



News You Can Use



Spring 2018

Safe Kids Worldwide Announces New President



We are thrilled that Safe Kids Worldwide and their lead organization, Children's National Medical Center, has recently announced Torine Creppy as the new President for our parent organization, Safe Kids Worldwide. Torine has been a part of the Safe Kids family for the past 19 years and she will be an amazing leader, taking our organization into the next chapters of our work!!

This year, Safe Kids Worldwide is celebrating their 30th anniversary as an organization, and since they began their work, there has been a 61% decline in childhood injuries and deaths. We are excited for the work ahead as we venture into the next 30 years of our organization with our 31 member network countries from all around the globe!!

Welcome to your new role, Torine, and know that Safe Kids Grand Forks is here to support you along the way!!



SAFE KIDS STAR - Peter O'Neill



Photo taken by Eric Hylden from the Grand Forks Herald article 1/2/2018



Grand Forks Fire Chief Peter O'Neill has retired after more than four decades:

This past January, Grand Forks Fire Chief, Peter O'Neill retired after having served the organization for over 40 years. Chief O'Neill has been very supportive of our Safe Kids Grand Forks injury prevention work and we have appreciated the great partnership that we have had with his department over the years and under his leadership. It's clear that your dedication to our community has made a lasting impact on the city of Grand Forks. We hope retirement brings you wonderful things and for all your efforts over the years, we name you our Safe Kids Star. Thank you for your tireless efforts, your leadership and your dedication to injury prevention in our community.

MEDICATION TAKE BACK DAY

March 22 | 9 a.m. - 2 p.m.
860 S. Columbia Rd.

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Altru

Taking an active role to clean out your medicine cabinet to get rid of unused over-the-counter or prescriptions is a great way to create a safer home environment. Altru Health System and Safe Kids Grand Forks will be partnering with the Grand Forks Sheriff's Department to host a medication take back event. Simply drive into the parking lot and drop off your unused or expired medications.

This month, we will be having a "**Battle of the Badges**" event with a challenge between the following agencies:

- Grand Forks Police Department
- University of North Dakota Police Department
- Grand Forks County Sheriff's Department

There will be bins at the event marking each of these agencies. If you want to drop off your medications to support one of these agencies and their efforts to win the Battle of the Badges, please do so. The winner will be the agency with the most weight in medications collected!

March is National Poison Prevention Month

National Poison Prevention Week is March 18-24, 2018 but we at Safe Kids Grand Forks focus our efforts on this topic all throughout the month. Medications are the leading cause of poisoning in children and so we offer the tips below to help make your home safe from medication poisonings. Young children are most at risk for these types of incidents.

Another age group at risk of medication poisonings (overdoses) are pre-teens. Many kids at around age 11 start to self-dose medications (some over-the-counter and some prescription). Often these youth are unfamiliar with how to use the medication dosing guidelines or the risks of taking too much of their medication. OTC medicine errors and misuse result in over 10,000 ER visits for kids younger than 18 each year. Scholastic, in partnership with McNeil, has developed an Over-The-Counter Medication Safety Program that can be used by parents, teachers, healthcare professionals and others to teach youth how to read labels, properly dose medications and the risks of medication misuse. You can check it out on-line at:

<http://www.scholastic.com/otc-med-safety/>

If parents or teachers would like hard copies of the resources found at this site, contact us at Safe Kids Grand Forks and we would be happy to provide them to you for use in your homes or classrooms.

And, as we celebration Poison Prevention Month, be sure to check out the medication take-back events we have coming up around our community. They are listed to the right. We hope you will clean out your cabinets and dispose of them properly at one of these events.

Upcoming Medication Take Back Events

March 10 from 10 a.m.—3 p.m. at the Healthy Living Expo at the Alerus Center

March 21 from 11 a.m.—12 noon at the Grand Forks Senior Center

March 22 from 9 a.m.— 2 p.m. at Altru Health System Parking Lot at 860 South Columbia Road
(Drive up and drop off)



MEDICINE SAFETY TIPS

Store Medicine Safely. Put over-the-counter medicine, prescription medicine and vitamins out of children's reach and sight.

Give Medicine Safely. Read and follow the instructions on the medicine label. Only give the recommended dose.

Know the Poison Help Number: 1-800-222-1222. Save the toll-free Poison Help number in your phone. Specialists at poison centers can answer questions about how to give or take medicine, and help with poison emergencies.

Teach Medicine Safety. Learn how to teach older children about medicine safety at www.scholastic.com/OTCMedSafety.

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WORLDWIDE™

Support Provided By
Johnson & Johnson
CONSUMER INC.

For more information
visit www.SafeKids.org



Featured Car Seat – Chicco MyFit

The MyFit™ is designed to keep little big kids comfortable and content with the security of a five-point harness. It has a nine-position extended headrest and an easy transition to a belt-positioning booster to accommodate years of growing. In harness mode, this car seat is designed to

fit kids forward facing from 25-65 pounds with a no-rethread harness. The MyFit then converts into a highback booster seat for kids from 40-100 pounds.

