



News You Can Use



Summer 2016

Annual Kids Don't Float Class Offered

Each spring, a favorite class is planned and executed as Safe Kids Grand Forks hosts our annual Kids Don't Float Water Safety Class. The class was first offered in our community in 1998 and this year, we again trained nearly 600 kids and adults. Six two-hour classes were held at the UND Hyslop pool over the first three days in May. Kids from local and surrounding elementary schools attended and learned about safe boating practices, the importance of life jackets, how to rescue someone without going into the water and endangering yourself and many other tips to keep people safe in and around water.

This year, we were delighted to have Valley Vision want to help in our injury prevention efforts and they served as our presenting sponsor. We thank them for that support and for their interest in the safety of our community's children. We also want to tip our hat to the following agencies and entities that have been longtime partners in this effort: - University of North Dakota Swim ND Program— The US Army Corps of Engineers (we love having Scott and Chris come from Valley City with their smiles and FUN boats) - the North Dakota Game and Fish Department—Altru's Family YMCA—Choice Health & Fitness— Grand Forks Public Health—Altru Health System's Ambulance Department—the US Coast Guard Auxiliary—the Grand Forks Sheriff's Department and the many other volunteers that come and assist with our efforts. (More photos found on page 7 of this news-letter).



SPONSORED BY



Safe Kids "STAR" - Bridget Thompson



When Safe Kids Coordinator, Carma Hanson attended college at UND to become a nurse, she had what she describes as "an excellent professor" in Bridget Thompson. Little did either of them know that they would cross career paths when Safe Kids Grand Forks would serve as a host site for pediatric clinical experiences. Carma and Bridget came together several years ago to discuss ways in which to expose UND Nursing students to children in the community setting. Over the years, the collaboration and relationship has grown and has been a benefit to not only the students being exposed to children, but for Safe Kids in having their messaging shared by the nursing students.

Bridget has been a member of our coalition and a huge advocate in our community for children and for

childhood injury prevention. While Bridget embarks on her retirement, the collaboration with the UND College of Nursing's pediatric clinicals will continue with Bridget's replacement, Amy Fiala (a nurse and car seat tech that has worked with SKGF for many years). We wish Bridget all the happiness in her retirement and thank her for her years of service to nursing students, to the University of North Dakota, to our community and most of all to Safe Kids and our work!! We have been blessed (and have hinted that we would LOVE her back as a volunteer if she "gets bored" in retirement!!)



UND College of Nursing professor, Bridget Thompson (right) and Safe Kids Coordinator, Carma Hanson at Bridget's retirement party.



**WHAT WON'T YOU SEE
WHEN YOU GLANCE
AT YOUR PHONE?**

100% OF DRIVERS
on phones are distracted.
You are no exception.

UPCOMING DEFENSIVE DRIVING COURSES:

Grand Forks DDC-4	Fargo DDC-4
Altru Health Psychiatry Center	Dakota Medical Foundation
June 4, 9am - 1pm	July 12, 6pm - 10pm

Sign up now at: www.ndsc.org/TrainingCalendar

TRAFFIC Safety **NDSC**
NORTH DAKOTA SAFETY COUNCIL





Are you a Thrivent member? If so, would you like to support Safe Kids and the work that we do? We are now eligible to accept Thrivent Choice and Thrivent Action Team dollars. They are helping people to live generously and we are putting the money to good use to keep kids safe. Learn more at this site and call Safe Kids Grand Forks (701.780.1872) to see what projects we have going on that you can support with your Thrivent dollars - a WIN-WIN (just for being a member).

<https://www.thrivent.com/making-a-difference/living-generously/thrivent-choice/>

Abbey's Hope Reminds Parents To Stay Alert at Indoor Pools & Waterparks

Summer has arrived but families continue to visit indoor water parks as part of their summer vacation plans. Caution should be taken, however, to practice the same diligent supervision required when children are swimming outside.

As we patiently await warmer temperatures to swim outdoors, families are beating boredom by taking weekend trips and passing time at hotel pools and indoor waterparks," said Katey Taylor, Abbey's Hope co-founder and mother of Abbey Taylor, who died of complications from injuries due to an improperly maintained pool drain. "Some adults assume that indoor hotel and school pools are less dangerous than beaches or larger outdoor pools, and this can lead to inconsistent pool supervision."

About 88 percent of child drowning deaths occur with an adult nearby. Regardless of whether a lifeguard is on duty, or whether children are swimming indoors or outdoors, pools and waterparks always pose a risk.

Abbey's Hope reminds parents to be vigilant in the following ways:

Become a Water Watcher: Make sure an adult watches children in the pool, even indoor pools & water parks, at all times. Assign a "water watcher" and switch off that duty when the assigned person needs a bathroom break or to tend to other activities.

Teach swimming and lifesaving skills: Ensure your children know how to swim, float, tread water and get in and out of the pool safely. The summer is a good time to enroll in

lessons and family classes. Take First Aid and CPR classes.

Avoid dangerous drains: If you spot a loose, missing or broken drain cover, report it to the pool operator or hotel management immediately. Tie up long hair or secure with a swim cap and warn children to stay away from drains and other openings.

Other safety devices: Be prepared to use other available life-saving equipment such as a cell phone, life rings and reaching poles.

Heatstroke – It Doesn't Just Happen to “Bad” Parents

It doesn't have to be hot outside to make the inside of a car really hot. Temperatures inside a car can rise 20 degrees in only 10 minutes! With summer on its way here, Safe Kids talks a lot more about heatstroke and always looking in the back seat to make sure a child isn't forgotten in the car. A common response we hear is, "I'm not a bad parent, I'm not going to forget my child in the car." While it is probably true that these are excellent parents saying this, it isn't always bad parents that this happens to; its busy parents or those that are out of their normal routine. (Over half of the heatstroke deaths that occur in the United States are due to parents forgetting a child in the car.) If you are not normally the one to transport your child, it can be easy to go about your normal driving routine, thinking about a million other things and forget about the sleeping or quiet child in the back seat. To avoid this preventable tragedy, create reminders for

yourself like always looking the back seat before you leave your vehicle or place your purse or cell phone in the back seat, set reminders on your calendar, or ask your childcare provider to contact you if your child hasn't arrived by a certain time.

