



News You Can Use



Child Passenger Safety 2018 Special Edition

State Agencies Partner to Launch *Vision Zero* Traffic Safety Initiative

BISMARCK, N.D. --- On January 18, 2018, Governor Doug Burgum, along with the North Dakota Department of Transportation (NDDOT), North Dakota Highway Patrol (NDHP) and the North Dakota Department of Health (NDDoH), launched Vision Zero as the state’s primary traffic safety initiative. The comprehensive, multi-agency effort’s goal is to continually work toward zero motor vehicle fatalities and serious injuries on North Dakota roads. Each participating agency has a lead role in both educating the public and implementing state laws with respect to traffic safety.

“As a state, we must continually reinvent how we think about traffic safety -- what issues motorists are facing, what technologies help us or distract us - and work to ensure everyone gets home alive,” said Governor Burgum. “While government plays a key role in traffic safety, we can’t view this as solely a government issue, which is why the mission of Vision Zero is so important. By emphasizing the personal responsibility to buckle up and obey the law, we reinforce that prevention is every North Dakotan’s responsibility.”

Vision Zero will be implemented through various strategies, including: (1) widespread public education/outreach, (2) working with the legislature to ensure state laws represent best practices in traffic safety, (3) high visibility enforcement of existing laws, (4) technology advancements, and (5) infrastructure/road safety improvements. Along with the support and action of these lead agencies, private sector stakeholders that share interest in traffic safety will also be included in Vision Zero efforts.

“There is no acceptable number of deaths on North Dakota roads,” said NDDOT Director Tom Sorel. “In 2017, preliminary data tells us there were 113 motor vehicle fatalities and nearly 3,300 injury crashes, resulting in 466 people being seriously injured. It is important that we all remember these are not just numbers. These are people killed and injured in a motor vehicle crash. The NDDOT is proud to help spearhead Vision Zero as the framework to guide all statewide traffic safety activity, enhance what we’ve done to-date, and ultimately save lives.”

2017 ND Top Contributing Factors in MV fatalities	2017 ND Percentage of MV Fatalities	2016 ND Percentage of MV Fatalities
Unbelted fatalities	61%	57%
Alcohol-related	41%	43%
Speed-related	24%	22%

Continued on page 2

State Agencies Partner to Launch Vision Zero Traffic Safety Initiative

Continued from front page

“Motor vehicle crashes are among the top leading cause of deaths in North Dakota,” said NDHP Superintendent Colonel Michael Gerhart. “The Highway Patrol’s mission is to provide high quality law enforcement services to keep everyone safe and secure. We risk our lives to help prevent others from risking theirs. This is our commitment to Vision Zero. At the same time, I cannot stress enough the importance of this effort’s emphasis on personal responsibility such as always driving sober and distraction free, buckling up and slowing down.”

Of the motor vehicle fatalities in 2017, preliminary crash data shows approximately 80 percent were in a passenger vehicle, 10 percent were motorcyclists, four percent were pedestrians, three percent were individuals on all-terrain vehicles (ATVs), two percent were bicyclists, and three percent were train-related. Victims ranged in age from three years old to 90 years old and 83 percent were North Dakota residents.

“North Dakotans must take personal responsibility for themselves and those in their care, particularly babies and young children who need assistance with car seats or booster seats,” said State Health Officer

Mylynn Tufte. “The Department of Health’s commitment to Vision Zero is to educate, lead, provide resources and implement policy.”

Since 2012 in North Dakota, motor vehicle crash fatalities have decreased by nearly 34 percent. The goal of zero fatalities is not only attainable, but also vital. When it comes to your life, or the lives of your family and friends, what other number is acceptable? With Vision Zero, we can all agree the only acceptable goal is zero motor vehicle fatalities because every life matters.

For more information about Vision Zero, visit <https://visionzero.nd.gov>.



Seatbelts During Pregnancy

Everyone, including pregnant women, should wear a seatbelt when riding in a car. When used properly, seat belts help save lives and can lower the chances of you getting badly hurt in a car accident.

How can a car accident affect pregnancy?

Depending on how badly you're hurt, being in a car accident can increase your risk for serious complications during pregnancy, including:

- Preterm labor. This is labor that begins too early, before 37 weeks of pregnancy.
- Premature rupture of the membranes (also called PROM). This is when the sac around the baby breaks before a woman goes into labor.
- Placental abruption. This is a serious condition in which the placenta separates from the wall of the uterus (womb) before birth. The placenta grows in

your uterus (womb) and supplies your baby with food and oxygen through the umbilical cord.

- Miscarriage. This is when a baby dies in the womb before 20 weeks of pregnancy.
- Stillbirth. This is when a baby dies in the womb after 20 weeks of pregnancy.

Wearing your seatbelt correctly can help protect both you and your baby from injury. Wear your seatbelt all throughout your pregnancy any time you ride in a car.

If you're in a car accident, get medical treatment quickly to make



sure you and your baby are OK. If you have contractions, pain in your abdomen, or blood or fluid leaking, call your health care provider right away.