Retail price \$199.99



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!!



Window Blind Deaths in Children



We appreciate all the parents looking out for their small kids relentlessly day and night but always remember, it takes a moment of distraction to let strangulation from window cords to happen, and less than a minute to feel suffocation. While in this unfortunate state, young kids are not able to scream for help or call out to their parents.

Children are curious little people who cannot understand the danger of their actions. In the last 30 years



in the USA:

- Each day, 2 children under the age of 6 years are admitted in the Emergency department for a window blind related accident.
- Each month, 1 child dies with a window blind cord around their neck.
- A majority of the injuries and deaths involve children 1-4 years old, who are learning to move and are curious to explore their surroundings.
- A majority of the injuries happened at bedtimes, when parents thought they had put their child to bed to sleep, but the child either did not sleep at all or woke up only to play and jump.

While you are watching your kids, you can not monitor them every second of every day. Here are a few tips to ensure the safety of your children when you are not around:

- Move your kid's bed far away from windows.
- Move temptations, such as toys, away from windows.
- Make sure window cords are never hanging down freely. Tuck or tie cords on a hook/cleat at a height where kids cannot reach.
- Never allow your children to play and jump near a window.
- It's best to replace window blinds with cords to the cordless variety. Ask permission from your landlord if you are living in a rented apartment/home.

- In case you can not afford new cordless blinds or are not allowed to drill holes for hooks/cleats higher up, try small cord wind-up devices. They are inexpensive and easy to use without requiring installation.

Identify other cords and strings in your house near your child and keep them away. Items might include:

- Pacifier hanging down your child's neck with ribbon.
- Strings on sweaters, hoodies, and other clothing around neck.
- Cords/wires of cell phones, head phones, electronic chargers, or others, inserted in the sockets near floor.
- Toys with strings/cords.



This article has been provided by Naila Saleem. Naila is a UND student obtaining her Masters Degree in Public Health. She is completing her internship requirement with Safe Kids Grand Forks this semester.



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 found Safe Kids Grand Forks on social media yet?

What are you waiting for??



- Check out our events section on Facebook to see a list of classes and events we will be attending in the community.
- Watch for updates of different unintentional injury topics.
 - Ask questions
 - Contact information for the Safe Kids Grand Forks office:



Phone: 701.780.1489

E-mail: safekids@altru.org



Altru Health System.
Proud to celebrate 25 years
of keeping kids safe!

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

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



Upcoming Grand Forks courses:
Alive at 25 - April 15, June 10
Defensive Driving Course, 4-Hour - February 10, April 7
DDC Distracted Driving Online - anytime

www.ndsc.org/TrafficSafety



Keeping kids safe in motor vehicles is an important part of the work that we do. Check out our web page for upcoming car seat check-up events that are held routinely in Grand Forks, Grafton, Crookston and at the Grand Forks Fire Station #5. These are all listed on our web page at www.safekidsgf.com (look on the upcoming events calendar or head over to our child passenger safety page for all the flyers).

We also offer many classes that relate to car seat use including an expectant parent class (Bringing Home Baby), a grandparents class and a Buckle-up For Life Class in which we offer free car seats to those that cannot afford one.

Another car seat class we offers is CARS (Child and Restraint Systems). This class is intended for child care providers, law enforcement officers or foster parents. Registration is required and information on this and the other above noted classes can be found on our web site or by calling our office at 701.780.1489.



Poison Prevention Tips

Keep Cleaners and Other Toxic Products Out of Reach

1. Store all household products out of children's sight and reach. Young kids are often eye-level with items under the kitchen and bathroom sinks. So any bleach, detergents, dishwasher liquid or cleaning solutions that are kept there should be moved to a new storage location.
2. Install child safety locks on cabinets where you have stored poisonous items. It only takes a few minutes, and it gives you

- one less thing to worry about.
3. Read product labels to find out what can be hazardous to kids. Dangerous household items include: makeup, personal care products, plants, pesticides, lead, art supplies, alcohol and carbon monoxide.
4. Don't leave poisonous products unattended while in use. Many incidents happen when adults are distracted for a moment on the phone or at the door.
5. Keep cleaning products in their original containers. Never put a potentially poisonous product in something other than its original container (such as a plastic soda

- bottle) where it could be mistaken for something else.
6. Throw away old medicines and other potential poisons. Check your garage, basement and other storage areas for cleaning and work supplies you no longer need and can discard.



AAA Recognizes Student Safety Patrols at UND Basketball Game

At a recent UND Women's basketball game, AAA Student Safety Patrols from Grand Forks schools were recognized at halftime for their efforts to keep their fellow students safe during arrival and dismissal of school. Game tickets and t-shirts were provided to students and their families by Gene LaDoucer from AAA North Dakota.