So now that you have reminders in place so your child isn't forgotten in the car, make sure you keep your car locked so a child doesn't get into a car on their own. Around 30% of children that die of heatstroke are those that end up trapped in a car – kids love to play in cars, but don't always know how to open or unlock the doors to get out. Ask your neighbors to lock their cars, lock your car and keep your keys out of your child's reach. A child's body heats up 3-5 times faster than an adult's. When the body temperature reaches 104

degrees, the internal organs start to shut down. When it reaches 107 degrees, the person dies. In 2015 there were 25 children that died of heatstroke in the US – help us reduce that number by remembering to ACT (see below).



Your car heats up faster than you think. Help reduce the number of deaths from heatstroke by remembering to ACT.

- A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.
- C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination.
- T:** Take action. If you see a child alone in a car, call 911.

Take them with you. It's the law.

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never

leave a child alone in a car, not even for a minute.

Children overheat 4 times faster than adults.

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If you see a child alone in a car, call 911 right away.

Watch for this sign in Grand Forks and the surrounding communities this summer! Thank you to all the local businesses that have stepped forward and said they want to help prevent heatstroke by placing these reminders in their businesses. If you know of a business that would be interested in displaying this 8x10 sign, it is available at no charge in either a window cling format or on cardstock, please have them contact Jasmine at 701.780.1660.



2016 Injury Prevention and Control Conference



Injuries- violence and unintentional- are a major burden on public health in North Dakota. The 5th North Dakota Conference on Injury Prevention and Control, “Bringing the Pieces Together” is focused on the prevention and intervention of injuries. The conference hosted at the Radisson in Bismarck, North Dakota on August 10-11, 2016 will bring together professionals, advocates and researchers to share information and experiences concerning injury prevention and control.

The conference goal is to provide attendees with innovative strategies and relevant information to reduce injury and violence in North Dakota. The conference will feature several well-known speakers from across the country and North Dakota. Speakers include:

- **Carolyn Cumpsty Fowler - Professor, Johns Hopkins Center for Injury Research and Policy**– Dr. Fowler will be the opening keynote featuring an interactive session exploring why injury is a problem, what causes it and how to logically approach injury.

Understanding the dynamics of injury is critical to prevention.

- **Jeremy Tri - Investigator, U.S. Consumer Product Safety Commission**- Mr. Tri will offer two sessions, the first session will discuss playground equipment falls and other common playground injuries. His second session will focus on consumer and professional fireworks and the most common historical injuries will be identified as well as safety and common sense measures to prevent these injuries.
- **Samantha Bruers – Director, American Foundation for Suicide Prevention**- Ms. Bruers will discuss the warning signs and risk factors that can help prevent people from dying by suicide. She will also share facts and statistics about the suicide levels in the state and prevention programming.
- **Robert Ticer- Chief of Police, Avon Police Department, Colorado**- Chief Ticer will discuss the history of legalized marijuana in Colorado and about the impacts on the state and public safety since the passage of Amendment 64.
- **Erik Dietrich - Motorized Recreation Coordinator, ND Parks and Recreation**-

Erik will introduce ND’s Off-Highway Vehicle laws, injury statistics, current trends, training requirements and safety information related to this equipment.

- **Jeffrey Bucholz- Co-director, We End Violence**- While examining cultural attitudes, Mr. Bucholz will provide an interactive presentation to build participants skills to address the root causes of bullying so they can help communities have honest dialogues about how to both prevent and respond to it. Participants will learn specific primary prevention strategies for engaging students, parents and schools.

Also featured will be several breakout sessions focusing on bullying, traffic safety, domestic and sexual violence, general injury prevention, suicide and mental health. Continuing education credits are being requested.

For more information, please call 701-328-4536 or visit the conference website at <http://www.ndhealth.gov/injury/trainings.htm>.

Take Action to Prevent Heatstroke in Cars

SAFE KIDS
WORLDWIDE



When should I be destroyed?



If the crash history is unknown the car seat should not be used.

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?

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.

If the car seat is recalled. To check for recalls or obtain registration information, visit www.nhtsa.gov.



When should I be destroyed?

When should I be destroyed?



If the car seat is involved in a vehicle crash. Visit 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.

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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



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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Is my life jacket correct?

Life jackets come in sizes to fit babies through large adults. They are intended to keep you afloat in lakes, rivers, pools and other bodies of water. Worn correctly, they work!

Life jacket should fit snug around the chest and should not ride up on your body when in the water.

Check for a weight limit on the inside of the life jacket. Use the correct size based on weight.

Straps should be pulled tight and not twisted.

All buckles should be fastened.

Damaged life jackets should be discarded and replaced. Check often for holes, tears and buoyancy.

Some smaller weight life jackets have a strap between the legs, too. Be sure to fasten that for extra protection.



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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.



SAFE KIDS



SUMMER

2016 CAR SEAT CHECKS

- May 26 Safe Kids Grand Forks, 1:30 - 4 p.m.
(by appointment, call 701.780.1489)
- June 2 Grafton (Hanson's Auto & Implement) 4:30 - 6 p.m.
- June 6 Grand Forks (Auto Finance Super Center) 4:30 - 7 p.m.
- June 8 Park River (Sunshine Kids Center) 4 - 5:30 p.m.
- June 9 Grand Forks (Rydell Cars) 4 - 7 p.m.
- June 21 Grand Forks (Early Head Start) 2:30 - 4:30 p.m.
- July 7 Grafton (WIC) 10 a.m. - 4 p.m.
- July 13 Roseau (LifeCare) 3 - 6 p.m.
- July 14 Grand Forks (Rydell Cars) 4 - 7 p.m.
- July 18 Larimore (Little Lambs) 4 - 6 p.m.
- July 21 East Grand Forks (Head Start) 3 - 6 p.m.
- July 28 Crookston (Brost Chevrolet) 4:30 - 6 p.m.
- August 4 Grafton (Hanson's Auto & Implement) 4:30 - 6 p.m.
- August 11 Grand Forks (Rydell Cars) 4 - 7 p.m.

For more information on each event, visit www.safekidsgf.com
or Facebook, Safe Kids Grand Forks.



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GRAND FORKS

Medication Safety

Today, there are more medicines in the home than ever before, increasing the potential risk to children of accidental medicine poisoning.

In 2013, more than 59,000 young children were seen at emergency rooms because they got into medicine while the caregiver wasn't looking – that's about four busloads of kids every day. Said another way, that's a child going to the ER every 9 minutes.

The good news is that child-related accidental medicine poisonings have declined from their peak in 2010.

However, we can't let our guard down. Almost every minute of every day, there is a call to a poison control center because a child has gotten into medicine.