What's the correct way to wear a seatbelt when you're pregnant?

- Always wear both the lap belt and the shoulder strap. Make sure they both fit you snugly.
- Buckle the lap belt under your belly and over your hips. Never place the lap belt across your belly.
- Put the shoulder strap between your breasts and off to the side of your belly. Never place the shoulder strap under your arm.
- If it adjusts, fix the length of the shoulder strap to fit you correctly.

- March of Dimes



Are you interested in learning more about car seats and helping people install them into their car?

If so, you will want to mark your calendar for June 5-8th to attend the National Standardized Child Passenger Safety Training.

The cost of attending this 4 day class is \$115. Fees include a 2-year national certification, technician manual, car seat instructions CD, ND child passenger safety resources and t-shirt.

Register online at <http://cert.safekids.org/log>

or call Jasmine at Safe Kids Grand Forks with any questions – 701.780.1660

SAFE KIDS "STARS"



Thank You Whalen's Moving & Storage

It's been a wild ride for our Safe Kids Grand Forks staff, and we couldn't have done it without the assistance, patience, and can-do attitude of the Whalen's Moving & Storage crew! Thank you for stepping up not once, but TWICE this past year with our relocation efforts. We are grateful for all your help to get us to our new locations (x2) and in cold, cold weather. Your team has been great to work with and for that, we name you our Safe Kids Stars for this edition of our newsletter!!



You guys are amazing!



We've moved and are here to serve you. Please be sure to call our office for an appointment prior to stopping in. We are out and about in the community often and don't want to miss you. Call 701.780.1489 and we will find a time that works for us to assist you.



Our Safe Kids Grand Forks office location has moved (again). We are now located in the lower level of the Altru Clinic in East Grand Forks. This building is located 3 blocks east of Cabela's and across the street from the domed city building on DeMers. Our address is:

**607 DeMers Avenue
East Grand Forks, MN**

Our Safe Kids and personal phone numbers have stayed the same. The main phone line is:

701.780.1489

Our email remains safekids@altru.org and our web site is www.safekidsgf.com

You can also LIKE us on Facebook at Safe Kids Grand Forks

As in the past, we are here to help the community, patients and our customers but we do ask that people call for an appointment rather than just stopping by. Our staff are often out in the community at events/teaching classes, etc. and we don't want to miss you when you stop over.

Our department is not open/staffed from 8-5 like other clinic departments so your assistance in setting up an appointment to get help is appreciated.

As always, we are here to help with keeping kids safe at HOME, at SCHOOL, at PLAY and ON the WAY!!



Do **NOT**
Add
Distractions



Keep Your



AND



on the
Road



In-Car Video
Monitors



Back Seat
Mirrors



THE CAR SEAT LADY



Are you a childcare provider? Want to know more about car seats and transporting kids in your care? Safe Kids Grand Forks offers a C.A.R.S. Class (Child and Restraint Training) that is designed for child care providers and foster parents. This class meets the MN requirement for licensing credits. Check out the flyer and dates on our web site at www.safekidsgf.com (classes)

Featured Car Seat- Graco 4Ever Extend 2 Fit (4-in-1 car seat)

- 4-in-1 seat grows with your child, so you can enjoy 10 years of use, from 4 - 120 lbs.
- Extend2Fit® 4-position extension panel provides 5" additional leg room
- Up to 50 lbs. rear-facing allowing your child to safely ride rear-facing longer
- 6-position recline helps keep your child comfy
- Simply Safe Adjust™ Harness System headrest and Harness adjust together
 - Retail \$349.99



Coming to the Grand Cities Mall in April!

SAFE KIDS DAY

- Presented by -



Car crashes, fires, drownings, poisonings, falls and other injuries are the #1 cause of death to kids in the United States. Join us for this FREE event and help make every kid a safe kid. Visit our interactive booths with information and prizes.

Safe Kids Day 2018
Saturday, April 14 | 10 a.m. - 1 p.m.
Grand Cities Mall | 1726 S. Washington St.





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



96% of attendees would recommend this conference to their peers.*

**Based off attendees who completed the 2017 overall conference evaluation.*

NDSC's 45TH ANNUAL SAFETY & HEALTH CONFERENCE

Wednesday, February 21 through Friday, February 23, 2018

Pre-Conference: Tuesday, February 20



#1 Date Format

We didn't want to interfere with your President's Day celebrations, so we switched to a Wednesday - Friday format, with Pre-Conference Tuesday.

#2 Pre-Conference Courses

New Pre-Conference sessions include Workplace Trauma & Triage, an OSHA numbered course, hands-on Confined Spaces training, and more!

#3 Patient Care Courses

Go beyond basic first aid training with patient simulators from SIM ND! Practice treating suspension trauma, gun shot wounds, and more.

#4 Hands-On Courses

Check out our innovative hands-on lineup, including new courses such as Residential Fall Protection.

#5 Safety Solutions Stage

Watch live product demonstrations by featured vendors to find the safety solutions you've been looking for!

REGISTRATION NOW OPEN! Visit www.ndsc.org to register.