Since its inception in Detroit in the early 1920s, the [AAA School Safety Patrol®](#) program has provided a safer pedestrian environment and wide spectrum of educational opportunities for millions of schoolchildren. Today, over 654,000 children serve as patrollers across the nation. The program instills students with a sense of responsibility and leadership as they protect classmates going to and from school each day.

The first safety patrol in North Dakota began at Viking Elementary in the fall of 2014. We currently have programs at Viking, Kelly, Discovery, Century and West Elementary. Our patrollers in Grand Forks assist with:

- ⇒ Directing fellow students as to appropriate times to cross streets and assisting adult crossing guards in their duties.
- ⇒ Providing education to students and parents as to appropriate safe crossing behaviors.
- ⇒ By their presence, make drivers more aware of students crossing in school zones.
- ⇒ Serving as a role model to other students at the school.

Sheriff Bob Rost and Gene LaDoucer of AAA North Dakota, have been instrumental in bringing the AAA safety patrol program to Grand Forks and we were delighted they were able to be a part of the recognition of the students.



Pictured to the left: Student Safety Patrols from the Grand Forks Area Schools.

Pictured below: Sheriff Bob Rost and volunteer crossing guard at Kelly Elementary School, Patty Olsen—Safe Kids Grand Forks Pedestrian Safety Coordinator and Gene LaDoucer of AAA



Is Your Child Ready to be **Home** **Alone?**



to fend for himself for a couple of hours (not a week in Paris, folks):

1. **He can make a phone call.** Is he comfortable using the phone? Does he know how to say you are unavailable without revealing you are not at home? And remember that if you don't have a landline, make sure he has been left with a cell phone to use in case of an emergency.
2. **She makes good decisions.** If she's quick to panic or can't keep her cool with her bestie, she might have a little bit more maturing to do.
3. **He can make his own food.** Let's not get crazy, he doesn't need to be Wolfgang Puck. Stock the pantry with foods that don't require use of the stove and the oven with easy microwave-ready meals and snacks.
4. **Your emergency contact list is readily available.** Poison Control, 911, your cell phone number, a neighbor, a relative; these are some of the numbers that you should keep in plain sight for your child.
5. **He knows his vital stats.** Name, phone number, address – even
6. **She has been schooled in basic safety.** Show her where you keep the First Aid Kit and go over some basic safety measures. You'll feel safer, and she'll feel empowered.
7. **He knows (and respects!) the house rules.** Even when you're not watching!
8. **She tells you she's ready.** If your kid says she's ready to go it alone, she more than likely is. Start small. Make a trip to the grocery store and see how she does!

Aaaaaaaaahhhhhhhhhh!
Parenting. It's a hard job with a lot of hard decisions to make. One of the hard decisions for most parents is knowing if their child is ready to be home alone. Age is just one part of it, because as we all know, every child is different!

Here are 8 indicators your little Kevin McCallister might be mature enough

some three-year-olds are capable of learning this important information. We also suggest that each family should have a designated "safe place" where they can plan to meet in case of an unlikely crisis event.

Being left alone and in charge is a HUGE responsibility. Being prepared will help you and your child feel more comfortable when they are home by themselves. We offer a workbook for you and your child to go over together and refer to when necessary. Also consider registering your child for the BLAST Babysitting Class we offer!



G.F. County Sheriff's Office Now Taking Part in Project Lifesaver



This article was a news report issued by Pat Sweeney at KNOX on 1-2-18

The Grand Forks County Sheriff's Office has announced it is now participating in Project Lifesaver, along with the police departments of Thompson, Emerado and Northwood.

Project Lifesaver tracks people with special needs who may be prone to wandering.

Jake Thompson of the East Grand Forks P-D, which has been involved with the project for four years, explained, "Every client wears a transmitter that has a frequency specific to them. In the event that they wander, we take their frequency and we put it into the receiver. And these receivers are directional, so once we pick up that signal, it'll tell us the direction the signal is in, so we still have to physically get out and locate the person."

Since Project Lifesaver started nationally in 1999, Thompson says more than 33-hundred people have been located.

Officers go through a two-day training course. Lieutenant B.J. Maxson of the Sheriff's Office says the program has already paid off.

"Since the training, there's been two calls with two successful 'locates,'" Maxson said. "One call came in while a sheriff's office deputy was taking his final (exam). The call came in, he went with the instructor, and they located (the person) within seven minutes of the call coming in of the individual walking away."

Officials say the initial cost per client is about \$330, and \$40-\$50 a year for wristbands and batteries. Services are provided free.



Grandparent Basics

Altru Health System and Safe Kids Grand Forks are pleased to announce a NEW class being offered just for grandparents. A lot has changed since the days when they raised their children and grandparents play a vital role in the lives of so many of their grandkids, often serving as the primary caregiver. Come, learn helpful hints that include some of the following topics: car seats, safe sleep, feeding recommendations, babyproofing, role transition from parent to grandparent and supporting the parents.