Parents and caregivers are the first line of defense in ensuring that children of all ages are safe from medicine poisoning, and if you ask any parent, they'll tell you they know to keep medicine up and away from children. So what's happening that leads to this disconnect between what families think they have under control and what we know based on the numbers?

Sometimes, parents and caregivers make choices of convenience that unintentionally put children at risk, such as carrying medicine in a purse or storing it in a pillbox. Sometimes they don't recognize that it can take only seconds for a child to get into a medicine. Families may not even realize that products like vitamins or diaper rash products can be very harmful if ingested accidentally.

All families with children need to be aware of the risks of medicine poisoning. This includes being vigilant about protecting young children by ensuring safe storage of medicine and teaching older children and teens about medicine safety.

With support from Children's **TYLENOL**®, the newest research report from Safe Kids Worldwide is a call to action for parents and caregivers. The Rise of Medicine in the Home: Implications for Today's Children shares the facts, provides insights about risk factors for accidental medicine poisoning learned over five years of research in medicine safety and highlights what families need to do to keep their

children safe.

How Things Have Changed

There are more medicines in the home today than ever before:

- There were 4 billion prescriptions filled in 2014.
- That's more than 125 prescriptions filled every second.
- That's almost three times as many as were filled in 1980 (1.4 billion).

The average household is changing as well. The number of children whose grandparent was the head of the household has more than doubled during a similar timeframe. It's estimated today that more than seven million grandparents in the U.S. live with their grandchildren.

With the population aging and living longer, grandparents have more opportunities to play a greater role in raising their grandkids. Today, 67% of grandparents live with or within 50 miles of at least one grandchild. And almost a third of those grandparents see their grandchildren more than once a week.

There are more situations than ever where a child could get into medicine either at home or while visiting a grandparent or caregiver. The increased risk requires increased vigilance by families to ensure safe storage.

Medicine Poisonings Happen Every Day

While the problem of medicine poisoning has shown improvement in the last five years as awareness efforts have stepped up, it remains a significant issue and we are alerting families to take immediate action. Almost every minute of every day, there is a call to a poison control center because a young child got into a medicine not meant for them or were given too much or the wrong medicine.

The children most at risk are the very young, which is not surprising because they actively explore the world around them and often put what they find in their mouths. In fact, about 7 out of 10 visits to the ER for accidental exposures to medicine involve 1 and 2 year olds. And young children make up the vast majority of medicine-related calls to poison control centers for children – three out of four calls in 2014 were about a child age 1 to 4.

In 2013, there were nearly four thousand

general calls for teens ages 15 to 19, eight percent of which resulted in serious effects.

Medicine Risks Vary with Age

The two groups of children at greatest risk for unintentional medicine poisoning are young children, ages 1 to 4, and teens ages 15 to 19. So parents need to remember that medicine safety is very important from the time a child is born until they become adults.

When children are very young, parents can keep them safe by keeping medications up and away and out of reach and sight.

As children get older, parents can start to teach them about the importance of reading and following the directions on the label.

Taking the time to talk to kids about medicine safety, modeling responsible medicine use behavior and reminding them to only take medicines under the guidance of a parent or trusted adult can help ensure that they avoid accidental harm.

What We Know About Kids Getting Into Medicine

Kids are finding medicine in places that aren't "up and away." They're finding it in pillboxes, on the ground, in purses or diaper bags, on counters and in reachable cabinets and in refrigerators. Out of sight alone isn't enough for curious kids.

We looked at ER records where details were available about whose medicine was involved. They report that almost half the time (48%), the medicine belonged to a grandparent. 38 percent of the time it belonged to parents and seven percent to a sibling.

So it's important that all family members get in the habit of putting medicine out of reach and out of sight every time it's used.

The top medicines involved in calls to poison control centers for children ages 5 and under are:

- ibuprofen (like Advil®, Children's Advil®, MOTRIN® and Children's MOTRIN®)
- Diaper rash products (such as DESITIN®, Calmoseptine™)
- Children's vitamin tablets without iron or fluoride
- Children's acetaminophen (such as Children's **TYLENOL**®, Feverall®)
- Antihistamines.

Article continued on the following page



Parents may not think of certain products as being harmful, including vitamins, diaper rash creams, eye drops, laxatives and vapor rub creams with camphor. However, they can be dangerous if they are ingested by a child.

The reality is that parents and caregivers need to be vigilant not only about prescriptions and OTC medicines, but vitamins and supplements as well. Focusing on only those assumed to present the greatest risk can lead to a false sense of security.

What We Know About Kids Getting the Wrong Amount of Medicine

In addition to accidental medicine ingestions, there is a smaller proportion of poisonings that involve a dosing error. Of the 447,037 medicine-related calls to poison control centers for children ages 5 and younger reported in 2014, 13 percent were for a dosing error. Among more serious emergency department visits for children ages 5 and younger, an estimated five percent are a result of dosing errors. There are two main drivers that lead to young children getting the wrong amount of medicine:

- Errors related to measurement, like giving too much of a medicine, and
- Errors related to timing of doses, like giving medicine too close together.

Using the specific dosing device that comes with the medicine will help avoid measurement errors that occur when things like teaspoons or kitchen spoons are used.

For timing errors, using a medicine schedule or sending a text to the next caregiver can help reduce doses being given too close together.