2018 Car Seat Check-Up Events

presented by: **SAFE KIDS GRAND FORKS** **Altru** HEALTH SYSTEM

Rydellcars.com



2700 S. Washington St., Grand Forks

Second Thursday of every month from 4-7 p.m.

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

No appointments needed at Rydell's

Fire Station 5



1002 47th Ave. S., Grand Forks

January 25	1-3 p.m.
February 26	9-11 a.m.
March 28	1-3 p.m.
April 25	9-11 a.m.
May 21.....	1-3 p.m.
June 25	9-11 a.m.
July 25.....	1-3 p.m.
August 23.....	9-11 a.m.
September 24	1-3 p.m.
October 24.....	9-11 a.m.
November a	1-3 p.m.
December 27	9-11 a.m.

Appointments at Fire Station preferred, call 701.780.1489

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

Baby on the way?

Register for our "Bringing Home Baby" class taught by a certified car seat technician. This class 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.



For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit www.safekidsgf.com





Car Seat Check-Up Events

presented by:



in cooperation with
Hanson's Auto & Implement

110 5th Street West, Grafton, ND

To schedule an appointment, call Walsh County Health Department at 701.352.5139.

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? 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 Walsh County Health District and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6 p.m. at Hanson's Auto Body, downtown Grafton by appointment only.



Proud Program Sponsors



CHEVROLET



GM



2018 Dates

February 1

May 3

August 2

November 1



Car Seat Check-Up Events

presented by:



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 p.m.



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

2018 Dates

January 25

April 26

July 26

October 25

For more information, contact Altru Clinic Crookston at 218.281.9100.



Carbon Monoxide: The colorless/odorless killer.



CO Poisoning Symptoms:

Nausea

Vomiting

Headache

Weakness

Dizziness

Shortness of Breath

Confusion

Blurred Vision

In our last edition of this newsletter, we talked about carbon monoxide, a colorless, odorless gas that can kill people if they don't have an alarm to alert them to dangerously high levels in their home. In this Child Passenger Safety Special Edition newsletter, we bring you these tips to prevent carbon monoxide poisoning while in your vehicle.

- ⇒ Always back your car out of a garage that is attached to your home.
- ⇒ If your car goes into the ditch, make sure there is not snow blocking the exhaust pipe. Carbon monoxide can build up when you run your car to stay warm. Having a shovel in your emergency kit is a great way to have the ability to move snow away from that area.
- ⇒ If you are experiencing the symptoms of carbon monoxide poisoning, get out of the car or open the window for fresh air.

Air Bag Dangers & Recent Recall

Approximately 34 million vehicles are currently under recall for approximately 46 million defective Takata air bags that can explode when the air bag deploys, causing serious injury or even death. Additional air bags are scheduled to be recalled by December 2019, bringing the total number of affected air bags to around 65-70 million. Takata supplied these defective air bags to many vehicle manufacturers

for years, creating one of the largest and most complex recalls in U.S. history. NHTSA and vehicle manufacturers urge the public to get their vehicles fixed as soon as possible; the recall repair is FREE.



To learn more about the vehicles impacted or what this recall involves, visit:

<https://www.nhtsa.gov/recall-spotlight/takata-air-bags>

To check if your vehicle is one of the 34 million cars on the recall list, visit safercars.gov. You can search by the vehicle VIN or sign up to receive notifications if and when your car is affected by this or any other recall.

Protect
your
melon
this
winter!



Winter sports means winter helmets are needed to protect your head. Have you got yours?



Protect yourself and children from a serious head injury this season! Wear a helmet when you and your family are skiing, sledding, ice skating or snowboarding. There are special helmets made just for these sports. They are made of a harder plastic, contain extra padding for protection and warmth and have a strap to affix ski goggles.

Safe Kids Grand Forks is taking orders for winter sports helmets for adults and children that are available at a greatly reduced price. Contact us at safekids@altru.org or call 701.780.1489 to place your order. We can fit heads of all sizes!!

Winter sports helmets are available in three colors and cost \$25.



Small only

**SAFE
K:DS**
GRAND FORKS

Rear-Facing Until Two Years Old

We have made great strides in encouraging parents and caregivers to keep their toddlers rear facing until AT LEAST two years of age. When discussing the safety benefits of rear facing, we frequently get similar questions. Here are a few answers:

Where Do Older Children Put Their Legs?

Many extended rear facing car seats are installed with a bit of a gap between the base of the seat and the back rest of the vehicle seat. How big that gap is depends on the space between the car's back and front seats. But even when there is not enough space for a large gap, children are happy to sit with their legs crossed or bent.

But Surely That Must Be Uncomfortable?

No, it isn't. Children's skeletons are still largely made of cartilage, and they are far more flexible than adults. Small children naturally sit with their legs bent, and when they are very little this is actually better for the development of their

hips and spine. Even older children don't experience any discomfort when they sit like this.

Won't They Break Their Legs In A Crash?

You often hear parents of rear facing children say that they would rather their children broke their legs instead of their neck. After all, broken legs can be fixed. But the reality is that there are no known cases of a rear facing child breaking their legs. It is however quite a common injury in forward facing car crash victims.

