



# News You Can Use



## Child Passenger Safety Special Edition 2016

### Department of Health Survey Reveals State Child Passenger Safety Restraint Use Down

Fewer North Dakotans buckled up their children last year compared to 2012, according to the latest statewide “point in time” child passenger survey conducted by the North Dakota Department of Health (NDDoH) during the months of June and July, 2015. The survey, completed in the 10 largest cities in North Dakota, involved 1,804 observations of children estimated to be younger than 10 years of age. Despite evidence proving the benefits of using child restraints and seat belts, nearly 13 percent of North Dakota’s children are not being safely restrained in a vehicle. Only 87 percent of the children younger than 10 years of age were restrained in a car seat or seat belt compared to 91 percent in 2012. The lowest restraint use previous to this year was in 2004 and was 83 percent; this was prior to the improved child passenger safety law that went into effect in 2005.

According to the National Highway Traffic Safety Administration (NHTSA), every 34 seconds one child under age 13 is involved in a crash. When used correctly in passenger cars, child safety seats reduce the risk of fatal injury by 71 percent for infants and by 54 percent for toddlers.

Other survey findings show there has been a slight increase of children riding in the front seat. In 2015, 15 percent of the children observed were seen riding in the front seat compared to 12 percent in 2012. The back seat is the safest place for children under 13, with or without a front air bag.

Another outcome from the survey the department found was that too many toddlers ages one to four were observed being inappropriately transported in seat belts. According to child passenger best practices, children in this age group should be using a car seat or a booster seat—not just a seat belt. Typically, a seat belt doesn’t safely “fit” a person until they are around 4’9” tall. It is against the ND law for children younger than seven years to ride in a seat belt only.

The NDDoH plans to share the local observation results with its stakeholders during the month of February when the state celebrates child passenger safety month in and around community schools statewide.

For more information about child passenger safety best practices and the North Dakota child passenger safety law visit these websites: <http://www.ndhealth.gov/injuryprevention/childpassenger/> or <http://www.safercar.gov/parents/index.htm> or call 800.472.2286.

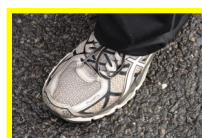
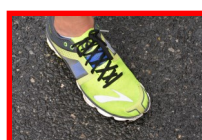
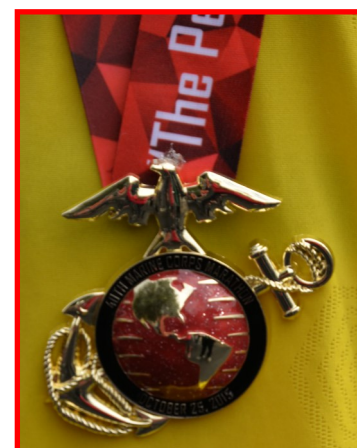


**Grand Forks Observational Data:** Overall, the number of children restrained in Grand Forks went DOWN, which is concerning for Safe Kids. 100% of children under age 1 were restrained but that percentage went down as follows: Ages 1-5 = 89.7% restraint use (down from 93.5% in 2012) , Ages 6-10 = 77.61% restraint use (down from 89.3% in 2012) and children under age 11 = 84.2% restraint use (down from 91.7% in 2012). Remember that buckling up your children under age 18 is not only the law, it is what may save their life in a crash. Can’t afford a seat?? Contact Safe Kids Grand Forks and we will do our best to help!!

# SAFE KIDS STAR(S)



Last October, four people stepped up to the plate and offered to run 26.2 miles (a FULL marathon) to raise money for Safe Kids. We were thrilled that Julie Jeske (a two time past runner for us) recruited two of her “running buddies” from Bismarck to join her in the race. Mark Momerak and Josh Askvig from Bismarck, along with Nick Flom from Grand Forks, put on their running shoes and trained for the Marine Corps Marathon that took place in Washington DC on October 25th. Due to a family emergency, Julie was unable to run at the last minute but she certainly provided inspiration and advice to those who were running this particular marathon for the first time. She also helped in our fundraising efforts that raised nearly \$8,000 for our injury prevention programs. We were also thrilled that Mark Momerak won 1st place in his men’s age category of 55—59. That was quite an accomplishment and needless to say, we were thrilled to have these fine runner representing Safe Kids Grand Forks at the 2015 Marine Corps Marathon. To them we say, “THANKS” and make them our CPS Special Edition Newsletter Stars!!