Top Tips for Parents

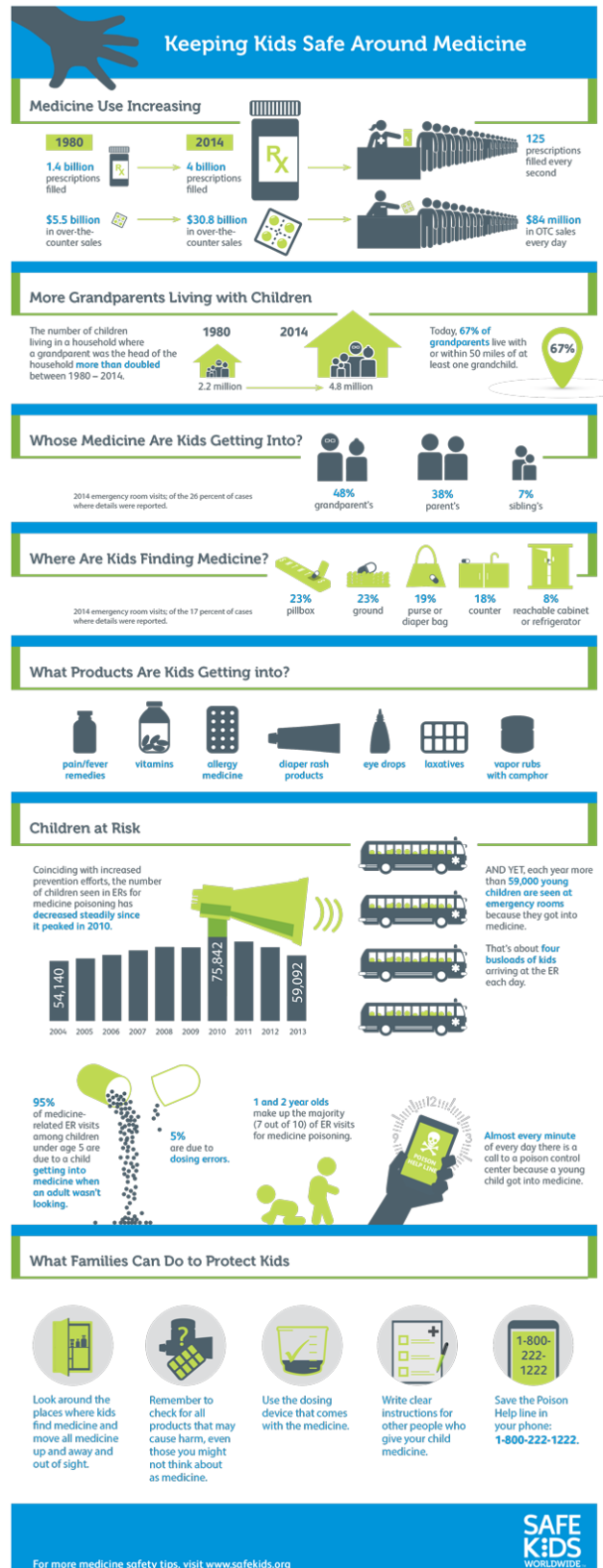
- **Put all medicine up and away and out of sight.**
- **Check all the places where kids get into medicine.** Kids get into medication in all sorts of places, like in purses and nightstands. Place purses and bags in high locations, and avoid leaving medicine on a nightstand or dresser.
- **Remember to safely store all potentially harmful health products.** Health products such as vitamins, diaper rash creams, eye drops and even hand sanitizer can be harmful if kids get into them. Store these items

up, away and out of sight.

- **Only use the dosing device that comes with the medicine.** Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount of medicine as a dosing device.
- **Write clear instructions for caregivers about your child's medicine.** When other caregivers are giving your child medicine, they need to know what medicine to give, how much to give and when to give it. Using a medicine schedule can help with communication between caregivers.
- Save the Poison Help line in your phone: 1-800-222-1222. Put the toll-free number for the Poison Control Center into your home and cell phones. You can also put the number on your refrigerator or another place in your home where babysitters and caregivers can see it. And remember, the Poison Help line is not just for emergencies, you can call with questions about how to take or give medicine.

Talk to your kids about medicine safety and the dangers of misusing any medicine.

Visit safekids.org for more tips.



Safe Kids Day – Another Great Event!



We held our 4th annual Safe Kids Day on April 9th at Century Elementary School.

This fun and educational event was a great way to learn about all the injury prevention topics that Safe Kids Grand Forks covers. We had interactive games for kids and information for caregivers. Everyone that attended took home lots of great prizes!

Safe Kids Day is a way for us to raise funds to keep our program going, this year we raised over \$4,000! Thank you to our presenting sponsor, THI Hospitality and their hotels: America's Best Value Inn, Days Inn,

Knights Inn & Suites, Quality Inn, Ramada, Rodeway Inn and Super 8. Thank you to our many other sponsors that also made a monetary donation or supplied prizes for our booths and door prizes. This event wouldn't have been possible without the help of our many volunteers that ran the 20+ booths as well! Safe Kids Grand Forks really is a community organization!



SAFE KIDS DAY

Thank You to our Sponsors

Presenting Sponsor:

THI Hospitality



Gold Level:

- AAA
- Alerus
- Altru Family YMCA
- Grand Forks Park Board
- Scheels
- Wideth Smith Nolting

Silver Level:

- Abbott Nutrition
- Bank Forward
- Black Gold
- Bremer Bank
- Camrud, Maddock, Olson & Larson
- Choice Financial
- First State Bank
- Frandsen Bank & Trust
- Grand Forks Public Health
- Lowe's
- Polish National Alliance
- Sam's Club
- Your QFM

Bronze Level:

- Altru
- Arby's
- Carmike 10
- Century Elementary School
- Cherry Berry
- Citizens State Bank
- Culver's
- Dairy Queen
- Green Mill
- Happy Joe's Pizza
- Hornbacher's
- Perkins
- Red River Valley Gymnastics
- River Cinema 15
- Spicy Pie
- Taco John's
- Valley Dairy
- Wendy's



We thank you for your support of our injury prevention programs. Together, we are keeping kids safe!!



Nissan/Infiniti Issues Two Recalls Affecting Children

Nissan/Infiniti is recalling 3,177,645 cars in the U.S. due to continuing problems with the vehicles' Occupant Protection Classification (OPC) software, which determines whether the front passenger air bag should deploy based on whether an occupant is present and that occupant's size.

In one recall affecting all 3,177,645 vehicles, defective OPC sensors might incorrectly think that an adult is a child or classify the seat as empty, thus turning off the air bag. A second recall applies only to the 620,000 Nissan Sentras, in which there's the possibility of the opposite problem: OPC sensors that don't power off the air bag when they should.

CPSTs should warn caregivers that:

- Children are always much safer in the rear, as recommended by Nissan. Drivers should check the status of the indicator light on the dash to confirm its accuracy, especially when a passenger is seated in the front.
- This recall expands on earlier recalls and also re-recalls models that were

previously recalled; owners should contact Nissan for the fix even if they have done so before.

- The second recall problem that affects the 2013-2016 Sentra sedan is directly related to CR use in the front passenger seat. These vehicles must also have their front seat belt brackets reinforced because, when a CR is installed in the front (which Nissan discourages) and the seat belt is "significantly over-tensioned" during installation, the bracket can become deformed and cause the sensor to fail to turn off the air bag.

Models included in the first recall:

2016–2017 Nissan Maxima
2015–2016 Murano and Chevrolet City Express
2014–2017 Rogue
2013–2017 Pathfinder
2014–2016 Infiniti QX60 and Q50
2013–2016 Altima, Leaf, and Sentra
2013–2016 NV200 (including the taxi model starting in 2014)
2013–2016 Altima, Leaf, and Sentra
2013 Infiniti JX35

(Note: The Chevy City Express is a re-badged version of the Nissan NV. Registered owners will be notified by Chevrolet.)