But I Won't Be Able To See Them.

When you're driving you should concentrate on the road and not turn around to look at your child. If they are in a rear facing seat, you are far less likely to turn around to talk to them, which will make you a safer driver. As they mature, they can be provided soft toys and books to entertain themselves.

Won't They Get Car Sick?

Travel sickness occurs when your

brain receives mixed messages, it has nothing to do with the direction of travel. Your body can feel movement, but because your eyes can only see the car's stationary interior, you feel nauseous. The effect is usually worse if you look down, for example to read a book, and when the car goes around corners or over bumps. Looking out of the window at the horizon can help. A child who feels sick rear facing is just as likely to suffer car sickness in a forward-facing seat. In a forward-facing seat it may actually be worse, because the child has a more restricted view out of the window.

A great resource for viewing the benefits of rear-facing can be found at:

<https://www.youtube.com/watch?v=tuZFPv3RpK>

This information provided by rearfacingtoddlers.com



The best practice is to rear face your child UNTIL AT LEAST AGE 2 or longer if your child's weight has not reached the upper limits of the car seat they are riding in.



Tethers Make a Difference

What's a tether?



It's the **strap with a hook** hanging on the back, at the top of your child's car seat.

When attached and tightened to one of the vehicle's tether **anchors**, a tether helps keep a forward-facing car seat from tipping forward.

Car Crash Using a Tether



Car Crash Not Using a Tether



Is it necessary?

Yes! A forward-facing car seat secured only at the bottom may tip dangerously forward in a crash, which can result in the child's head hitting the back of the front seat, other occupants or even the console, causing serious harm. **Using the tether could be the difference between a brain injury or no injury at all.**

How do you use a tether?

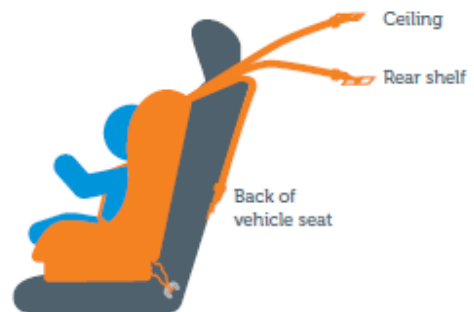
Find the tether anchor then attach the hook on the tether strap to it and tighten. Depending on the type of vehicle you have, the tether anchor will likely be found one of three places.



Check your vehicle owner's manual to find your tether anchors. Look for this symbol.

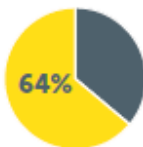


Most Common Tether Anchor Locations



Did you know?

In our study, 64% of parents were **not** using the tether on a forward-facing seat.



Now you know – Look for the tether anchor symbol. Hook and tighten the tether on it. Safe travels!



WITH COOPERATION FROM



2653 CAR SEATS WERE INSTALLED
AND DISTRIBUTED
IN OUR REGION BY SAFE KIDS IN
2017. WOW!!



Check out pages 9 & 10 for
a complete list of our
upcoming 2018 Car Seat
Check-Up Events!

Thank you, Gordmans



We at Safe Kids Grand Forks were honored to have been chosen as the recipient of Gordmans non-profit event, gThanks held on 11-28-2018.



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 Cars 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.

2018 Class Dates

Locations:

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

4 p.m. and 5 p.m. Classes held at Safe Kids Grand Forks Headquarters

January 11..... 6-7:30 p.m.	May 5 9-10:30 a.m.	September 13..... 6-7:30 p.m.
January 15..... 5-6:30 p.m.	May 10 6-7:30 p.m.	September 17..... 5-6:30 p.m.
January 23..... 6-7:30 p.m.	May 14 5-6:30 p.m.	September 25..... 6-7:30 p.m.
February 8..... 6-7:30 p.m.	May 22 6-7:30 p.m.	October 1..... 4-5:30 p.m.
February 12 5-6:30 p.m.	June 9..... 9-10:30 a.m.	October 11..... 6-7:30 p.m.
February 24 9-10:30 a.m.	June 14..... 6-7:30 p.m.	October 15..... 5-6:30 p.m.
February 27 6-7:30 p.m.	June 18..... 5-6:30 p.m.	October 23..... 6-7:30 p.m.
March 8..... 6-7:30 p.m.	June 26..... 6-7:30 p.m.	November 3 9-10:30 a.m.
March 12..... 5-6:30 p.m.	July 12..... 6-7:30 p.m.	November 8..... 6-7:30 p.m.
March 22..... 4-5:30 p.m.	July 16..... 5-6:30 p.m.	November 12 5-6:30 p.m.
March 27..... 6-7:30 p.m.	July 24..... 6-7:30 p.m.	November 27 6-7:30 p.m.
April 7 9-10:30 a.m.	August 4..... 9-10:30 a.m.	December 8 9-10:30 a.m.
April 12 6-7:30 p.m.	August 9..... 6-7:30 p.m.	December 13 6-7:30 p.m.
April 16 5-6:30 p.m.	August 13..... 5-6:30 p.m.	December 17 5-6:30 p.m.
April 24 6-7:30 p.m.	August 28..... 6-7:30 p.m.	



SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM

Rydellcars.com

EVERYONE in the car should be buckled.

ANYONE under 8 years of age AND under 4'9" tall must be riding in a car seat or booster.



NEED HELP GETTING ONE?

Safe Kids Grand Forks has received a one year grant to distribute FREE car seats and boosters based on need. Sign up to attend one of our car seat distribution dates:

Feb 26 | Mar 19 | April 26 | May 23

Registration is REQUIRED to ensure the correct number of seats are available.

For more information and to sign up, contact Safe Kids Grand Forks at 701.780.1489.



Signing up for our quarterly Safe Kids newsletter is quick and easy. Visit <https://www.altru.org/patient-visitors/enewsletter-sign-up-form/>

Newsletter Sign-Up

First Name*

Last Name*

Email Address*



Enter your name and email address.

Choose All That Apply

- Altru Advanced Orthopedics eNewsletter
- Altru Health Foundation eNews
- Altru's Weight Management Program eNewsletter
- Community Events and Information
- Diabetes eNewsletter
- Enrich eNewsletter
- Horizons of Hope eNewsletter
- Safe Kids eNewsletter
- Truyu Inner Circle

Select the Safe Kids Newsletter & hit submit.

Submit



An email link to our newsletter, filled with lots of childhood injury prevention information will be sent to your email once per quarter. Enjoy!!



Booster Seat Distribution – Winship Elementary

Safe Kids conducted child passenger safety surveys last spring at all Grand Forks public schools during drop off and pick up time. What we found was rather unsettling: lots of children were riding in the front seat, not buckled or not using a booster seat when they should have been.

In an effort to help keep the children of our community safe, Safe Kids teamed up with Winship Elementary school in December to do a mass booster seat distribution. Winship welcomed us with open arms and allowed us to come speak to all the children at their school during gym class. We measured each child and asked if they had a booster seat that they used. We discussed the benefits of boosters if they are under 4'9" and were able to give out free boosters to anyone that needed one! We distributed 38 boosters to the

students of Winship School! A letter was sent home with each booster that explained how to properly use the booster and information on how to get a car seat for anyone else in the family that might need one, if they cannot afford one.

We hope to continue distributing booster seats to children at other schools as 2018 continues. If you, or someone you know, is in need of a free car seat or booster seat, please have them contact the Safe Kids office at 701.780.1489 for more information.

Updated distribution #'s:

Ben Franklin – 36 seats Wilder - 30 seats
Phoenix – 40 seats Winship — 38 seats

Total = 144 seats!



Child Passenger Safety Observations at Local Schools -

Continued on page 18

Buckle Up the Ones You Love



Every three years, the North Dakota Department of Health conducts observations in communities around North Dakota to see how many kids are riding in the appropriate restraint in their vehicle (a car/booster seat or a seat belt if that is appropriate for their age). In 2015, observations were done in Grand Forks near many of our local schools. These

observations were disheartening as it pointed out that the number of children in car seats had declined since the observations were done in 2012 and that not all kids were using

restraints as the law requires that they be. Here is a breakdown of the observations done by the State Health Department in 2015.

Age	2012 Restraint Use	2015 Restraint Use	Front Seat Position
Infants under age 1	96.2%	100% Up from 2012	0%
Toddlers ages 1-5	93.5%	89.7% Down from 2012	0%
Children ages 6-10	89.3%	77.6% Down significantly from 2012	29.9%
Children under age 11	91.8%	84.2% Down significantly from 2012	15.4%

Child Passenger Safety Observations at Local Schools -

Continued from page 17

What this data told us is that less children are riding in a restraint than 3 years ago. It also told us that at least 1 out of every 5 children at the school are without any type of restraint. This past spring, Safe Kids Grand Forks replicated many of these observations at local schools. Here are the number of children that WERE NOT IN A RESTRAINT of any type at some of the local schools in Grand Forks.

Winship	24.3%
Century	21.3%
Ben Franklin	19.3%
Wilder	19.2%
Phoenix	15.4%
Kelly	10.8%
Lake Agassiz	2.2%

All these numbers are concerning since every child should be

restrained in a car or booster seat or, if they are AT LEAST 8 years old, a seat belt. We at Safe Kids Grand Forks are here to help, not judge anyone about their restraint use (or lack thereof). We have car seats available for sale or if you need financial assistance, we can help by providing a car seat free of charge. Another tip that we can provide that costs NOTHING is to move your child from the front seat to the back. All children ages 12 and under should be riding in the back seat, away from the airbags up front.

Recently, we conducted car seat education to all kids in grades K-5 at Winship Elementary School, the school that had the highest percentage of children NOT in car seats or booster seats. (See previous

story on page 16) At the end of the presentation, we asked the children how they were riding in a car and any child that did not have a car seat or booster seat was provided with one FREE of charge. They were also given a teaching sheet that provided caregivers with information about the importance of their use. Over the next several months, we will be arranging for these types of educational events to take place at other schools in our community. In the meantime, if you are in need of a car seat or booster seat, please reach out to us at Safe Kids Grand Forks. We want every child to have a safe trip each and every time they get into a vehicle. With motor vehicle crashes being the leading killer of kids, taking this simple step can go a long way in helping to keep your child safe.