## Don't Rush to the Next Step

As a parent I feel like I am always in a hurry for my children to reach their next milestone.

As an infant, my son was walking at 9 months; I was so proud of him. He is now 3 and I see myself pushing him with other milestones like spelling his name, riding a bike, etc.

These are all fun and exciting things that you can brag to others about and tell them how wonderful your child is. What I don't understand is when people are in the hurry to move their child from their car seat with a harness to a booster seat. The

minimum requirement to move into a booster is 4 years old and 40 pounds, but your child is so much safer in a harness. Why would you want to be in a hurry to make your child less safe?

There are so many different car seats on the market today and many of them have higher harness weight limits. Some are only 40 pounds, but many are now going to 65 pounds or even more! If you have a car seat that has a high weight harness.... Use it! You paid extra for that car seat and the extra safety features that come along with it, so get your money out of the seat and keep your child harnessed as long as possible.

Your child has outgrown the harness when they reach the weight limit or height limit (when the straps are below their shoulders or the tops of their ears are at the top of the car seat shell).

Don't push your kids out of the things that will keep them the safest. You want them to be healthy and safe so you can push them to be great and do great things!

-Jasmine Wangen  
Mother of 2, Child Passenger Safety Technician Instructor



# Car Seat Recycling

Did you know that Safe Kids Grand Forks will take your unwanted car seats? Whether your car seat is expired, has been in a crash or you just don't need it anymore; drop it off at our office! We can use your old car seats for training our car seat technicians or disassemble them for recycling.

Drop off your car seats anytime Monday-Friday from 8am-5pm at 860 S. Columbia Road. In 2015 we had 242 car seats dropped off at our office!

When should I be destroyed? If the crash history is unknown the car seat should not be used.

When should I be destroyed? If anything is missing or broken, contact the manufacturer to determine if the part is replaceable or if car seat needs to be replaced.

When should I be destroyed? If the car seat is expired. Exposure to sunlight and extreme temperatures can damage the plastic and webbing in car seats. Unless otherwise stated by the manufacturer, car seats cannot be used longer than 6 years.

When should I be destroyed? If the car seat is recalled. To check for recalls or obtain registration information, visit [www.nhtsa.gov](http://www.nhtsa.gov).

When should I be destroyed? If the car seat is involved in a vehicle crash. Visit [www.nhtsa.gov](http://www.nhtsa.gov) to determine if your car seat needs to be replaced after a crash.

Bring your unwanted/unsafe car seats to Safe Kids Grand Forks to be properly disposed of.



## Are you a child care provider, foster parent or law enforcement officer?

Safe Kids Grand Forks offers a class called C.A.R.S. (Child and Restraint Systems). This class is designed for child care providers, foster care providers and law enforcement personnel. While the class is required for child care and foster care licensing in Minnesota, it is open to anyone to attend that may transport children.

We love to encourage and promote the class because we KNOW how important the information is that is taught. But, we thought you may like to hear some of the comments from providers who have attended the class. You can tell by their comments that they found it very beneficial. We hope you will sign up to attend one of these classes held

each month at our Safe Kids Grand Forks headquarters. Check out our schedule at [www.safekidsgf.com](http://www.safekidsgf.com) (upcoming events calendar or under the Classes tab at the top of the page)

"I got to learn lots of important information about car safety which I did not know before. Class was very interesting and I didn't even realize it had been 3 hours. Thanks very much."

"I learned so much information that I didn't even know that I needed to know. It was very informational and makes me nervous of what else that I could know which I never have thought about before. I appreciated this course."

"The instructor was very knowledgeable and made learning about car seats very interesting. I am glad I took the class and feel so much more prepared to transport the kids in my vehicle. It is a huge responsibility and now I know I will do things differently and be safer with buckling in the seats and the children I am taking care of."

Registration cost is \$30 per person. Registration forms can be obtained by calling 701.780.1639 or visiting our Safe Kids web site at [www.safekidsgf.com](http://www.safekidsgf.com) (Click on Events/Classes).



# Winter Coats & Car Seats

## How to stay warm AND safe

Bulky winter coats and snow pants should not be worn in a car seat as it makes the harness straps too loose to be effective in a crash.



No coat or a light weight fleece. Wear a warmer coat while going to and from the car.



The fluff of a bulky winter coat can compress in a car crash making harness straps loose, which can cause injury or ejection.