Model additionally affected by the second recall:
2013–2016 Altima, Leaf, and Sentra

Remedy:

Owners should contact their Nissan dealer. At the time of the recall, Nissan had not yet developed the fix and it was not able to predict its availability.

Until the problem can be corrected, refrain from installing a CR in that position and use caution when transporting occupants in the front passenger seat by checking the accuracy of the dashboard indicator.



Driveway Safety

We get very few months of nice warm weather in our part of the country. When we do, we want to spend as much time outside as possible. Please keep these driveway safety tips in mind all year round, but especially in the summer when there are extra kids playing outside.

Check Your Car and Driveway for Kids

- Take a few seconds to walk all the way around your parked car to check for children
- When checking for kids around your vehicle, see if anything that could attract a child (pet, bike or toy) is under or behind your vehicle before getting in and starting the engine.
- Ask an adult to supervise and find a safe spot for children to wait when

nearby vehicles are about to move and make sure the drivers can see them.

Limit Play in the Driveway

- Be sure to pick up toys, bikes, chalk or anything else from a the driveway so that these items don't entice kids to play.
- Find and use safe play areas for children, away from parked or moving vehicles. Teach kids to play in safe areas instead of in, around or behind a car.
- Don't allow children to play unattended in parking lots or driveways when cars

are present.

Lend a Hand to Younger Kids

- Hold hand while walking near moving vehicles in driveways, parking lots or on sidewalks





I Got Caught!

3 Steps to Safe Summer Fun!

1) Wear a Helmet

With the long days of summer upon us, children across North Dakota are becoming more active outside with bicycles, skateboards, inline skates and scooters. While these activities can provide good exercise, they also require a level of safety. It's a fact helmets save lives and reduce injuries. That's why AAA has partnered with Dairy Queen (DQ) the North Dakota Sheriffs and Deputies Association, the North Dakota Chiefs of Police Association, Safe Kids Grand Forks and Safe Kids Fargo-Moorhead for AAA's "I Got Caught" program.

2) Get Caught

During the summer months, children across the state will be rewarded with a free DQ ice cream cone when spotted wearing a helmet by a law enforcement officer in participating communities. When "caught", law enforcement will "cite" the child by issuing them a mock "ticket". The ticket can be redeemed for a free small ice cream cone at participating DQ restaurants.

3) Go to Dairy Queen!

To find a DQ restaurant near you, visit DairyQueen.com.

Share your Helmet Safety Selfie!	Dairy Queen	AAA North Dakota
	@DairyQueen #LOVEMYDQ	@ACGTSF #SafeSummerND



North Dakota
Chiefs of Police Association



Working together to make safe communities throughout North Dakota



More Kids Being Poisoned by Detergent Pods

By Steven Reinberg
HealthDay Reporter



A growing number of small children are getting their hands and mouths on colorful detergent pods, with serious and sometimes fatal consequences, a new study finds.

Among more than 62,000 calls made to emergency departments for poisoning from any kind of laundry or dishwashing detergent from 2013 to 2014, 17 children were in a coma, six stopped breathing, four had fluid in their lungs and difficulty breathing, and two died. "Over 60 percent of these calls were due to laundry detergent packets," said lead researcher Dr. Gary Smith, director of the Center for Injury Research and Policy at Nationwide Children's Hospital, in Columbus, Ohio.

"That's about 30 children a day, or one child about every 45 minutes," he said. "Over the two years of the study, poisoning from detergent packets increased 17 percent, and in 2015 there was another 7 percent increase," Smith said.

Laundry detergent packets are more toxic than other forms of detergent and cause more hospitalizations and serious medical problems, Smith explained.

These packets look attractive to children, who could mistake them for food or candy, he said. "All they have to do is put them in their mouth and bite down and the packet will burst, and once these toxic chemicals get down their throat the game's over," Smith added.

Given this growing problem, Smith said that parents of children under the age of 6

years should not have these products in the home. "They should use traditional detergents, which are far less toxic," he said.

A recent standard to make these products safer was adopted by detergent packet manufacturers, but the voluntary standard isn't strong enough because the number of poisoning cases keep increasing, Smith said. "We may have to strengthen that standard," he said. "If that doesn't work, then these products should be taken off the market, because we do have safer, effective alternatives."

"There is no reason why we should be seeing children rushed to hospitals in [a] coma and to see two deaths over two years," Smith said. "We don't have to expose children to these threats."

Laundry detergent pods, especially those with liquid detergent rather than granules, were the most harmful to children who ingested them, Smith said.

Two-year-olds accounted for slightly more than 16 percent of dishwasher detergent poisonings and just over 30 percent of laundry detergent poisonings, the researchers found. When a child swallows a packet, parents should immediately call poison control officials and follow their instructions, Smith said.

Dr. Barbara Pena, research director in the emergency department at Nicklaus Children's Hospital in Miami, said companies have to do something to make these products safer. People need to keep these products out of sight so children can't get into them, she said. "They should be treated just like medicine."

Ideally, parents of young children would not have them in the home, Pena said.

Jeanie Jaramillo is managing director of the Texas Panhandle Poison Center and an assistant professor at Texas Tech University Health Sciences Center's School of Pharmacy, in Amarillo. "The increasing use of these products

indicates a preference for the packets over non-packet detergent forms, despite the dangers," she said.

"Unfortunately, the industry standards for packaging are inadequate to protect children from the dangers that these products pose," Jaramillo said. Although the packages are now opaque, the packets are still brightly covered and not tamper-proof, she said. "From a poison-control perspective, use of individual, child-resistant packaging around each packet is likely to be the best single measure for reducing poisonings in children from these products," Jaramillo said.

In 2015, Consumer Reports removed liquid laundry pods from its "recommended" list because of the dangers they pose to small children. "Even one death from exposure to laundry detergent packets is too many," Jaramillo said.

In response to the study, the American Cleaning Institute said Monday that manufacturers are working on a series of packaging and labeling steps that will be part of new international standards intended to reduce accidental exposure to the cleaning products.

The standards will include "secure package closures designed to challenge the typical strength, mental acuity and/or dexterity of a young child," the institute said in a news release.

There will also be first-aid instructions on the products' packages, the group said.



Sports Safety 101: Concussion

1.



Look for signs and symptoms of concussions.

2.



When in doubt, sit it out.