Ask an Expert at Safe Kids Worldwide

Q. "Is it safe for my child to wear a winter coat in her car seat?" - Jacki, Gaithersburg, MD

This is a question that comes up every winter. The short answer is yes, it can be safe but only with the proper precautions.

You see, wearing coats, heavy sweaters or fleeces, for that matter, can prevent a snug and very important fit of the harness, which has to be tight at the shoulders and hips every time. You might think your child is securely snug in the car seat when in fact the harness is not tight enough because there is so much air in the coat or clothing.

Here's a solution that could work.

First, adjust the harness while your child's coat is off. This video will show you how to do the pinch test to make sure the harness is snug enough. Unbuckle the harness, put the coat back on and then rebuckle. The harness may be tight, but it will fit properly.

Of course, there may be different options depending on your specific situation or car seat, so check with your manufacturer if you have questions. For more details, videos and information on how to properly use your car seat, you can also use our Ultimate Car Seat Guide. And remember, the safest ride for a child is to use a car seat correctly, all year long!



Meet the Expert

Lorrie Walker is the training manager and technical advisor for Safe Kids Worldwide. With more than 30 years of experience, Lorrie Walker is one of the country's most respected authorities in child passenger safety.



Buckle Up in Back

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The Safe Kids Worldwide, Centers for Disease Control, the National Highway Traffic Safety Administration and, most likely, even your airbag and car manufacturer recommend keeping children under age 13 in the back seat.

OBVIOUSLY NOT EVERYONE FOLLOWS THIS RECOMMENDATION

We notice a lot of children who are obviously not 13 sitting in the front seat. This is especially noticeable during school drop off and pick up. When the child is so short you can just see the top of his head in the front seat, not only should he still be in the back seat but also in a seat belt positioner.

We get it. It's hard. Even though our 11-year-old has been told he'll need to wait until 13, he still asks to sit up front. And I know some of his friend's parents allow him to. Why not, they allow their children to. Most of his friends are allowed to.

9 out of 10 parents allow their children to use the vehicle seat belt before they can properly pass the 5-step test so it's no surprise that they'll also allow their children to sit in the front seat prior to the recommended age of 13.

And while some states do have laws which require children to sit in the back seat most do not and of those that do many only go up to age 8.

WHY IS IT IMPORTANT TO FOLLOW THE RECOMMENDATION?

We often hear, "but I sat up front and I'm fine." That's true. Most of us

adults did sit in the front seat when we were children. Some of us adults sat in all kinds of places that would be considered compromising our safety these days. For instance, because of lack of seating, I often was squished into the hatchback of my mom's Mazda RX-7 while my brother only 2 years older was in the front seat. And Greg often shared the cargo space of their station wagon with one of his 8 siblings.

A lot of things have changed since then such as the number of cars on the road and the speed at which they travel. Most importantly what has changed is our knowledge of crash dynamics and occupant safety.

THREE MAIN REASONS

1. Location, location, location. The back seat is the safest place for your children — actually safer for everyone regardless of age, height or weight — because most crashes occur in the front of the car and the back seat is farthest from this impact. So in general there is a lower risk of injury for back seat passengers.
2. Air bags are designed for a 140-pound man wearing a seat belt. (I know fellow women under 140 pounds, we don't fit the ideal range either kind of like seat belts are not designed for us, much less pregnant women. But what are car manufacturers to do? They have to use some average.)
Airbags are not designed for children who are much lighter and smaller. As such airbags can cause serious injury to children below the height requirement by

hitting them in the face, chest, neck or head at speeds of between 90 to 210 miles per hour. Nationwide, more than 100 children have been killed by air bags in recent years, and many of these deaths were in slow-speed collisions that should have been minor.

Also older children are more likely to have the maturity to stay sitting properly and keep their body out of the deployment zone of the airbag.

3. Bone development. Kids may be as big as adults on the outside but their skeletal system is still developing.

According to a study in Pediatric Child Health, children who are 12 years old or younger have iliac crests that are less developed than those of adults. (The iliac crest is the point part of the hip bone which keeps the seat belt properly positioned on the hips.) This can allow the seat belt to ride up over the abdomen, causing seat belt syndrome. Children's breast bones, or sternum, are not fully developed yet either. While this may not fully develop until a few years later, waiting until at least 13 gives it more time to get stronger. Without a mature skeletal system, a child is at increased risk of injury.

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Buckle Up in Back

-continued from page 19

ARE THERE ANY EXCEPTIONS TO THE RULE?

We do realize that there may be certain situations where there are not enough seats in the back to accommodate all children. We encourage you to contact Safe Kids and discuss options for determining which child is best to place in the front seat.