No coat. Use a blanket for warmth.

Remember to  
"Strap Before  
You Wrap"



Harness child, then put coat on backwards.



Unzip coat, then buckle child.

Warm your car ahead of time when possible.



[www.safekidsgf.com](http://www.safekidsgf.com)



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# Featured Car Seat – Safety 1st Complete Air65

Safety 1st brings Air Protect™ Advanced Side Impact Protection to your family with the Complete Air™ 65 Convertible Car Seat. (Retail \$180)

Safety experts agree: Keep children rear-facing longer and keep forward-facing children in harnesses longer. The Complete Air 65 keeps your child well protected through these two separate stages: from 5-40 pounds as a rear-facing infant car seat and up to 65 pounds as a forward-facing toddler car seat. With Center Front Adjust of the 5-point harness and an easy-adjust headrest, you'll appreciate the convenience features offered by the Complete Air 65 Convertible Car Seat just as much as the added safety.

Rear-facing this car seat offers two different recline options: An extreme recline for your child under 22 pounds and a bit less of a recline when your child is over 22 pounds.

Please note with the extreme recline: this car seat does not fit into all cars when rear-facing.



## Is My Car Seat Installed Tight Enough?

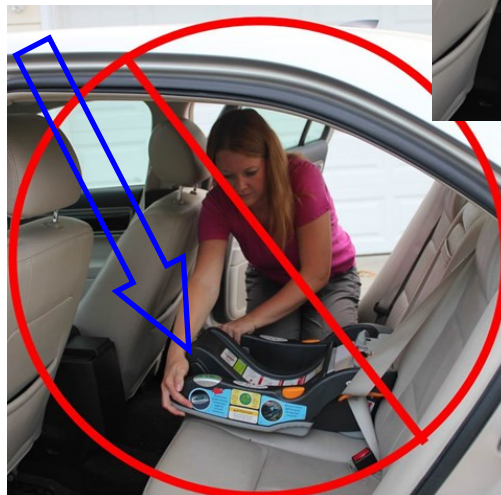
Car seats can be confusing and every car seat is so different and has its own special features. At Safe Kids, we get questions often from caregivers concerned they did not install their car seat correctly into their vehicle.

These parents come to our car seat check-up events to have the seat double checked. Sometimes the seat is put in correctly, but the caregiver does not know how to check for a proper install. You want your car seat to move less than 1 inch back and forth... but where on the car seat do you check this?

To check for a tight install, grab the car seat or car seat base at the belt path (where the seat belt or lower anchors go across the seat/base).

Pull slightly back and forth on the seat; if it moves less than 1 inch you have a tight install. Don't forget for rear-facing car seats to make sure your seat is level also.

Don't Test Here!!



Check Here!!





# Winter Coats & Car Seats

## How to stay warm AND safe

Bulky winter coats and snow suits should not be worn in a car seat as it makes the harness straps too loose to be effective in a crash.



No coat. Use a blanket for warmth.



Lightweight coat.



No coat and use a car seat cover that goes around (but not under) the car seat. This does not affect the tightness of the harness straps.



The fluff of a bulky winter coat or snow suit can compress in a car crash making harness straps loose, which can cause injury or ejection.



Car seat liners that go under a child can bunch up and makes extra padding that can compress in a car crash.

Remember to  
"Strap Before You Wrap"

Warm your car ahead  
of time when possible.



[www.safekidsf.com](http://www.safekidsf.com)



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# Have you liked Safe Kids Grand Forks on Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.



- Ask questions
- View our weekly Area Voices blog
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489  
 E-mail: [safekids@altru.org](mailto:safekids@altru.org)



When we received our van from Safe Kids Worldwide several years ago, we were thrilled to say the least. Now, that same prized van is getting a "NEW LOOK" to match the design format with our new logo and brand image. Watch the streets of Grand Forks in the new year as we sport this snazzy looking vehicle, getting us places to save kids lives!!

We thank Altru Health System for providing us with van insurance and to Rydell Auto Center for helping us to take care of the van with oil changes!!