Call 701.780.5179 to register or log on to: altru.org/find-a-class-or-event/
\$20 registration fee



2018 CLASS DATES:

MARCH 22 - JUNE 7 - SEPTEMBER 20 - NOVEMBER 29
6:30 - 9 P.M.

SAFE KIDS GRAND FORKS HEADQUARTERS



NORTH DAKOTA

DATES

Bismarck
May 1-4

Grand Forks
June 5-8

Fargo
June 19-22

2018 National Standardized Child Passenger Safety Certification Training

Course Information

This training provides the basic technical skills, experience and knowledge about the proper use and installation of child car seats that are needed when working with parents and caregivers with child passenger safety needs.



Who Should Attend?

- Law Enforcement Personnel - POST available
- Emergency Medical Personnel
- Nurses
- Health Care Professionals
- Child Care Providers
- Car Dealership Personnel
- Physical/Occupational Therapists
- Firefighters
- Social Workers
- Interested adults

Course Content

This training will provide participants with the technical skills to:

- Identify and correct misuse of car safety seats
- Serve as a community resource at a variety of community events such as car seat checkups
- Educate others about child passenger safety issues
- Reduce potential liability through standardization
- Receive knowledge and skills to meet national certification



Certification is achieved through a combination of lectures, hands-on practice, role-playing, and written and hands-on skills testing. The training concludes with a real-world community car seat checkup. Participants must be in attendance for the entire course and successfully pass to receive certification.

Register

- Go to: <http://cert.safekids.org>
- Select "find a course" ▶ choose ND in course search ▶ select a city ▶ print course information ▶ click on login ▶ select new signup.

Fees

Fees include a two-year national certification, technician manual, car seat instructions CD and resources and refreshments.

- **Certification fee is \$85.** This needs to be paid online or by check. Find more information in the registration link above.
- **Local fee is \$30.** Payable by check only. Send to the North Dakota Public Health Association, at the address in the registration link above.



For more information

Dawn Mayer 701.328.4533 drmayer@nd.gov





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Many thanks from Safe Kids Grand Forks to all those that made the Optimist "Get the Ball Rolling" event a success!! We are so grateful!!



DON'T SPRING FORWARD TOO SOON!



Laundry Pods Are No Joke!



It's not often that we take laundry advice from an NFL player, but Rob Gronkowski has partnered with Tide to remind young adults that laundry pods are for laundry ONLY. While this shouldn't be a huge surprise to most of us, the latest online fad has been to record yourself while eating these dangerous items.

Recently there have been some YouTube videos and internet joking about the desire for teens and adults to eat laundry pods. There are videos and images placing tide pods in food items and then asking "what if?" Some individuals have taken it a step further and have actually ingested

the product while posting their experience online.

In 2017 alone, there were 10,570 exposures to liquid laundry detergent packets according to the American Association of Poison Control Centers (AAPCC). These laundry pods can be attractive to both children and adults, however, serious effects may occur after ingestion. The pods look like play items because they are soft and colorful and often resemble familiar items like candy, toys, and teething products.

Ingestion of the liquid has caused

excessive vomiting, wheezing and gasping. Some children exposed get very sleepy. Some have had breathing problems serious enough to need a ventilator to help them breathe. There have also been reports of corneal abrasions (scratches to the eyes) when the detergent gets into the eyes of either a child or an adult.

- ◆ Always keep detergent containers closed, sealed, and stored up high, out of the reach of children.
- ◆ Follow the instructions on the product label.
- ◆ Call the Poison Help line at 1-800-222-1222 immediately if you suspect someone has come in contact with this detergent.

For more information, visit <http://missouripoisoncenter.org/eating-laundry-pods/>

Brought to you by: Missouri Poison Center and Safe Kids Springfield



In 2017, there were 10,570 exposures to liquid laundry detergent packets according to AAPCC

Fence Safety for Parents of Young Children



Did you know?

- Every 40 seconds in the United States, a child becomes missing.
- Most children missing each year are less than 7 years old who simply stepped outside their homes and unintentionally forgot their way back.

Kids are inquisitive and curious by nature. Kid-proofing the exterior of your home is as important as ensuring the safety from accidental injuries to your kids inside the home. Serious accidents may happen to



your child in as little time as it takes for a parent to look at his/her phone screen while they are supervising their children in the play yard.

Here are some of the reasons why fencing your home is a worth-while investment for your family.

- A fence prevents your little explorers from stepping outside their home and wandering around the neighborhood unsupervised, exposed to dangers like moving vehicles, unleashed pets, and strangers.
- A fence could keep wild or other



domestic animals out of your yard and prevent harm to your child.