3.



Back to play, when the doctors say.

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Parents—Know the signs and symptoms of a concussion and seek medical care if you suspect one. If your child has any signs of a concussion, it is important to “sit them out” until a medical provider gives them the go ahead to get back in the game.

Just as you send shin guards with soccer players or a glove and bat with your baseball or softball player, water to stay hydrated is just as important. Make sure your athlete has a water bottle in hand as they head to the field and that water is available during practice and games. Drink before, during and after sporting activities for the best performance and to stay safe from dehydration.

Sports Safety 101: Hydration

1.



Drink water before, during and after play.

2.



Know the signs and symptoms of dehydration.

3.



Hydration is essential for staying in the game.

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Helmet and Bike Safety Tips

Biking is one of the top recreational activities in the U.S., but like everything else, it has its risks. More than 70% of children ages five to 14 ride bicycles. This age group accounts for approximately 21% of all bicycle-related deaths and nearly half of all bicycle-related injuries. Every year, more children go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Because bicyclists often share the road with other vehicles, they must take extra precautions when they ride.

The single most effective measure for reducing head injury and death from a bicycle crash is to wear a helmet. Helmet use reduces the severity of a head injury when a crash occurs. According to the National Safety Council, cyclists who wear

a helmet reduce their risk of head injury by an estimated 60% and brain injury by 58%.

The North Dakota Safety Council provides the following safety tips to help keep you and your children safe while biking this summer:

- Make sure to have a fitted helmet and wear it every time you ride.
- Avoid riding at night if possible. If you must, be sure you are visible by wearing bright colored and/or reflective clothing, and using a front and rear light.
- Stay to the right and ride with traffic.
- Use appropriate hand signals when turning and stopping.
- Avoid wearing headphones while biking. They can impair your ability to hear traffic.

- Keep your bicycle properly maintained by having it checked at least once a year.

Don't forget to model and teach proper behavior at all times. Learning and practicing safe bike riding skills can help you stay safe and prevent crashes.

This article has been submitted by the North Dakota Safety Council, our partners in injury prevention.



A Bike Helmet Story

I was told growing up that I needed to wear a bike helmet, but once I was old enough to make my own decisions that thing went on a shelf in the garage and collected dust.

Fast forward 20 years and I am now the mom of an energetic 3 year old boy, Gavin. When he rides his bike or is in the bike trailer, I make sure he wears a helmet. He loves that thing and wants to wear it all the time! (Even while 'mowing' the lawn or riding in the stroller.)

Gavin knows you have to wear a helmet to "be safe". He notices every bike or motorcycle we pass and tells me if they are wearing a helmet or not.

Last summer, Gavin asked me where my bike helmet was. Not knowing what to tell him, I lied and said I didn't know and we would have to find it. He asked again the next time I got on my bike and I gave him the same answer.

I started to think about leading by example and knowing that wearing a bike helmet is

the safe thing to do. I didn't have a good reason for not wearing one, other than I didn't think it was 'cool'. But who am I kidding, I'm 33 years old. I am too old to worry about looking cool!

So here I am, with my new bike helmet from Safe Kids Grand Forks! If you were like me and not wearing a bike helmet... don't wear one for yourself, wear one for your kids!

-Jasmine Wangen

Jasmine is a staff member of Safe Kids Grand Forks. While we are proud of her leading by example for our community as a staff person, we are even more proud of her doing it as the mother to two beautiful kids. Crashes often happen and while it may not be your fault, "when a car meets a bike, car wins every time". Safe Kids Coordinator, Carma Hanson gives a high-five to Gavin for getting his mom in a helmet (and for the record, we have redefined "cool" and think Jasmine is ROCKING it, just like Gavin)!!

(Carma Hanson)



Fire Safety Tips for Outdoor Entertaining

The days are getting warmer! As we head outside to enjoy the summer, take the time to think about fire safety. Outdoor entertaining is popular with cooking, relaxing and games on the menu. However, many involve fire. Keep your family and friends safe with NFPA's safety tips at nfpa.org/safetytips or nfpa.org/grilling.

It's time to light up the grill for burgers and hot dogs! Did you know that roughly half of the injuries involving grills are thermal burns? A lit grill is extremely hot and can cause serious burn injuries.

- Place grills well away from anything that can burn including people. NFPA offers a tip sheet for safe grilling including checking the gas tank hose for leaks and how to get the charcoal ready to use.

Fire pits and fireplaces are becoming more common with our outdoor entertainment. Keep safety in mind and always have an

adult present when using these fireplaces.

- Keep children at least three feet away. For extra safety, use a baby gate to prevent young children from contact with the open flames.
- Place seating at least three feet from the fireplace. Use extra -long marshmallow roasting sticks and keep an eye on children when they are roasting their marshmallows. Remember to let marshmallows cool before a child takes a bite.
- Volleyball and Cornhole are fun activities when entertaining outdoors. Remember, to keep game activities away from cooking and open flame areas.

Candles are often used to decorate and/or to keep bugs away. But remember, a candle is an open flame. Use caution when using candles and patio (tiki) torches. They can cause a fire or fire-related injury if they fall or get knocked over.

- It is best to use battery-operated flameless candles and solar-powered patio (tiki) torches.
- Use candle holders that are sturdy and won't tip over.
- Place candles at least three feet from anything that can burn and well-away from activities.
- Keep children and pets at least three feet from open flames.

Let the fun begin!

This information has been provided by our partners in injury prevention, the NFPA (National Fire Protection Association). We thank them for keeping families safe from fire injuries and deaths.



Optimize Bone Health for Injury Prevention

Help your athlete stay safe while training and conditioning by providing the tools to optimize bone health. Calcium is one of the most important minerals for active individuals and helps build bones and teeth to keep them strong. It's also crucial for muscle contraction, nerve transmission, and blood clotting. Your best choices for calcium are milk and yogurt, cheese, calcium fortified almond and soy milk, orange juice with added calcium, dark green vegetables, and fortified breads and cereals.

The Recommended Dietary Allowance for calcium is 1000 mg for ages 4-8 and 1300 mg of calcium for ages 9-18. Read the Nutrition Facts panel to help you identify foods rich in calcium. The amount of calcium will be listed on the label as a percentage. Just multiply that percentage by 10 to get the milligrams of calcium in

one serving. For example if a food has 20% of the recommended daily intake of calcium in one serving, that's 200 mg of calcium in one serving (20x10=200).