# Thank You to Our Technicians & Dealerships

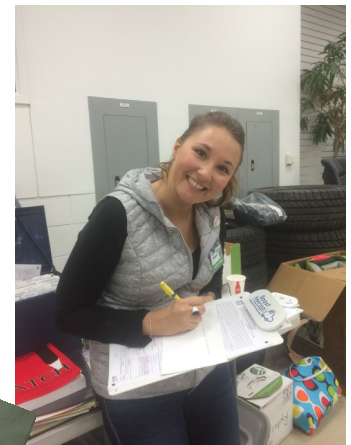
Our car seat technicians are so amazing! To become a certified car seat tech these folks went through a 3-4 day class to learn all the ins and outs of every type of car seat and how to install them correctly. Every 2 years they need to recertify to show they are keeping up their skills and are able to retain the information they learned.

Car seats are always changing and we are so grateful to our techs that take the time to come to our car seat check-up events to help keep kids safe and stay up to date on what car seats we are seeing in our area.

In 2015 we held 117 car seat check-up events/installation classes and checked/installed a total of 1435 car seats! A big thank you to Rydell Cars in Grand Forks, Brost Chevrolet in Crookston and Hanson's Auto Body in Grafton for hosting routine check-ups. It is so nice to know that no matter what the weather, we will have a dry/climate controlled area to assist caregivers with their car seat needs.

If you are interested in becoming a car seat tech our 2016 class dates are set for May 23-26. Please contact Safe Kids at 701.780.1489 for more information.

To say we are **GRATEFUL** to our car seat technicians and dealerships would be an understatement!! Many, many, many thanks for your part in helping to keep kids safe.



This is only a few of our Grand Forks area car seat technicians that assist us in our injury prevention efforts each year. Hats off to all of them and to the dealerships that open their doors to our events!!





# The back seat is the safest place to ride.

It is recommended all passengers 12 years of age or under ride in the back seat.

**Buckle in the back!**



- Air bags are designed for adults. They deploy at 200 mph in 1/20 of a second causing severe head and neck injuries to children and young adults.
- When adults wear seat belts, kids wear seat belts. Be a good example and buckle up for every ride. Lap and shoulder belts provide the best protection for preteens and adults.



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## Car Seat Check-Up Events

presented by:

**SAFE KIDS** GRAND FORKS **Altru** HEALTH SYSTEM

in cooperation with

**Rydellcars.com**  
CHEVROLET BUICK GMC Cadillac

2700 South Washington Street

### 2016 Dates

January 14  
February 11  
March 10  
April 14  
May 12  
June 9  
July 14  
August 11  
September 8  
October 13  
November 10  
December 8

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)



4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check.

Car seat check-ups are offered the second Thursday of every month from 4:00-7:00 p.m.

**Stop by and make sure your children have a safe ride.**



### Baby on the way?

Register for our Bringing Home Baby class offered every week. This class is taught by a certified car seat technician and will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.5179.



## MINNESOTA CAR SEAT ASSISTANCE

Keeping kids safe in vehicles is important to Safe Kids Grand Forks. Thanks to a generous car seat grant from the state of Minnesota, we are able to provide seats to residents of Minnesota that cannot afford a car seat. We have seats to fit children of all ages. To set up an appointment for car seat education and installation assistance, please contact Jasmine at 701.780.1660.





## Car Seat Check-Up Events

presented by:



**SAFE KIDS**  
GRAND FORKS

in cooperation with  
**Hanson's Auto & Implement**

110 5th Street West, Grafton, ND

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:30-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



**Stop by and make sure your children have a safe ride.**

Proud Program Sponsors



### 2016 Dates

- \*February 4
- April 7
- June 2
- August 4
- October 6
- \*December 1

### \*By appointment only

For questions or to schedule an appointment, call Donna at Walsh County Health District, 701.352.5139.



## Car Seat Check-Up Events

presented by:



**SAFE KIDS**  
GRAND FORKS

in cooperation with  
**Brost Chevrolet**

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4:30-6:00 p.m.



**Stop on by and make sure your children have a safe ride.**

**BROST**  
"Before You Buy, Give Brost a Try"  
**CHEVROLET**

### 2016 Dates

- January 28
  - April 28
  - July 28
  - October 27
- For more information, contact Altru Clinic Crookston at 218.281.9100.

## Did You Know?

You can review the child passenger safety laws specific to each state or territory in the U.S.A at the Governors Highway Safety Association website: [http://www.ghsa.org/html/stateinfo/laws/childsafety\\_laws.html](http://www.ghsa.org/html/stateinfo/laws/childsafety_laws.html)

Safety tidbit: Three states have had the foresight to require children to rear-face until the age of two – California, New Jersey and Oklahoma. We applaud the commitment of these states to enact laws which enforce current standard child passenger safety recommendations.



