STUDENT SAFETY SPOTLIGHT

MARCH | 2027

Spring is coming, and it's time to get moving! March is a great time to refresh safety habits as families enjoy longer days and more outdoor activities. Safe Kids Grand Forks is here with simple, practical tips to help keep kids safe as we welcome a new season!

Ready to Ditch the Booster? Take the 5-Step Test!

Kids may be eager to move out of their booster seats, but proper seat belt fit matters more than age. Before making the switch, check these five things:

1. Back rests flat against the vehicle seat.
2. Knees bend comfortably at the seat's edge.
3. Shoulder belt crosses the middle of the chest and shoulder.
4. Lap belt sits low across the hips and upper thighs.
5. Child can stay properly seated for the entire ride.

If your child doesn't pass all five steps, they still need a booster seat!



Need Help?

Have your child's safety seat checked by a certified Child Passenger Safety Technician. Safe Kids Grand Forks, along with law enforcement and service agencies, offer free car seat safety checks and education in your community. For more information on car seat and booster checks in Grand Forks/East Grand Forks, visit safekidsgf.com/ChildPassengerSafety.html#Checkup.
To find a Car Seat Tech outside of the Grand Cities visit hhs.nd.gov/health/prevention-healthy-living/child-passenger-safety/assistance..

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.

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

THIS INFORMATION IS BROUGHT TO YOU BY SAFE KIDS GRAND FORKS & OUR PARTNERS AT ND VISION ZERO

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Firearm Safety Starts with Safe Storage!

Firearms are a leading cause of injury and death among youth. In ND and MN, where hunting is common, safe firearm storage is especially important. Protect children with these tips:

- **Lock It Up:** Store firearms unloaded and locked in a secure safe, with ammunition locked separately.
- **Talk About Safety:** Have open conversations about firearm safety and the importance of secure storage.
- **Ask Before Visiting:** Check with other parents that firearms are securely stored before your child visits their home.

Remember: Safe storage helps prevent unintentional shootings and saves lives!

Spring Bike Safety: Get Your Ride Ready!

Melting snow, mud, and gravel can make spring biking tricky. Before heading out, give your bike a quick safety check:

- **Check Your Brakes:** Clean dirt and mud from braking surfaces and make sure brakes work properly.
- **Allow Extra Stopping Distance:** Wet roads and loose gravel make it harder to stop quickly.
- **Inspect Your Chain:** Check for rust, damage, or buildup from winter salt and mud.

Remember: A quick bike check can help prevent a crash!

Spring Ice Safety: Don't Trust the Snow!

March's changing temperatures can weaken ice on lakes, rivers, and ponds. Fresh snow may hide dangerous cracks, thin ice, and open water. Stay safe with these tips:

- **Stay Off Weak Ice:** Warming temperatures can make ice unsafe, even when it looks solid.
- **Don't Follow Footprints:** Animal tracks and footprints don't mean the ice is safe.
- **Leash Your Pets:** Keep pets away from shorelines and potentially dangerous ice.

Remember: Spring ice can be unpredictable. When in doubt, stay off!

Spring Window Safety: Prevent Falls!

Fresh spring air is wonderful, but open windows can pose serious fall risks for children. Keep these tips in mind:

- **Screens Won't Stop Falls:** Window screens keep bugs out, not children in.
- **Limit Window Openings:** Use window guards or stops to keep upper-story windows from opening more than 4 inches.
- **Move Furniture Away:** Keep beds, chairs, and other climbable items away from windows.

Remember: A little prevention can help keep kids safe while enjoying fresh spring air!

Is Your Child Ready to be Home Alone?

Safe Kids Grand Forks offers a "Safe At Home Alone" class to help children ages 8–12 prepare for greater independence. Topics include safe cooking, pedestrian safety, following household rules, basic first aid, and emergency preparedness. Classes are offered in Grand Forks and periodically in communities throughout our region. For more information or to register, call Safe Kids Grand Forks at 701.780.1489 or visit safekidsgf.com.

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