adventures, the game aims to help children learn the benefits of playing it safe and smart!

Children must keep their players safe by avoiding obstacles that could lead to a concussion and make smart choices about resting players who have a concussion. When players are injured the game simulates concussion symptoms, making the screen blurry and play more challenging. At the end of each level, a doctor checks out all the players to make sure they are healthy to race, and their brains are rested and recharged.

As children skate through levels they collect power gems. Power gems fuel

up a spaceship that will blast off to Galactic City for a winner's all-star dance party that is out of this world! As an added bonus, children can take a selfie and insert themselves into the dance party.

## BRAIN SAFETY EDUCATION AND CONCUSSION PREVENTION FEATURES

CDC HEADS UP Rocket Blades helps children understand the following learning points:

- hitting your head can cause brain injury (concussion);
- you should tell your coach, parent, or another adult if you hit your head;
- you should rest before returning to play and see a doctor if you hit your head; and helmets alone cannot prevent concussions.

## ABOUT CDC HEADS UP

The Centers for Disease Control and Prevention's (CDC) HEADS UP campaign is a series of educational initiatives that all have a common goal: Protect kids and teens by raising awareness and informing action to improve prevention, recognition, and response to concussion and other serious brain injuries.

CDC HEADS UP works with parents, coaches, health care providers, school professionals and others to develop and disseminate educational materials that are designed to help support individuals and organizations with their concussion efforts.

**INTRODUCING ROCKET BLADES!**  
It's the **brain safety game** that'll get your kids talking about concussion prevention!

The Brain Safety Game

**Rocket BLADES**

Available on the iPhone  
**App Store**

[www.cdc.gov](http://www.cdc.gov)

# New Infant Bath Tub Safety Requirements

WASHINGTON, D.C. –To help keep infants and toddlers safe, the U.S. Consumer Product Safety Commission (CPSC) has approved a new federal standard intended to improve the safety of infant bath tubs and prevent drownings.

An “infant bath tub” is a tub, enclosure, or other similar product intended to hold water and be placed into an adult bath tub, sink, or on top of other surfaces. The product provides support and/or containment for an infant in a reclining, sitting, or standing position during bathing by a caregiver. The infant bath tub category covers a variety of products, including bucket-style tubs, inflatable tubs, foldable tubs, and bath tubs with spa features, such as “whirlpool” settings, “separate whirlpool” settings, and separate handheld showers.

The new federal safety standard incorporates the most recent voluntary standard developed by ASTM International (ASTM F2670-17 Standard Consumer Safety

Specification for Infant Bath Tubs). The mandatory standard contains several requirements for infant bath tubs, including:

1. latching and locking mechanism requirements
2. static load testing
3. drowning and fall warnings, markings, and instructions

Between January 2004 and December 2015, a total of 247 incidents were reported to CPSC involving infant tubs—31 fatal and 216 nonfatal. Of the 216 non-fatal incidents, 32 reports involved an injury to the infant during use of the product.

The most frequent hazard patterns associated with infant bath tubs include:

- drowning/near-drowning because the child was left alone in the tub
- protrusions/sharp edges or points/lacerations
- product failures
- entrapment issues
- slippery tub surfaces

- mold/allergy issues
- and other issues, including battery-related incidents

The effective date for the new mandatory infant bath tub standard is six months after the final rule is published in the Federal Register.

CPSC advises parents and caregivers to be cautious when using infant bath tubs and to follow these safety tips:

- Never leave young children alone, even for a moment, near any water. Young children can drown quickly, even in small amounts of water.
- Always keep a young child in a bathtub within arm’s reach. If you must leave, take the child with you.
- Don’t leave a baby or toddler in a bathtub under the care of another young child.
- Learn CPR. It can be a lifesaver when seconds count.

Have you “liked” Safe Kids Grand Forks on Facebook yet? We offer tips, announcements of upcoming events and links to great resources there. Join us and keep up-to-date on all the latest information to keep your family safe!!



# Safe Sleep



On behalf of Safe Kids, I want to inform you on the importance of practicing safe sleep. Suffocation is the leading cause of injury death among infants younger than one year old, and many of these deaths have been linked to unsafe sleep environments. The American Academy of Pediatrics has recommended a key message for all individuals who care for infants, "Remember the ABCs of safe sleep."

**"A" is for Alone:** It is important to place the baby to sleep in their own

smothered. Keep all soft items away from baby when asleep. No stuffed animals, pillows, or even crib bumper pads. Never place baby to sleep on a pillow, quilt, sheepskin or other soft surface. There is not a need for heavy comforters or blankets, as a blanket sleeper or sleep sack will keep baby warm and comfortable.

**"B" is for Back:** Place baby on his/her back to sleep at all times and on their tummy for supervised play. Babies should face alternate

crib or bassinet. The safest place for a baby to sleep is where the parent sleeps, but not in the same bed! Not allowing baby to sleep with any adults or children could actually save their lives as this is a risk for baby to be

directions in the crib while on their backs, discouraging resting on the same side of their heads all the time. Lying on the back helps your baby to easily draw in air by keeping the mouth and nose free of obstructions. This position also helps to easily swallow anything that may be spit or coughed up during sleep.

**"C" is for Crib:** Put baby to sleep in a crib with a firm mattress and a tight-fitting sheet. Do not use bumper pads as these do not reduce injuries and can cause suffocation. Avoid using sleep positioning devices because there is no evidence that these are effective and in some cases, they pose danger to babies if they roll out of the device.