Save the Date: 2016 Tummy to Tot Expo

Sunday—October 16, 2016

12 noon—3 p.m.

Alerus Center—Grand Forks, ND

Tickets will go on-sale later this summer.





# Safe Passengers Today, Good Drivers Tomorrow

Safe Kids offers a program that is aimed to create a conversation between parents and teens with the goal of creating safer passengers today and hopefully resulting in better drivers tomorrow.

Before your teen starts driving, you can use Countdown 2 Drive and fill out the Passenger Agreement. This helps your family set commitments, rules, rewards and penalties for the teen to follow as they create safe passenger habits. These habits will carry over when they get behind the wheel to drive.

This program is free and can be done online right in your own home! Check it out at [www.countdown2drive.org](http://www.countdown2drive.org).

## COUNTDOWN 2: DRIVE

Safe passengers today  
Good drivers tomorrow.

[click here to go to the home page](#)

### Set the Rules

It's no surprise why parents worry about giving their kids freedom to get rides from other people. Nothing kills more teenagers than car crashes.

The good news is you can cut your risks way down — and make your parents feel a lot better — by setting some rules that tackle **five major risk areas**:

- **Seat belts:** Agree to always wear your seat belt.
- **Distractions:** Agree to never distract the driver.
- **Impaired drivers:** Agree to never ride with a driver who has been drinking or taking drugs.
- **Inexperienced drivers:** Agree never to ride with drivers who have too little experience.
- **Unsafe drivers:** Agree to avoid drivers you know are unsafe.

These rules are the starting point. But your parents are probably worried about other stuff as well. To reassure them — and get more freedom in the process — you will need to add other rules to the mix. Let's begin by figuring out which fears make your parents worry more.


How much do you think each of the following issues worry your parents?

**Not knowing where you are**  
 Select One  A lot  Some  A Little Bit  Not At All

**Losing touch with you**  
 Select One  A lot  Some  A Little Bit  Not At All

**Having you come home too late**  
 Select One  A lot  Some  A Little Bit  Not At All

**The possibility that you might accept a ride from a driver they feel is unsafe or inappropriate**  
 Select One  A lot  Some  A Little Bit  Not At All



- 1 Set the Rules
- 2 Parental Commitments
- 3 Rewards
- 4 Set Penalties & Submit

## Winter Survival Kit

Winter Survival Kit will help you find your current location, call 911, notify your friends and family, and calculate how long you can run your engine to keep warm and stay safe from carbon monoxide poisoning.

The app is available for free on Google Play and the iTunes App Store.

You can use the Winter Survival Kit app to store important phone and policy numbers for insurance or roadside assistance. You also can designate emergency contacts you want to alert when you become stranded.

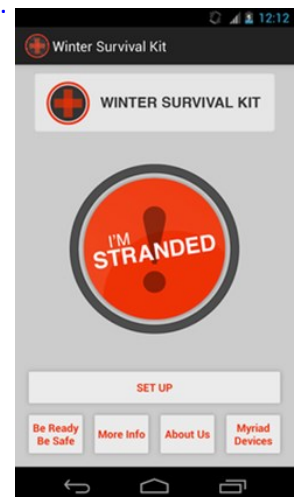
If you become stranded, the Winter Survival Kit app will help you determine your geographic location and contact emergency services. The app's "gas calculator" will help you estimate how long you can run your engine on your remaining fuel.

Winter Survival Kit will alert you every 30 minutes to remind you to periodically turn off your engine and to check your exhaust pipe for snow buildup. These alerts are critical in helping you avoid deadly carbon monoxide poisoning.

Winter Survival Kit also provides NDSU Extension Service information on how to put together a physical winter survival kit and prepare your vehicle for winter driving, and how to stay

safe when stranded in a winter storm.

The app was developed by NDSU Extension Service and Myriad Devices, and funded with USDA National Institute of Food and Agriculture Smith-Lever Special Needs grants.



# Ask The Experts: Here's Advice from Local Technicians

Safe Kids has many car seat technicians that we work with around the region to keep kids safe in car seats. In honor of Child Passenger Safety Month and our Special Edition Newsletter, we asked them to provide ONE tip that they would want parents or caregivers to know about keeping kids safe in motor vehicles. Here is what some of them had to say. We thank them not only for this advise but for their help in offering expertise and assistance to families all throughout the year.