Some Bonus Benefits of home-fencing:

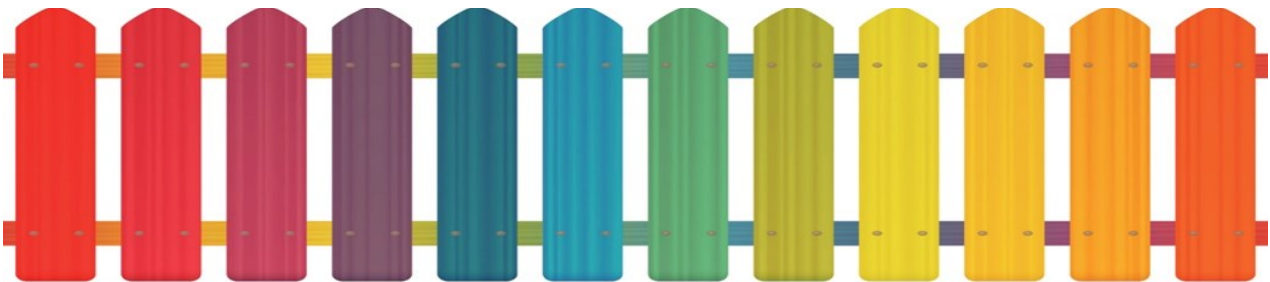
Of course, preventing an accidental missing child, road accidents and animal attacks are the prime reasons

for any parent of young children to install a fence around their home, but the benefits do not end there.



- A fence can make abduction or kidnapping difficult.
- A fence keeps your little one's belongings in the play yard safe overnight.
- A fence can add to the beauty of your home's exterior, and is an excellent canvas for your little ones to paint and play.

Submitted by Naila Saleem—UND Masters in Public Health Intern



Pedestrian and Wheeled Sport Safety

As the weather warms up, children and adults will be getting outside more; walking, bicycling and out in our neighborhoods and parks.

Safe Kids wants to remind people of all ages how to stay safe as you enjoy the spring weather.

Safety Tips for Walkers

- Always walk on sidewalks or paths separated from vehicular traffic. If there are no sidewalks or paths, always walk on the side of the street FACING road traffic, as far to the left as possible.
- Dress to be seen. Wear bright-colored clothes so drivers can easily see you. At night, wear retroreflective materials on your shoes, cap, or jacket to reflect the headlights of cars coming towards you. If it is dark or hard to see, you may also carry a flashlight.
- Obey all adult crossing guards.
- Obey all signs, signals, and traffic lights.
- Always look for vehicles backing up when crossing driveways, and look for traffic at every driveway and intersection.

Tips for crossing the street safely:

- Cross only at corners or marked crosswalks. Never cross in the middle of the road unsupervised.
- When available, cross at a location with an adult crossing guard. Otherwise, cross the street with an adult whenever possible.
- If a car is parked where you are crossing, look for a driver in the car - they may be getting ready

to move. If there is not a driver in the car, go to the edge of the car, look left-right-left, and only cross the street when no cars are coming.

- If no cars are parked where you are crossing, stop at the curb, or the edge of the road. Look left, right and left again, before you step into the street. Also look behind and in front of you for traffic.
- Wait until no traffic is coming, and begin crossing.
- Always walk when crossing the street - never run! You could trip and fall when running.
- Keep looking for traffic and make eye contact with drivers until you have finished crossing.

When crossing the street at a signalized intersection:

- Stop at the curb or edge of the road.
- If a pedestrian pushbutton exists, push it to activate the "WALK" signal.
- If the "WALK" signal is lit, look left-right-left for traffic before crossing the street. Also look behind and in front of you for turning vehicles.
- If the "DON'T WALK" signal is flashing, wait for the next new "WALK" signal. It will give you the most time to cross the street.
- If you are in the middle of the street and the "DON'T WALK" signal begins to flash, don't stop or return to the curb or edge of the road. Continue to walk at your maximum comfortable pace until you reach the other side. Walk, don't run - you could fall if you run.
- If a pedestrian countdown signal

exists at the intersection, it will tell you how many seconds you have left to cross.

- Walk with a friend when possible.
- When you are near the street, don't push, shove, or chase other walkers.
- If any bullying happens during your walk, talk to your parents and teacher.
- Ask your parents or caregivers to help you use the Safe Walking Route Maps to pick a safe route to school - one that avoids dangers. Stick to the route you picked with your parents. Don't let friends talk you into shortcuts that are more dangerous.
- When determining your safe walking route to school, limit the number of street crossings, and avoid crossing busy or high-speed streets.
- Parents/caregivers should walk with younger children or children walking to a new school to make sure they know the route and can walk it safely.
- Parents/caregivers should use their child's pedestrian skills and experience to determine when their child is ready to walk to school without adult supervision, not a set age. It takes time and practice for children to accurately judge the speed, distance, and size of oncoming vehicles.