About 40-60 percent of peak bone mass is accrued during adolescence, a time when some teens start to forego high calcium foods like milk and yogurt for other less nutritious choices. Encourage your athlete to consume calcium rich foods, milk at meals and yogurt and cereals for snacks for strong healthy bones.

High Calcium Snack Ideas:

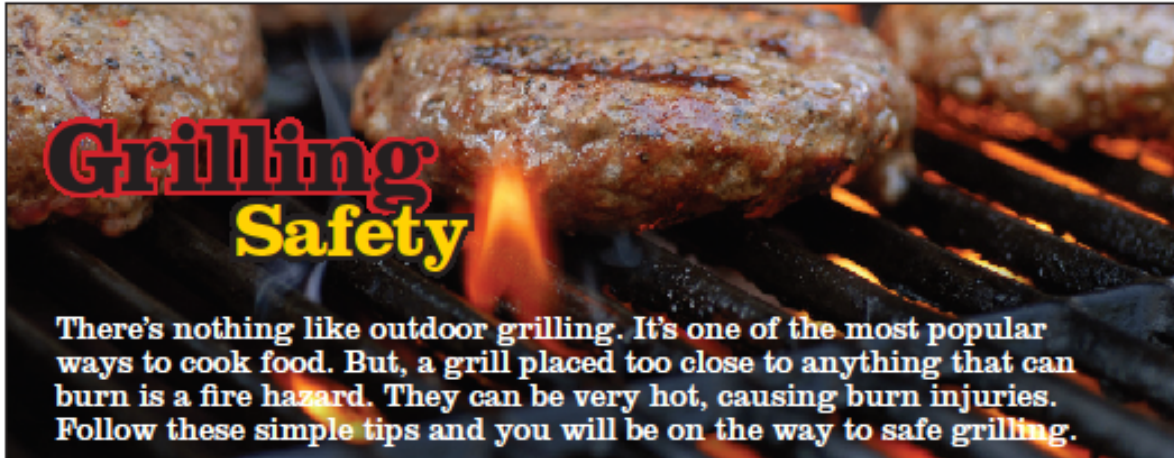
- Hot chocolate made with milk
- Yogurt with fruit and dry cereal
- Frozen yogurt
- Cheese and crackers
- Smoothies made with fruit, yogurt, and milk

services call our team of Sports Dietitians: Jenn at 701.732.7624 or Becky at 701-780-6855. This information has been provided by: Becky Westereng RD, CSSD, LD, CDE Board Certified Specialist in Sports Dietetics



For more information on sports nutrition





Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

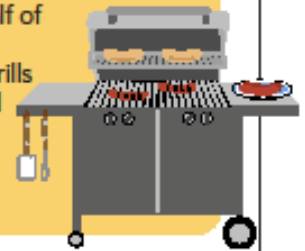
PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least 15 minutes before re-lighting it.

FACTS

- ❗ July is the peak month for grill fires.
- ❗ Roughly half of the injuries involving grills are thermal burns.



Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education





User Guidelines For Multi-use Trails

by David Mozer

Trails (or paths) for non-motorized use have become very popular resulting in congested and potentially hazardous situations. Regardless of whether you are bicycling, walking, jogging, or skating, if you follow the same set of rules as everyone else, your trip will be safer and more enjoyable.

Help make the multi-use trails safe for everyone by using the following guidelines:

Be Courteous. All trail users, including bicyclists, joggers, walkers, wheelchairs, skateboarders, bladders and skaters, should be respectful of other users regardless of their mode, speed or level of skill.

Be Predictable. Travel in a consistent and predictable manner. Always look behind before changing positions on the trail.

Don't Block The Trail. When in a group or with your pets, use no more than half the trail so as not to block the flow of other users.

Keep Right. Stay as near to the right side of the trail as is safe, except when passing another user.

Pass On The Left. Pass others, going your direction, on their left. YIELD TO SLOWER AND ON-COMING TRAFFIC. Use hand signals to alert those behind you of your moves. Look ahead and back to make sure the lane is clear before you pull out and pass. Pass with ample separation and do not move back to the right until safely past. REMEMBER: KIDS AND PETS CAN BE UNPREDICTABLE.

Stopping. When stopping, move off of the trail. Beware of others approaching you from behind and make sure they know you are pulling over.

Give Audible Warning BEFORE Passing. Give a clear signal by using voice, bell or horn before passing. Give the person you are passing time to respond. Watch for their reaction. So that you can hear these signals, don't wear head phones on the trail.

Obey All Traffic Signs And Signals. Use extra caution where trails cross streets. Stop at all signs and intersections and be cautious when crossing driveways. When entering or crossing a trail yield to traffic on the trail.

Use Lights At Night. Be equipped with lights when using a trail at any time from dusk to dawn. Bicyclists should have a white light visible from five- hundred feet to the front and a red or amber light visible from five-hundred feet to the rear. Other trail users should have white lights visible from two-hundred fifty feet to the front, and a red or amber light visible from two-hundred fifty feet to the rear.

Don't Use A Trail Under The Influence Of Alcohol Or Drugs. Don't overestimate the safety of any trail. You may need all of your reflexes quickly -- don't have them impaired.

Be Respectful Of Private Property. Trails are open to the public, but often the land on the side of the trail is private property. Please respect all property rights.

Clean Up Litter. Do not leave glass, paper, cans, plastic, or any other debris on or near a trail. If you drop something, please remove it immediately.

Have You Outgrown Trails? Trails have engineering and design limits. If your speed or style endangers other users, check for alternative routes better suited to your needs. Selecting the right location is safer and more enjoyable for all concerned.

Always Exercise Due Care And Caution.

Bike/Multi-sport Helmets For Sale From Safe Kids Grand Forks

Toddler size bike helmets
Blue or pink - \$8.00

Child & adult size bike helmets (S-M-L)
Red, black, blue or purple - \$8.00

Child & adult "true multi-sport" helmets (S-M-L)
Blue, black or white - \$12.00

Elbow, knee, wrist guard sets (S-M-L) – Black - \$12.00

If interested in purchasing a helmet or pads for you or your child, please contact
Patty Olsen at 780-1856 or polsen@altru.org



AAA Student Safety Patrol Update:

The American Automobile Association has been training students to serve as safety patrols across the United States for over 90 years. Since the fall of 2014, five schools in Grand Forks have instituted safety patrol programs at their schools. Here's an update on the hard work of our young leaders:

Viking Elementary: In the fall of 2015, we prepared eight 5th grade students to work as safety patrollers throughout the school year. School counselor Tana Thorfinnson served as the school-based patrol supervisor throughout the year, helping students manage schedules and equipment. On Thursday, May 5th, we had the opportunity to honor these students at an assembly. Gene LaDoucer, our AAA representative, traveled up from Fargo to recognize the hard work of the Viking patrollers. We appreciate the support of their new principal, Joyln Bergstrom, in supporting the continuation of the safety patrol program.

