STUDENT SAFETY SPOTLIGHT

MAY | 2027

Summer fun is just around the corner! May is the perfect time to get outside, enjoy warmer weather, and prepare for the busy summer months ahead. Safe Kids Grand Forks is here with simple safety tips to help families stay safe, active, and ready for summer adventures!

Beat the Heat: Stay Cool and Safe This Summer!

Summer means sunshine, outdoor adventures, and family fun! As temperatures rise, remember these important tips to prevent heat-related illnesses:

- **Stay Hydrated:** Drink water frequently, even if you don't feel thirsty.
- Watch for Warning Signs: Dizziness, nausea, headaches, and heavy sweating can signal heat exhaustion.
- **Take Cool-Down Breaks:** Rest in the shade or air conditioning, especially during the hottest parts of the day.
- **Never Leave Kids in Cars:** Temperatures inside a parked vehicle can rise nearly 20 degrees in just 10 minutes, even with windows cracked.
- **Always Check the Back Seat:** Make it a habit to look before locking your vehicle.

Remember: Children overheat faster than adults. A few simple precautions can help keep everyone safe this summer!

Sun Smart: Protect Your Skin This Summer!

Whether you're swimming, biking, or playing outside, protecting your skin from the sun is important! Keep these simple sun safety tips in mind:

- **Choose SPF 30+:** Use broad-spectrum sunscreen that protects against UVA and UVB rays.
- **Apply and Reapply:** Put sunscreen on before heading outdoors and reapply every two hours, or after swimming, sweating, or towel drying.
- **Don't Miss a Spot:** Remember your ears, neck, nose, and tops of your feet!
- Find Some Shade: Limit direct sun exposure between 10 a.m. and 4 p.m., when UV rays are typically strongest.
- **Cover Up:** Wear sunglasses, a wide-brimmed hat, and lightweight protective clothing.

Remember: Sun protection isn't just for sunny days. UV rays can reach your skin even when it's cloudy!

SAFE KIDS GRAND FORKS

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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!!!

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Spring Car Seat/Booster Check:
Kids grow quickly! Spring is a great time to check that your student's car seat or booster still fits properly and is installed correctly. Watch for these common mistakes:

- **Loose Installation:** The car seat should move no more than 1 inch side to side or front to back when checked at the belt path.
- **Missing Top Tether:** Always use the top tether for forward-facing car seats with a harness, following the vehicle and car seat instructions.
- **Incorrect Harness Height:** Forward-facing harness straps should be at or above the shoulders.
- **Riding Up Front:** Minnesota law requires children under 13 to ride in the back seat when one is available.

Remember: Always follow your car seat and vehicle manuals. A quick safety check can make a big difference!

Think Before You Jump: Open Water Safety!
Lakes, rivers, and swimming holes are great places to cool off during summer, but hidden dangers can lurk beneath the surface. Keep these safety tips in mind:

- **Feet First, Every Time:** Never dive headfirst into lakes, rivers, or other unfamiliar waters. Enter feet first to avoid serious head and neck injuries.
- **Watch for Hidden Hazards:** Water levels, currents, and underwater obstacles like rocks and logs can change quickly.
- **Never Jump from Bridges:** Stay off bridges, railroad trestles, and cliffs. You can't always tell how deep the water is or what's beneath the surface.

Remember: Just because a swimming spot was safe yesterday doesn't mean it's safe today. Look before you leap!

Ready to Ride? Check Your Helmet!
May is the perfect time to dust off bikes, scooters, and skateboards! Before heading out, make sure your helmet is ready for the riding season.

- **Replace After a Crash:** If your helmet has been involved in a crash or taken a hard impact, replace it—even if you can't see any damage.
- **Check the Fit:** Growing heads and changes in hairstyles can affect how a helmet fits. Adjust the pads or sizing dial for a snug fit.
- **Try the Roll-Back Test:** Push up on the front of your helmet. If it slides back and exposes your forehead, adjust the fit and chin strap.

Remember: A properly fitted helmet is a must for every ride!

Summer Ready: Give Your Home a Safety Check!
Before summer break begins, take a few minutes to make your home safer!

- **Clear the Clutter:** Keep stairs, hallways, and walkways free of tripping hazards.
- **Keep Routines:** Maintain regular schedules for chores, playtime, and bedtime help kids stay safe and organized.
- **Review Emergency Plans:** Make sure kids know how to call 911, their address, and where to meet in an emergency.

Remember: A little preparation now can help your family enjoy a safer, stress-free summer!

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