



Here comes the sun! Warmer weather means more outside activities like riding your bike, scooter, or skateboard. A few easy tips to remember:

Always wear a properly fitting helmet. Helmets are different for different activities—scootering and skateboarding are safest with a multisport style helmet. Bikers of all ages are encouraged to wear bike helmets.

Fit all helmets to the rider with a snug fit and fasten the chin strap so the helmet stays in place. Abide by all traffic laws. If your helmet has been involved in a crash – replace it.

Ride with both hands on the handlebars. Ride in single file with traffic. Stop at all stop signs and obey traffic lights.



CHILD PASSENGER SAFETY



CAR SEAT INSTALLATION AND EDUCATION

One of the most common misuses our team sees with motor vehicle safety is transitioning kids too soon to the next seat up. For kids using booster seats, keep them in their seat until the seatbelt fits correctly. To determine correct fit, the young one should sit with their back against the seat back, their knees bent at the edge of the seat, their feet flat on the floor, the shoulder belt crossing at the chest and collar bone (not at the neck) and across the hip bones (not on their soft tummy muscles). If you have questions about seat belt or car seat use, please reach out to our team of car seat technicians who would be happy to help.



Drowning remains a leading cause of death for our kids. Children account for one of every four drowning deaths in the US. For every child that drowns, 5 more are treated in the emergency room for near drowning injuries. This means learning to swim and water competency is more than just a sport—it's a survival skill.

For our young students: designate an adult water watcher for young swimmers at all times, be within arms reach with young and new swimmers. Never leave a young child alone in the bathtub or in the care of another child. It is recommended that all kids have some type of water safety training by age five.

For our teens: Every year about 370 children and teens ages 10-19 drown. Many of these happen in lakes and rivers. If you haven't yet, enroll your student in swim lessons from a qualified instructor and make sure they still have adult supervision.

When enjoying the water—choose a safe place and time to swim, learn to recognize water obstacles—boat and jet ski traffic, water currents, water temperature.

Never go into the water or commit to supervising young or inexperienced swimmers while under the influence of alcohol or other substances that may impair your judgment. No matter what the skill level, never allow children to swim alone.



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.