Sources:

American Academy of Pediatrics:
<http://www.aap.org/advocacy/releases/augschool.cfm>
CCRPC Safe Walking Route Map Book 2005

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Pedestrian and Wheeled Sport Safety

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Champaign-Urbana Safe Routes to School Project: <http://www.cu-srtproject.com>

National Center for Safe Routes to School (NCSRTS):

<http://www.saferoutesinfo.org/program-tools/education-tip-sheets>

National Highway Traffic Safety Administration (NHTSA):

<http://www.nhtsa.dot.gov/pedestrians>

Safe Kids Worldwide:

<http://www.safekids.org/safety-basics/safety-resources-by-risk-area/pedestrian/pedestrian-safety-tips-1.html>

Safety Tips for Bikers

- Always wear a correctly fitted bicycle helmet, no matter how short or long the ride. It should be snug and level on the head.
- Find a safe place to ride - younger children (especially under age 10) should ride on the sidewalk or pathway.

- Follow the rules of the road when riding your bike in the street.
- Stay on the right side when riding your bike in the street, in a straight, single-file line, in the same direction as auto traffic.
- Use appropriate hand signals when riding in the street.
- Obey all signs and traffic lights.
- Stay off busy streets.
- When crossing the street, look left, then right, then left again, making eye contact with drivers.
- If you approach a busy street, get off your bike when you get to the curb, look left, right, and left again, make eye contact with drivers, and walk your bike across the street.
- Always watch for vehicles when crossing driveways or alleys.
- Never carry riders on your bike.
- Never ride between cars.
- Give pedestrians the right-of-way.

- Stay alert for unexpected obstacles.
- Make sure your bike has a white headlight and rear red reflector if you are riding in the street at night, as it is an Illinois state law.
- Always make sure your bike is in good repair.
- Make sure you have no clothing or laces hanging down that can catch in the spokes.
- Wear bright-colored and/or reflective clothing to increase your visibility.

Sources:

American Academy of Pediatrics: <http://www.aap.org/advocacy/releases/augschool.cfm>

Champaign-Urbana Safe Routes to School Project: <http://www.cu-srtproject.com>

Illinois Secretary of State: http://www.cyberdriveillinois.com/publications/pdf_publications/dsds_a170.pdf

Boating Safety Courses

The North Dakota and Minnesota Game and Fish Departments offer the Boat North Dakota/Minnesota courses for those who are new to boating or who wish to take a refresher. This course is required for ND youth ages 12-15 (MN is 12-17 years old) who want to operate a boat or personal watercraft with at least a 10 horsepower motor by themselves.

- Home Study Course - (Free of Charge) Order a free Boat North

Dakota course. Write North Dakota Game and Fish Department, 100 N. Bismarck Expressway, Bismarck, ND 58501-5095; email ndgf@nd.gov; or call 701-328-6300. A boater education card will be mailed within 10 days of passing the course.

- Online Course - Cost. The online Boat North Dakota course is \$29.95, retries are free. Upon completion of the test and after providing a credit card number, students can print



a temporary certification card. A permanent card will be mailed within 30 days.

The online Boat Minnesota course is \$22.50.

www.boat-ed.com/northdakota
www.boat-ed.com/minnesota

Safe Sleep for Babies

Taken from CDC Vital Signs, Jan 2018

There have been dramatic improvements in reducing baby deaths during sleep since the 1990s, when recommendations were introduced to place babies on their back for sleep. However, since the late 1990s, declines have slowed. Other recommended safe sleep practices today include eliminating hazards, such as keeping blankets, pillows, bumper pads and soft toys out of the sleep area. Recommendations also include room sharing but not bed sharing. These practices can help lower the risk of sleep-related infant deaths, including sudden infant death syndrome (SIDS), accidental suffocation, and deaths from unknown causes.

To read the full text, visit www.cdc.gov/vitalsigns



1

Place your baby on his or her back for all sleep times - naps and at night.

2

Use a firm sleep surface, such as a mattress in a safety-approved crib.

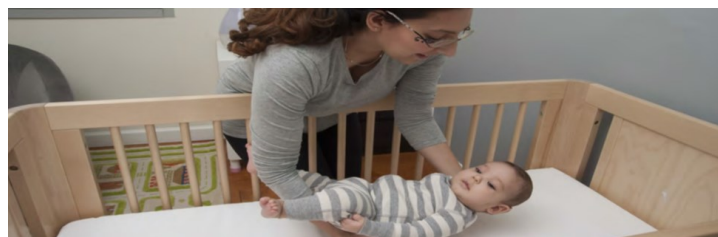
3

Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of baby's sleep area.