Discovery Elementary: Shortly after Discovery Elementary opened last fall, a large group of 5th grade students were trained as patrollers, assisting with the loading/unloading of students, keeping students away from traffic and serving as role models. Due to the success of the program, Principal Ali Parkinson and counselor Katrina Brekke selected a group of 4th grade students to serve in this role next fall. The fourth graders have already been trained and have been practicing this spring. We will be recognizing their efforts as a school assembly on Thursday, June 2nd.

Century Elementary: Principal Cindy Cochran and counselor Lori Ring also asked us to work with a group of 5th grade students. Similar to Discovery, these students are helping with loading/unloading on a daily basis. They are also helping the crossing guards with keeping students back from the street when waiting to cross. We look forward to working with a new group of 5th grade students in the fall of 2016.

Winship Elementary: We had a unique opportunity to work with Principal Travis Thorvilson and English Language Learner teacher, Chrissy Dewey, to train a group of students to serve as patrollers on the school buses that many of the ELL students ride each day. The enthusiastic students, who are also part of the ELL program, are assisting with the loading of school buses in the afternoon and helping the bus monitor with duties during the ride. These students were exceptionally excited to be chosen for this leadership role.

West: During the middle of May, we began working with our first group of students as West Elementary. The fourth grade patrollers are being prepared to serve during the 2016-2017 school year. Principal Angie Jonasson initiated the program this spring.

We are honored to be one of the first communities in North Dakota to have safety patrol programs. We are grateful to our AAA representative and Safe Kids Coalition member, Gene LaDoucer, for all his support including the provision of the equipment and training supplies. Additionally, without the support of school principals and school-based patrol supervisors, these programs would not be successful.

So, if you are driving by a school and see some hard working students in yellow belts, give them a thumbs up!



Reminder: Safety Patrollers control students, not traffic! We NEVER ask patrollers to step into the street and stop cars – that's for crossing guards and law enforcement.



WINDOW FALLS ARE PREVENTABLE!

About **7** children die, and thousands are injured in falls from windows each year.

Invest **5** minutes and a few dollars to save a child's life.



Screw window guards into the sides of window frames.

Use window stops to prevent windows from opening more than 4 inches.

Move anything a child can climb on to away from windows.

Teach your children to play a safe distance from any window.

**SAFE
K:DS**
GRAND FORKS



Just One Time:

(From the Today Show on Monday, May 16th)

It just took one time of riding a bike without a helmet to change Jaden Rivera's life. After life-saving emergency surgery, Jaden and his mom, Tiffany Rivera, want to share the message that people need to wear a helmet every time they ride a bike.

"Help others be aware of the dangers of riding without the proper safety equipment. This can happen to anyone! The injuries my son had were equal to those in a motorcycle accident," Tiffany Rivera wrote on a Facebook post that went viral, with almost 33,000 shares.

At the end of March, Jaden, 11, was staying with some family members and wanted to try out his new bike. When he put on his helmet, it didn't fit. Everyone figured there was no harm in Jaden riding the bike just this one time without a helmet. But then he fell. When he returned to the house he complained of a scraped knee and elbow but continued playing.

The accident happened on a Monday and when he went home to his mom on Tuesday, he showed her his road rash and complained of the scabbing. But everything else seemed fine.

On Wednesday, things took a turn. After waking, he immediately went to the couch and laid down; he told his mom his head hurt. She noticed a small, squishy bump on his temple, a new injury. Rivera decided to take him to the hospital. As soon as he got into the car he vomited and Rivera knew a trip to the ER was necessary. Doctors conducted a CT scan and discovered the problem. Jaden had a fractured skull and an epidural hematoma, which is bleeding in the brain between skull and the brain's covering.

They showed me the CT scan and the abnormality on the brain and the skull fracture. And then I freaked. To me it looked huge," Rivera tells TODAY. Doctors needed to perform emergency surgery to stop the bleeding and repair the skull. Without it, Jaden's chances of surviving weren't great.

It doesn't matter where a mass is located compartmentally in the brain. If it is compressing in the brain you are going to have problems," says Dr. Brett Osborn, a neurosurgeon at Palm Beach Children's Hospital, who treated Jaden. Osborn says what happened to Jaden seems typical for epidural hematomas. Right after the injury people seem normal.

"You are very very clear and what happens is you go over the proverbial threshold and get real bad, real quick," he says. The reason? The slow trickle of blood mean the symptoms do not start until the blood pools and impacts the brain.

Osborn removed the blood clot and repaired the skull without complication. Only three days after the surgery, Jaden was ready to leave the hospital. While it's almost been two months since the surgery and Jaden has recovered well, he's not completely healed. He can't play football and risk re-injuring his brain.

Jaden wants to share his story as a warning to others. He always wore a helmet, but that one time he didn't he had an accident. His gnarly scar makes him feel self-conscious sometimes. When people gawk at the scar, Jaden says:

"Would you like to know what happened or are you just going to stare at me?"

If people ask what happened, he shares his story and ends with: "This is what happens when you don't wear a helmet."

And, Osborn agrees that prevention works best.

"Wear your helmet. Make sure your kids are wearing a properly fitted helmet—and, in the event of injury, make sure they are assessed."



After being in the hospital for three days for a head injury from a bike accident, Jaden Rivera was ready to go home and be active again.



Helmet and Bike Safety Tips

Biking is one of the top recreational activities in the U.S., but like everything else, it has its risks. More than 70% of children ages five to 14 ride bicycles. This age group accounts for approximately 21% of all bicycle-related deaths and nearly half of all bicycle-related injuries. Every year, more children go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Because bicyclists often share the road with other vehicles, they must take extra precautions when they ride.



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- Avoid wearing headphones while biking. They can impair your ability to hear traffic.
- Keep your bicycle properly maintained by having it checked at least once a year.

Don't forget to model and teach proper behavior at all times. Learning and practicing safe bike riding skills can help you stay safe and prevent crashes.



This article has been submitted by the North Dakota Safety Council, our partners in injury prevention.



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.



Check out our web page for dates of our weekly Bringing Home Baby class for new or expectant parents. It is one class you will be glad you took!!