This article has been provided by Jennifer Risberg. Jennifer is a student with the MSUM Nursing Program and has been doing a clinical public health experience with Safe Kids Grand Forks.



**Sleep Position**



**Play Position**

# Safe Routes to Schools in Grand Forks and East Grand Forks

For nearly 10 years, the Safe Routes to School program in North Dakota and Minnesota has been enabling and encouraging children, including those with disabilities, to walk and bicycle to school. The program strives to make bicycling and walking to and from school a safer and more appealing transportation alternative, thereby encouraging healthy and active lifestyle from an early age. The cities of East Grand Forks and Grand Forks have taken a multi-disciplinary and comprehensive approach to implementing these walking and biking activities. This includes city engineers and planners, school principals, members of the Metropolitan Planning Organization, local law enforcement and Safe Kids Grand Forks working together to

evaluate and improve the safety of students going to and from school.

As part of our work on SRTS grants, we are asked to gather data from parents, caregivers and classroom teachers, on attitudes and practices as it relates to walking and biking to school. We use the results of these surveys to address parents' concerns about allowing their children to walk and bike to school.

We recently completed parent surveys in Grand Forks Public Schools in the fall of 2016 and plan on conducting further surveys with parents in the East Grand Forks School in the fall of 2017. We ask that when you receive a request from your school to complete a

survey that you take a few minutes. These surveys can be done online and provide us a great deal of useful information.

For many children, walking and biking to and from school offers enjoyable recreational opportunities. Both activities facilitate the learning process of becoming more familiar with local streets traffic patterns and access to parks and neighborhood recreational facilities. By working together as a community, we can increase opportunities for students to ride or walk to school.

Jairo Viafara, AICP - Metropolitan Planning Organization and Patty Olsen – Safe Kids Grand Forks

# Don't Confuse Energy Drinks with Sports Drinks



Energy drinks and sports drinks may sit next to each other at the

grocery store, however they are not interchangeable.

**Sports Drinks** contain carbohydrates, and electrolytes such as sodium and potassium. They are used to replace water and electrolytes lost during exercise. Sports drinks can be beneficial to help maintain hydration and energy levels if an athlete is exercising for longer than 1 hour or during intense stop and start activities. If exercise lasts less than 1 hour, water is usually sufficient and adding a sports drink

provides extra calories that aren't needed.

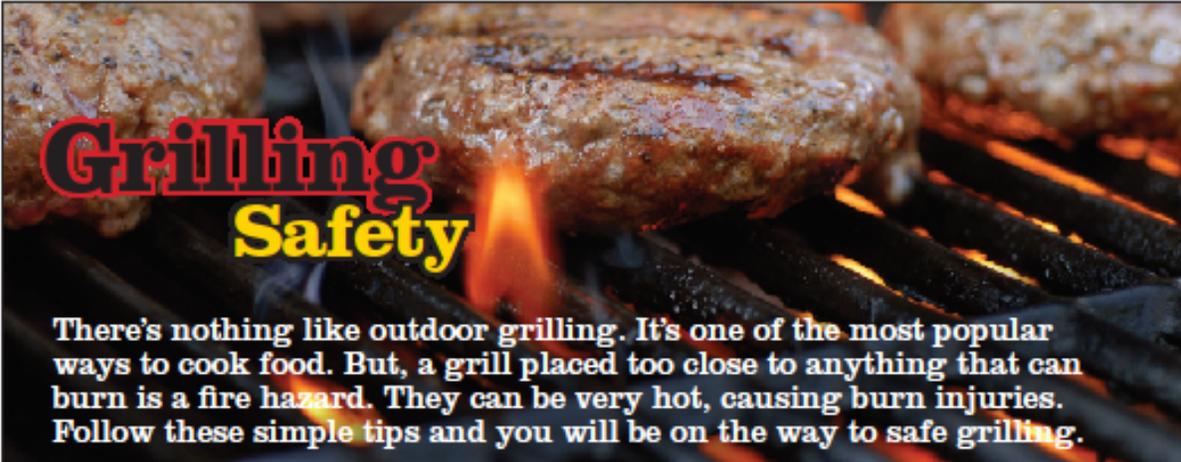
**Energy Drinks** have similar ingredients to sports drinks in much larger amounts. They also contain stimulants such as caffeine and guarana. In small amounts, caffeine may improve mental and athletic performance. Too much caffeine and the additional ingredients found in energy drinks can cause side effects such as increased heart rate, high blood pressure, upset stomach, problems sleeping, anxiety, nervousness, headache, decreased alertness, irritability, tiredness, and trouble concentrating. Energy drinks are classified as "supplements" and the FDA doesn't regulate the levels of the ingredients in energy drinks and manufacturers are not required to prove their safety or efficacy before selling them. Due to the many adverse events, it is recommended that children and

teenagers avoid using energy drinks. Talk with a sports dietitian to find out healthy ways to enhance your child's athletic performance.

For more information on the sports nutrition services offered at Altru, call our team of Sports Dietitians: Becky at 701.780.6855 or Jenn at 701.732.7624.

This information has been provided by: Becky Westereng RD, CSSD, LD, CDE Board Certified Specialist in Sports Dietetics





# 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

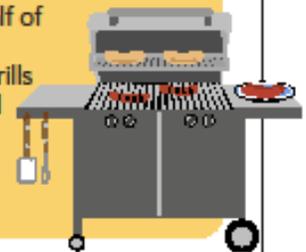
## PROPANE Grills

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 both the gas tank and the 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](http://www.nfpa.org/education)