- Follow what the experts recommend. -Mary Barrett
- You never know when a car crash is going to happen. Make sure everyone in the car is the safest they can be... no matter how long or short the ride may be. -Jasmine Wangen
- Always consult with a CPST to be sure- not your pediatrician, not your local PD or FD, unless any of them happen to be certified as well. And, read the manual for whatever seat you're using from front to back, along with your car manual and follow it. Call the customer service number from the manual and ask to speak to a tech on staff if you have any doubts or issues. -Kylie Overby
- Make sure you read the directions and come to a check up! -Jenny Lammers
- Keep kids rear facing as long as possible, past 2 years of age if your seat's weight will allow that. Remember, rear facing better protects their head neck and spine and they are not uncomfortable being in that position. -Jen Beck
- Car seats are not just for the babies of the family! Too many families "graduate" kids to an improper child restraint because a younger child needs the seat. -Eleri Kerian
- One piece of advice: If you don't know, ask!! There are plenty of car seat technicians and resources within the community to answer any car or car seat safety question. Don't be afraid to ask! One question could save your child's life. -Paige Thompson
- Allow time for correct buckling up, and don't move the car until all are buckled in. -Joann Munter
- Take bulky coats off before placing your child in his/her car seat. It is of utmost importance that the harness straps fit the child's body, not the coat. -Mary Johnson
- Make it a priority to attend a car seat check-up or visit with a car seat technician. From one encounter with a technician, parents can determine if the child's seat is a good fit for the car and child, have expirations/recalls checked, determine proper fit and direction, etc. and gain confidence in installing their seat correctly each time. -Kallie Christianson
- Follow all manufacturers' instructions on both the car seat and the vehicle itself. I think that is one of the most important things that someone can do! -Heidi
- Strap before you wrap! (especially this time of year) -Nicole Lindo
- Buckle up in the back, every time! -Patty Olsen
- Stay off the phone and buckle up EVERYBODY! -Sonia Lundstrom
- When feeding little children in the car, please make sure that someone other than the driver is watching them eat. It is all too easy and convenient to forget that they can choke while we are driving, and not notice it! -Tara Nelson
- Be a positive role model by wearing your seat belt and making sure everyone in the car is buckled up— every trip, every time. -Bill Vasicek
- Make sure to read the car seat manual and all labels! -Rachel Ramsay
- No regrets when you buckle up - Carrie Bergquist
- Never underestimate the importance of your child's car seat for their safety. No one plans to get into a car crash when they set out on a drive, no matter how short or long a drive it may be. Buckling your children up correctly every time helps to ensure their safety. -Christine Iseminger, RN, BSN
- Well as I walked back into work this afternoon there was a van with 2 adults smoking with the windows partially open driving through the parking lot with kids in the back. All I could think was...PLEASE DON'T SMOKE IN THE CAR WITH KIDS! I know this isn't really car seat related, but could be looked at as car safety. -Paula Hedlund
- Car seats can be confusing. Even if you have other children, car seats and information frequently changes. Having your infant's car seat checked prior to delivery can ensure the safety of your newborn and a smooth transition home. Altru offers the "Bringing Home Baby" course to expectant parents. Considering enrolling today. -Melissa Swenson
- Please take the time to put your child in their car seat correctly every time you travel, no matter how far you are going. Read your owner's manual or find a CPST in your area who can teach you how. We never know when an accident may happen or you may have to slam on your brakes for some reason. Our children are our most precious cargo, do everything you can to keep them safe while in a vehicle. Donna Holand LPN
- Choose a seat that you are comfortable with and will use correctly every time you use it. Any questions, please contact Safe Kids as we are a great resource for you!! -Judy
- In a crash, everything becomes a projectile. Make sure that everyone in the vehicle is properly restrained on EVERY ride. Get your kids' car seat checked for proper use and be a good role model by buckling up each and every time!! -Carma Hanson

To find a car seat check-up event hosted by Safe Kids Grand Forks, check out the upcoming events calendar or child passenger safety section of our web page: [www.safekidsgf.com](http://www.safekidsgf.com)





Have you ever tried to install a car seat into a vehicle?  
Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.



## Bringing Home Baby

For new or expectant parents

Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you already have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into a vehicle.