4

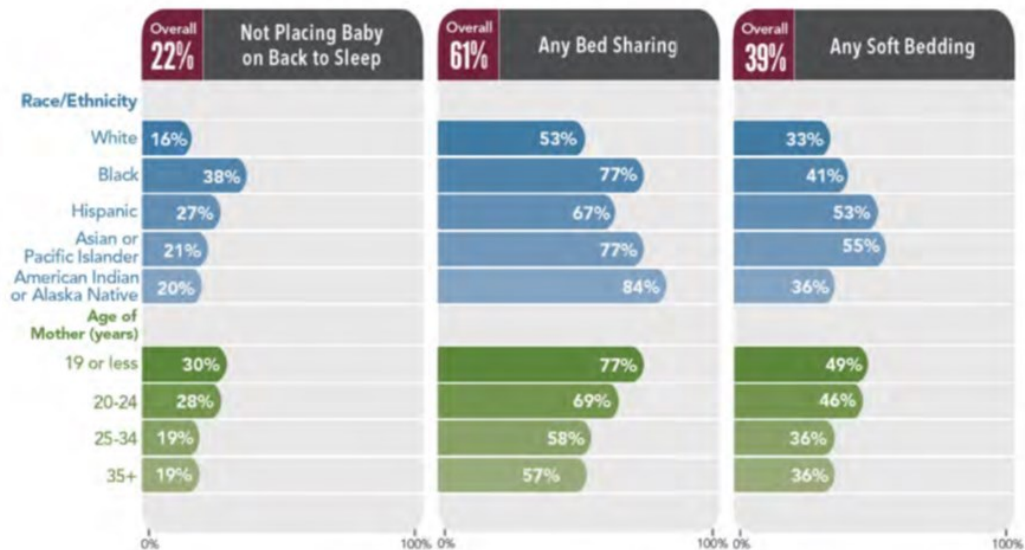
Have baby share your room, not your bed.

SOURCES: Pediatrics, October 2016; Eunice Kennedy Shriver National Institute of Child Health and Human Development.



There are 3,500 sleep-related deaths among US babies annually.

UNSAFE SLEEP PRACTICES WITH BABIES ARE COMMON.



SOURCE: Pregnancy Risk Assessment Monitoring System (PRAMS), 2015.

play safe! be safe! ®

An award winning fire safety education program
created especially for children ages 3 – 5

June 13, 2018

Fargo Public Safety Building – 4630 15 Ave. N.

The **play safe! be safe!** workshop: ND Growing Futures approved!

Cost Free of charge (program provided & funded by the BIC Corporation)

8:30am Check-In

9:00-12:00 A fascinating and entertaining look into the preschool child's perception of fire, the surprising frequency of children's misuse of fire, practical approaches to teach young children fire safety, and introduction to the award winning play safe! be safe! kit.

For trainers, teachers, other direct care providers, program managers, and fire & life safety educators

All participants receive a free play safe! be safe! kit!
Trainers receive additional play safe! kits for distribution,



To register follow the link:

<https://www.surveymonkey.com/r/NC8S000>

For further information, please contact Doug Nelson at (701)241-8134

The award winning play safe! be safe! multi-media classroom fire safety education kit includes:



- 20 minute DVD featuring “Firefighter Dan” in English and Spanish
- Four sets of colorful story cards
- Two activity boards
- Keep Away! card game
- Comprehensive teacher's manual with materials for parents in English and Spanish!

Sponsored by:

Fargo Fire Department and Fargo/Cass Public Health



How much water should a kid drink while playing sports?



For every 20 minutes of play, a young athlete should drink about **10 gulps of water.**



1 gulp = ½ oz. of fluid

A teen should drink about 20 gulps.

The American Academy of Pediatrics (AAP) recommends: 5 oz. for an 88-pound child every 20 minutes, and 9 oz. for a 132-pound adolescent every 20 minutes



BLAST!

Babysitter's Lessons And Safety Training!

BLAST! is a babysitting class designed by the American Academy of Pediatrics to teach 11 – 14 year olds about the responsibilities of caring for children. Attendees receive a certificate of completion and a course manual.



This class will be offered at Safe Kids Headquarters on the following dates:

March 17, 2018 (full) April 28, 2018 (full)
May 19, 2018 June 23, 2018
September 15, 2018 November 17, 2018

Class time on each date is 9:00 a.m. – 3:00 p.m.

Cost: \$55.00 (includes lunch)

Registration is required and class size is limited.

For more information, please call 701.780.1489.

**SAFE
K:DS**
GRAND FORKS

Altru[®]
HEALTH SYSTEM

Facts about Concussion and Brain Injury



About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

Concussion Signs and Symptoms

Most people with a concussion recover quickly and fully. But for some people, symptoms can last for days, weeks, or longer. In general, recovery may be slower among older adults, young children, and teens. Those who have had a concussion in the past are also at risk of having another one and may find that it takes longer to recover if they have another concussion. Symptoms of concussion usually fall into four categories:

Thinking/Remembering	Difficulty thinking clearly	Feeling slowed down	Difficulty concentrating	Difficulty remembering new information
Physical	Headache Fuzzy or blurry vision	Nausea or vomiting (early on) Dizziness	Sensitivity to noise or light Balance problems	Feeling tired, having no energy
Emotional/Mood	Irritability	Sadness	More emotional	Nervousness or anxiety
Sleep	Sleeping more than usual	Sleep less than usual	Trouble falling asleep	

Getting Better

Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Be patient because healing takes time. Only when your symptoms have reduced significantly, in consultation with your doctor, should you slowly and gradually return to your daily activities, such as work or school. If your symptoms come back or you get new symptoms as you become more active, this is a sign that you are pushing yourself too hard. Stop these activities and take more time to rest and recover. As the days go by, you can expect to gradually feel better.

Tips to help you get better:

- Get plenty of sleep at night, and rest during the day.
- Avoid activities that are physically demanding (e.g., sports, heavy housecleaning, working-out) or require a lot of concentration (e.g., sustained computer use, video games).
- Ask your doctor when you can safely drive a car, ride a bike, or operate heavy equipment.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk of further injury.



There are many people who can help you and your family as you recover from a concussion. You do not have to do it alone. Keep talking with your doctor, family members, and loved ones about how you are feeling, both physically and emotionally. If you do not think you are getting better, tell your doctor.

For more information and resources, please visit CDC on the Web at: www.cdc.gov/Concussion.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention



09022002

May IS NATIONAL ELECTRICAL SAFETY MONTH



Each year, there are about 31,000 fires and 200 deaths involving home electrical systems. Additionally, 180 people died from electrocution relating to consumer products in 2002.

Don't use equipment or cords that are damaged. Inspect cords for excessive wear before plugging them in. Have a licensed electrician check your home's electrical system for hazards if it's been more than 10 years since your last inspection, or if you notice any of these . . .

ELECTRICAL SYSTEM HAZARD WARNING SIGNS:

- Dimming or Flickering Lights
- Sizzle or Buzzing Sounds
- Odor of Overheated Plastic
- Plugs that Pull Out of the Receptacle Easily
- Flashes or Showers of Sparks
- Hot Switch Plates and Outlet Covers
- Fuses Burn Out or Circuit Breakers Need Resetting Frequently



U.S. Consumer Product Safety Commission
CPSC hotline: 800-638-2772
and 800-638-8270 (TTY)



Sign up to receive free NSN safety alerts and posters at

www.cpsc.gov



Microwave Oven Safety

With busy lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

SAFETY TIPS

- » PURCHASE a microwave oven that is listed by a qualified testing laboratory. Make sure to complete and return the product registration card. This way the manufacturer can reach you if there is a recall on the product.
- » PLUG the microwave oven directly into the wall outlet — never use an extension cord.
- » MAKE sure the microwave oven is at a safe height, within easy reach of all users.
- » OPEN food slowly, away from the face. Hot steam or the food itself can cause burns.
- » FOOD heats unevenly in microwave ovens. Stir and test before eating or giving to children.
- » NEVER heat a baby bottle in the microwave. Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm — not hot or boiling — water, or by running it under the tap.



MICROWAVE USE

Always **supervise** children when they are using a microwave oven.

Use only **microwave-safe** food containers or dishes. Never use aluminum foil or metal in a microwave oven.

If you have a **fire** in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

FACT

Scald burns are the leading cause of injury from microwave ovens.



Your Source for SAFETY Information

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

www.nfpa.org/education ©NFPA 2016

Holand & Braun Receive Child Passenger Safety Award

Donna Holand, a public health nurse was recently selected to receive the North Dakota Department of Transportation's (NDDOT) Child Passenger Safety Award. This award was presented by Bill Vasicek, Community Safety Coordinator with Altru Health System on February 7 at Walsh County Health District in Grafton, North Dakota.

"It is a great pleasure to recognize Donna for her commitment and dedication to children through traffic safety," said Bill Vasicek, who submitted the nomination. "She has made a difference and improved the quality of life in North Dakota through active support of traffic safety programs in this community."

Also recognized with this award was Jennifer Braun, Community Action Head Start/Early Head Start Director in Dickinson. This award was presented to Jennifer by Erv Bren, Executive Director of Community Action Partnership on February 9.

Jennifer is the daughter of long-time car seat technician, Mary Barrett. Jennifer took her training here in Grand Forks, and has been a Child Passenger Safety (CPS) technician for six years. Within this time, she has been active in getting regularly scheduled car seat checkups in Dickinson and works closely with members of the community to make these car seat checkups successful. She also worked to become a CPS technician proxy, which is a position that can assist other CPS technicians to become recertified.

"With traffic safety advocates like Donna and Jennifer, we can move towards achieving the state's Vision Zero goal - which is zero motor vehicle fatalities and serious injuries on North Dakota roads," says Karin Mongeon, Safety Division Director, NDDOT.

The NDDOT receives nominations each year for the following awards: Traffic Safety Officer of the Year, Beyond the Traffic Stop, Drug Recognition Expert Officer of the Year, Child Passenger Safety Awards, Traffic Safety Honor Roll and a Traffic Safety Media Award.

Safe Kids Grand Forks is so proud of both of these ladies and we tip our hats to them on this recent recognition. Thanks for being a vital part of child passenger safety efforts in our state!!



VISION ZERO

Zero fatalities. Zero excuses.

