STUDENT SAFETY SPOTLIGHT

FEBRUARY | 2027

SAFE KIDS GRAND FORKS

VISION ZERO

Altru

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 safekid@altru.org.

February may be short, but safety is always a priority! It's a great time to refresh everyday habits that keep kids safe in cars, kitchens, and at home. Safe Kids Grand Forks is here with simple, practical tips to help families prevent injuries and stay safe!

Child Passenger Safety: On- vs. Off-Road

Whether heading to school, running errands, or enjoying winter adventures, keeping kids safe starts with knowing the rules.

- **On the Road:** Always use the appropriate car seat, booster seat, or seat belt based on your child's age, height, weight, and state law.
- **Off the Road:** Car seats and booster seats are not designed or crash-tested for use in ATVs, side-by-sides, or other off-road vehicles and should never be used in them. These vehicles have different safety requirements and often lack the crash protection of passenger vehicles.

Remember: Follow the manufacturer's age, size, and passenger requirements. Never carry passengers on ATVs designed for one rider. A car seat or booster seat does not make an off-road vehicle safe for a child.

Helmet Safety: Is Yours Really DOT Certified?

Not all helmets offer the same protection! When riding ATVs or snowmobiles, choose a properly fitted helmet that meets DOT safety standards. Watch for these signs:

- **Check the Label:** Look for "DOT" and "FMVSS No. 218 Certified" on the back of the helmet, along with the manufacturer and model information.
- **Watch for Fakes:** A DOT sticker alone doesn't guarantee a helmet meets safety standards. Buy from reputable retailers.
- **Inspect the Liner:** Look for a thick, firm protective foam liner inside the helmet.
- **Check the Chinstrap:** Make sure the strap and fastener are sturdy, secure, and in good condition.
- **Check the Fit:** The helmet should fit snugly without shifting or sliding.

Remember: The right helmet can make all the difference in a crash!

ND Parks & Rec: Off-Highway Regulations for Youth Riders

For more information on youth off-highway operation classes, youth riding laws, and helmet safety guidelines, visit parkrec.nd.gov.

KEEPING KIDS SAFE AT HOME, AT SCHOOL, AT PLAY, AND ON THE WAY!!!

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Poison Prevention: Keep Kids Safe at Home!

More time indoors means more opportunities for accidental poisonings. Protect your family with these simple tips:

- **Lock It Up:** Keep medications, vitamins, and household cleaners away and out of reach.
- **Follow Directions:** Always use household products as instructed.
- **Keep Original Containers:** Never transfer chemicals or medications into unlabeled containers.
- **Medicine Isn't Candy:** Never refer to medicine as candy.
- **Know Who to Call:** Keep the Poison Control Center phone number saved in your phone or posted.

1-800-222-1222 POISON CONTROL HOTLINE

Off-Road Adventures: Helmet Fit Matters!

ATVs and snowmobiles offer limited crash protection, making a properly fitted helmet essential. Keep these tips in mind:

- **Check the Fit:** Your helmet should sit level, snug, and just above your eyebrows.
- **Do the Shake Test:** It shouldn't slide or wobble when you move your head.
- **Buckle Up:** Fasten the chin strap securely according to the manufacturer's instructions.
- **Choose Full-Face Protection:** A full-face helmet offers added protection for your face and eyes.
- **Obey the Under-18 Law:** In Minnesota, anyone under 18 must wear a DOT-approved helmet on all public lands and trails.

Ice Safety: Thickness Matters!

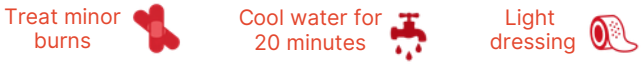
Ice thickness can vary greatly, even on the same lake or pond. Snow can hide thin ice, cracks, and open water. Stay safe with these tips:

- **Check the Ice:** Test thickness frequently, especially near moving water, bridges, and snow-covered areas.
- **Be Prepared:** Carry ice picks, an ice chisel, and a charged phone.
- **Never Go Alone:** Tell someone your plans and keep children supervised.
- **Know the Guidelines:** Minnesota DNR recommends at least:
  4 inches of clear ice for walking
  5–7 inches for snowmobiles or ATVs
  9–12 inches for small cars or pickups.

Winter Warmth Without the Burns!

Hot drinks, warm meals, and heating devices can increase burn risks during winter. Keep your family safe with these tips:

- **Move Hot Drinks Back:** Keep mugs and hot liquids away from counter edges.
- **Stay Back:** Keep children away from fireplaces, heaters, and hot stoves.
- **Supervise Appliances:** Have an adult nearby when children use kettles, air fryers, or other hot appliances.
- **Watch Hot Surfaces:** Appliances and fireplace doors can remain hot even after being turned off.
- **Know Burn First Aid:** Cool burns under cool running water for 20 minutes.



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