If you do end up with a child in the front seat, turn the airbag off or take it to the dealership to have them disable it. Some vehicles have “smart” airbags which can detect the weight in the front seat and automatically turn off if the weight is low enough to not trigger it. Also, move the front seat as far back from the dashboard as possible and encourage the child to sit with their

feet on the floor and not on the dashboard.

In the end, you are the parent and you can make the choice to tell your child safety trumps their being “cool”.

By Amie Durocher, Creative Director at Safe Ride 4 Kids and certified CPS Tech since 2004 and Patty Olsen – Safe Kids Grand Forks

Cleaning Your Car Seat Buckles

You might have experienced it; your child’s car seat buckle doesn’t *click* on the first go, pops out, won’t pop out, or feels sluggish or goeey.

Nine times out of ten, it’s something like juice, milk, crumbs, sand, dirt (or other gross stuff) – that has found its way into the buckle, affecting the performance. It’s a normal, common care issue and can almost always be remedied with a quick wash.

If you’re having trouble with your buckle, follow these steps to give the buckle a clean and (more than likely) fix the issue:

1. Turn the car seat over and push the retainer through the crotch strap slot to remove the buckle.
2. Place the buckle in a cup of warm water and gently agitate it while pressing the red button a few times.
3. Do NOT submerge the harness webbing.
4. Do NOT use any soap, lubricants,

or household cleaners. Warm water is sufficient to clean the buckle.

5. Remove the buckle from the water and shake out excess water.
6. Air dry completely.
7. Test the buckle. It should fasten with a *click*. If it doesn’t, you may have to repeat the steps above.
8. Reattach the buckle into the same slot beneath the car seat, and recheck the harness for correct installation, as detailed in your owner’s manual, before using your car seat.

Following these simple steps can help you save a lot of time (and potentially money), and means you won’t be without a working child restraint for any extended length of time. For those extra dirty messes when a good

cleaning just won’t cut it, please check with your car seat manufacturer for replacement cover sets, buckles, harnesses, and other parts for your car seats.



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.safekidsgf.com



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HEALTH SYSTEM



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.



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The Ultimate Car Seat Guide!

Every 33 seconds, a child in the United States is involved in a car crash. That's a scary statistic. Worse yet, more than a third of kids who died in crashes were completely unrestrained: no car seat, no seat belt, nothing. To help parents and the people they entrust to take care of their kids and get answers to their car seat questions, Safe Kids Worldwide created the Ultimate Car Seat Guide. It's a way to address the basics and provide parents with expert advice as they protect their children at every stage and every age in cars.

The Ultimate Car Seat Guide was created with support from General

Motors to give parents helpful information on how to choose and use a car seat. It also offers parent-friendly tips on how to fit and test a child's harness, and test whether the car seat is installed tightly enough in the car. Finally, care-takers will learn tips on when it is time to move to a new type of seat.

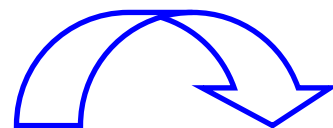
<https://www.safekids.org/ultimate-car-seat-guide/>

There are two ways to get information. First, a parent or caregiver can enter the name, birthdate and weight of a child. This will produce a set of five tips

carefully chosen to meet the needs of that child. They can also learn basic tips to address buying, installing, fitting or when to change to a different car seat.

It is our hope that children everywhere will benefit from this Guide as their parents and caregivers make decisions about their safety every day, either in their own cars or in a carpool. I hope you will remember to make every kid a safe kid every day.

Check it out!!



Keeping Kids Safe From Their Number One Cause of Preventable Deaths

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like road traffic injuries, is a step toward this goal.

Every hour, nearly 150 children between ages 0 and 19 are treated in emergency departments for injuries sustained in motor vehicle crashes. More children ages 5 to 19 die from crash-related injuries than from any other type of injury.

Thankfully, parents can play a key role in protecting the children they love from road traffic injuries. Here are some tips to help parents and caregivers with keeping their loved ones safe on each and every trip.

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



REAR-FACING CAR SEAT

Birth up to Age 2*
Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.



FORWARD-FACING CAR SEAT

Age 2 up to at least age 5*
When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.



BOOSTER SEAT

Age 5 up until seat belts fit properly*
Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.



SEAT BELT

Once seat belts fit properly without a booster seat
Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an active air bag.

**Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits, and proper seat use.*

Child safety seat recommendations: American Academy of Pediatrics.
Graphic design: adapted from National Highway Traffic Safety Administration.
www.cdc.gov/motorvehiclesafety/cps



Keeping Your Kids Warm & Safe In the Vehicle This Winter

While the car might start off cold, it quickly warms up... which leads you to take off your coat while your child overheats in back.

That's why the magic coat trick is brilliant!

Not only does it keep kids safe in a crash because the bulk of the coat is over the harness, not under the harness, but it also prevents the every day occurrence of your child overheating because when the car warms up they can simply pull the coat off.

Make sure that under the harness when it's really cold outside your child is wearing several thin tight layers under the straps so that they

are warm and safe. For example a T-shirt then a long sleeve shirt and a tightfitting will sweater or zip up and then a tightfitting thin fleece jacket. Once the child is buckled snug, they can stick their arms out and put their bulky coat on overtop - which they can then pull off when they get too hot in the car.