**Cost:**

This class is free but you must register in advance by calling 701.780.5179.

### 2016 Class Dates

**Locations:**

5 p.m. and 6 p.m. Classes held at Rydell Auto Center – 2700 South Washington Street – Grand Forks, ND (use front entrance on Washington St.)

Noon and 4 p.m. Classes held at Altru Psychiatry Center, 860 South Columbia Road - Grand Forks, ND (use door B1-1 on south side of building)

January 5 .....	12-1:30	May 12.....	6-7:30	September 13..	12-1:30
January 14 .....	6-7:30	May 18.....	4-5:30	September 21..	4-5:30
January 20 .....	4-5:30	May 24.....	5-6:30	September 27..	5-6:30
January 26 .....	5-6:30	May 31.....	12-1:30	October 4.....	12-1:30
February 2 .....	12-1:30	June 9 .....	6-7:30	October 13 .....	6-7:30
February 11 .....	6-7:30	June 14 .....	12-1:30	October 19 .....	4-5:30
February 17 .....	4-5:30	June 22 .....	4-5:30	October 25 .....	5-6:30
February 23 .....	5-6:30	June 28 .....	5-6:30	November 1.....	12-1:30
March 1 .....	12-1:30	July 5.....	12-1:30	November 10...	6-7:30
March 10 .....	6-7:30	July 14.....	6-7:30	November 16...	4-5:30
March 16 .....	4-5:30	July 20.....	4-5:30	November 22...	5-6:30
March 22 .....	5-6:30	July 26.....	5-6:30	November 29...	12-1:30
March 29 .....	12-1:30	August 2.....	12-1:30	December 8.....	6-7:30
April 5 .....	12-1:30	August 11 .....	6-7:30	December 13...	12-1:30
April 14 .....	6-7:30	August 17 .....	4-5:30	December 21...	4-5:30
April 20 .....	4-5:30	August 23 .....	5-6:30	December 27...	5-6:30
April 26 .....	5-6:30	August 30 .....	12-1:30		
May 3.....	12-1:30	September 8....	6-7:30		



# Motor Vehicle Safety On the Ice / Frozen Lakes

Before going onto a frozen lake, pond or river, it's important to take safety precautions to reduce the risk of falling through the ice. Knowing how to judge ice conditions will also help you make more informed decisions while enjoying your outing.

- Look for clear blue ice. New ice is stronger than old ice. Remember you take a risk anytime you go onto the ice. Ice thickness is not consistent.
- Beware of ice around partially submerged objects such as trees, brush, embankments or structures. Ice will not form as quickly where water is shallow or where objects may absorb sunlight.
- When ice fishing, it is always a good idea to drill test holes or use an ice chisel as you venture onto a lake to help judge the thickness and character of the ice.
- The general rule of thumb for ice:
  - 2 inches – STAY OFF
  - 4 inches of good ice for a walking individual
  - 6 inches of good ice for a snowmobile or ATV
  - 8-12 inches of good ice for a car or small pickup
  - 12-15 inches of good ice for a medium pickup truck
- Beware of ice covered with snow. Snow acts much like a blanket, insulating thin ice and preventing the formation of clear, blue ice. Snow can also hide cracked, weak and open water. Daily changes in temperature cause ice to expand and contract, creating cracks and possibly pressure ridges which can affect ice strength.
- Traveling in a vehicle early or late in the season is an "accident waiting to happen".
- Do not drive across ice at night or when it is snowing. You can easily become disoriented and end up in areas of the lake you never intended to be.
- Carry a safety kit that includes: **Ice chisel** that you can check the thickness of the ice as you move out onto the ice. **Ice picks** or set of screwdrivers that you can use to pull yourself back on the ice. A **cell phone** to call for assistance.



This information has been provided by the North Dakota Game and Fish Department. Marty Egeland, an Outreach Biologist with the ND Game and Fish Department has been a longtime member of our Safe Kids Water & outdoor Recreation Subcommittee. We thank him for his contributions to our injury prevention





# SAFE KIDS DAY

Join us to learn more about keeping your kids safe!  
We will have interactive booths set up with lots of information  
and prizes to take home.  
Sign up for additional prizes to be drawn after the event!

**Safe Kids Day 2016**  
**Saturday, April 9 | 10 a.m. - 1 p.m.**  
**Century Elementary School**



**SAFE  
K:DS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM

