



Burn prevention is key for our student's safety. Every day over 300 young people are treated for burn injuries in the ER across the US. Some precautions to take against burn and scald injury risk:



Store matches, lighters, and chemicals in a safe place, always supervise use, and unplug appliances when not in use.



Create distraction free zones when cooking, ironing, or tending to the fireplace and keep hot objects out of reach.



Teach older students to cook safely, never leaving the kitchen when using the stove, microwave, or oven. Use oven mitts or pot holders when moving hot items.



Mitigate burn and scald risk in and around the home by setting water heaters to 116 degrees, avoid using accelerants in outdoor grills or firepits, use caution until the fire is fully extinguished. Be prepared with working smoke detectors and a practiced escape plan.

Passenger Safety in Motor Vehicles

Laws vary from state to state, with some states having higher standards than others. Safe Kids encourages all families to adopt the following safety guidelines for protecting their children. Here are the top five recommendations for keeping kids safe in cars

-> For the best protection, keep young children in rear-facing position as long as possible while maintaining the height and weight limit on the label of the seat.

-> Students who have outgrown their rear-facing car seat move to a forward-facing seat with a harness and tether until they reach the weight or height limits on the label of the car seat. Be sure to use the tether to better protect the head in a crash.

-> As your student grows, move to a booster seat with lap belt guides. Base boosters can be used if you have headrests in your vehicle, but high back boosters are required if you don't. They also provide more side impact protection in a crash than a simple base booster.

-> Your student is ready for the vehicle seat and seat belt alone when their knees bend at the seat's edge, back and bottom are against the back of the seat, with lap belt across the hips (not on the abdomen) and shoulder strap across the chest (not the neck).

-> All students under 13 years old are safest riding in a back seat and Minnesota requires this by law. (Effective 8.1.2024)

For more information, visit: buckleupmn.org

BUCKLE UP



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

For more information on this and other childhood injury prevention topics, visit safekidsgf.com, call us at 701.780.1489 or email safekids@altru.org.



This information is brought to you by Safe Kids Grand Forks & our partners at Vision Zero.

FIRST AID



Bumps, bruises, and scrapped knees are common for active students. Having a well-stocked first aid kit will help you take care of minor injuries at home and on the go.

Keep important information and items inside including doctor and dentist contact info, allergies, Poison Control number [800.222.1222] and first-aid manual.

Keep a list with your kit and replace used or expired items when needed.

Keep a kit at home and in your car, know where you have access to a kit if needed at work, on school grounds, in your community.