Source: The Car Seat Lady



Register Your Car Seat

Is your child's car seat registered?

Parents can register their new or currently used car seat, ensuring that they are promptly notified about future recalls and guided through the repair process. Here's how:

- Register online with your car seat manufacturer, using the information found on the information sticker on your car seat. You will need the make,

model, and manufacture date of the seat.

- Fill out the registration card that came with your car seat. It's pre-populated with your car seat's information.
- Mail the card; no postage required.

Tips to Register Your Car Seat

You can also register your car seat online at www.safercar.gov/parents

and click on "car seat." If your car seat information is handy, you can register in less than two minutes.

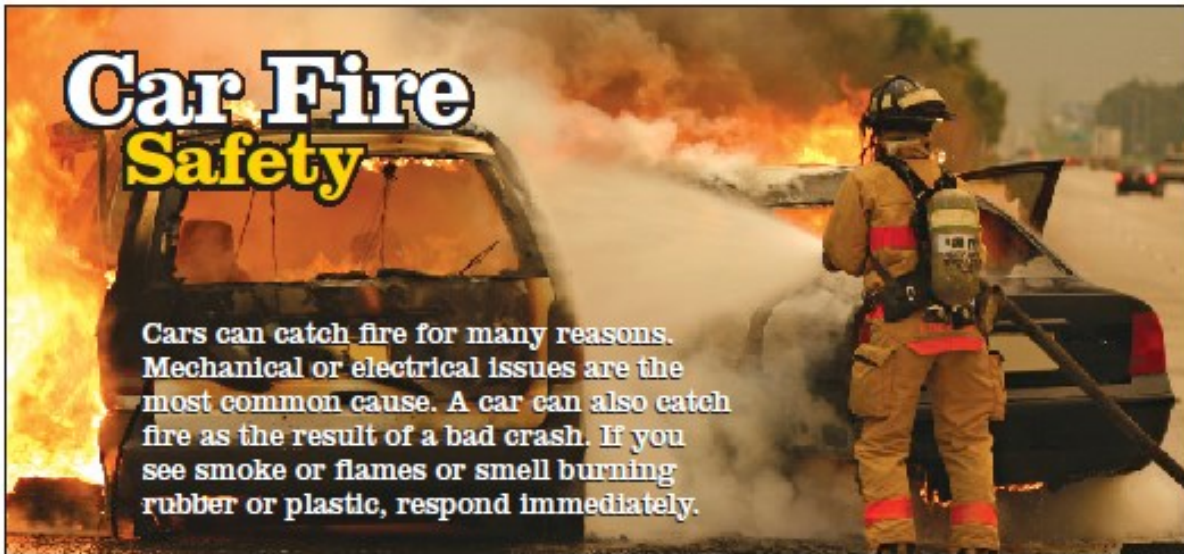
Take a photo of your car seat label and save it to your phone so you can have it handy.

Find Out if Your Car Seat is Recalled

Visit the National Highway Traffic Safety Administration's website to check if your car seat has been recalled. You will need the name of the manufacturer, model number and date of manufacture. A label on your car seat will likely have all this information in one place.

DON'T DELAY!
Register your
car seat today.





Car Fire Safety

Cars can catch fire for many reasons. Mechanical or electrical issues are the most common cause. A car can also catch fire as the result of a bad crash. If you see smoke or flames or smell burning rubber or plastic, respond immediately.

What to do if your car is on fire

- ❑ Pull over as quickly as it is safe to do so, be sure to use your signal as you make your way to a safe location off the road such as the breakdown lane or rest stop.
- ❑ Once you have stopped, **TURN OFF** the engine.
- ❑ **GET** everyone out of the car. Never return to a burning car for anything.
- ❑ **MOVE** everyone at least 100 feet from the burning car and well away from traffic.
- ❑ **CALL 9-1-1.**

How to prevent a car fire

- Have your car serviced regularly by a professionally trained mechanic. If you spot leaks, your car is not running properly, get it checked. A well-maintained car is less likely to have a fire.
- If you must transport gasoline, transport only a small amount in a certified gas can that is sealed. Keep a window open for ventilation.
- Gas cans and propane cylinders should never be transported in the passenger compartment.
- Never park a car where flammables, such as grass, are touching the catalytic converter.
- Drive safely to avoid an accident.

Know the danger signs

- Cracked or loose wiring or electrical problems, including a fuse that blows more than once
- Oil or fluid leaks
- Oil cap not on securely
- Rapid changes in fuel or fluid level, or engine temperature

Most car fluids are flammable. Heat and electrical sparks plus leaking fluid are all it takes to start a car fire.



FACT

Most crashes do NOT result in fire. In the event of any crash, call 9-1-1. If there is no sign of fire, wait for emergency assistance to help any injured individuals out of the car.



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education

This information has been provided by our friends and partners at the National Fire Protection Association. They are a great resource for all your fire safety needs.

