



# Safe Kids Grand Forks News You Can Use



Summer 2013 Edition



Adding as many water safety steps as possible is the best way to assure a safe and fun experience in a residential swimming pool or spa. Parents and families can build on their current safety practices by adopting water safety steps at home pools and spas. These are safety steps you can adopt at your residential pool or spa:

### Staying Close, Being Alert and Watching Children In and Around the Pool

- Always watch your children when they are in or near a pool or spa.
- Teach children basic water safety tips.
- Keep children away from pool drains, pipes and other openings to avoid entrapments.
- Have a portable telephone close by at all times when you or your family are using a pool or spa.
- If a child is missing, look for him or her in the pool or spa first.
- Share safety instructions with family, friends and neighbors.

### Learning and Practicing Water Safety Skills

- Learn how to swim and teach your child how to swim
- Learn to perform CPR on children and adults, and update those skills regularly
- Understand the basics of life-saving so that you can assist in a pool emergency

### Having the Appropriate Equipment For Your Pool or Spa

- Install a four-foot or taller fence around the pool and spa and use self-closing and self-latching gates; ask your neighbors to do the same at their pools.
- Install and use a lockable safety cover on your spa.
- If your house serves as a fourth side of a fence around a pool, install door alarms and always use them. For additional protection, install window guards on windows facing pools or spas.
- Install pool and gate alarms to alert you when children go near the water.
- Ensure any pool and spa you use has compliant drain covers, and ask your pool service provider if you do not know.
- Maintain pool and spa covers in good working order.
- Consider using a surface wave or underwater alarm.



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**Create a Home Safety Toolkit For Your Home Pool or Spa**

- Drownings are a preventable cause of death and injury for children. By putting proven safety behaviors and systems into practice, you and your family will be much more secure in and around public and residential pools.
- CPSC recommends that you create a pool safety toolkit to have near your pool or spa to ensure that if the worst happens, you are ready to respond.
- What should be in a pool safety toolkit for your home pool or spa?
  - ⇒ A first aid kit
  - ⇒ A pair of scissors to cut hair, clothing or a pool cover, if needed
  - ⇒ A charged portable telephone to call 911
  - ⇒ A flotation device



These tips were taken from the Consumer Product Safety Commission's Pool Safely campaign materials. For more information, visit [www.cpsc.gov](http://www.cpsc.gov). We have lots of the Pool Safely campaign brochures at our Safe Kids Grand Forks office. Call us at 701.780.1489 if you would like copies of these brochures and posters.

Enrolling kids in swimming lessons at an early age will teach them life-long water safety skills. Found on this page and the next, are the classes offered by our water safety partners, UND Swim ND and Choice Health & Fitness. The YMCA also offers swim lessons and their class schedule can be found on their web site.

**SWIM NORTH DAKOTA** ~ Swim North Dakota is open to the GENERAL PUBLIC. Children 4 years old and up from beginner to advanced swimming skills can be part of the program. Swim North Dakota uses a station method of teaching with a small student to instructor ratio. Student/teacher ratio will vary from 2:1 to 10:1 depending on the level of instruction and popularity of the class time. They will advance through the different swimming levels, as the child's swimming skills improve. After completing the Swim North Dakota program the student is prepared to enter advanced Red Cross courses such as Lifeguard Training, join R.R.V.Y. Wahoos Swim Club or enjoy his/her swimming skills for recreational purposes.

Registration must be done by mail with the given application or in person. We DO NOT send out confirmations so please show up at your selected class session. Upon receiving your application and if your choice class is full, we will notify you and have you select another time or date. In case of inclement weather, classes will continue, unless UND closes campus.

**Location and Facilities:** All lessons will be held at the Hyslop Sports Center pool. The best way to access this area is to park underneath the Columbia overpass and use the south door entrances. These will take you directly into the pool area. There are locker rooms available on the pool deck for changing. **The Swim ND parking passes can only be issued to eligible participants and must be displayed while attending lessons. Only ONE Swim ND parking pass can be distributed to each registered participant. Other spectators with vehicles will have to park in the parking ramp. UND students, faculty, and staff are not eligible for a Swim ND parking pass and should use their official UND hangtag.** For additional information on UND parking procedures please see the parking website. <http://und.edu/student-life/parking/>

**All classes are Monday-Thursday (Unless otherwise specified)**

<p>Option F: May 6-16 5:30, 6:00, 6:30, 7:00pm 8 Lessons for \$50</p>	<p>Option G: May 20-30 5:30, 6:00, 6:30, 7:00pm 7 Lessons for \$45</p>	<p>Levels in Swim North Dakota</p> <ol style="list-style-type: none"> <li>1. Bobs</li> <li>2. Floats</li> <li>3. Glides and Kicks</li> <li>4. Freestyle</li> <li>5. Backstroke</li> <li>6. Breaststroke</li> <li>7. Butterfly</li> </ol>
<p>Option H: June 3-13 10:00am, 10:30am 5:30, 6:00, 6:30, 7:00pm 8 Lessons for \$50</p>	<p>Option I: June 17-27 10:00am, 10:30am 5:30, 6:00, 6:30, 7:00pm 8 Lessons for \$50</p>	
<p>Option J: July 8-18 10:00am, 10:30am 6:00, 6:30, 7:00pm 8 Lessons for \$50</p>	<p>Option K: July 22-August 1 10:00am 6:00, 6:30, 7:00pm 8 Lessons for \$50</p>	

**Mail application to:** Swim North Dakota, 2751 2<sup>nd</sup> Ave N Stop 9013, Grand Forks, ND 58202 **Check Payable to:** UND  
A \$15.00 surcharge will be applied to all refund requests. *There are no make-ups times or sessions, missed classes cannot be made-up.*  
**Swim North Dakota Information:** Call 777-4451 or e-mail [und.swimnd@athletics.und.edu](mailto:und.swimnd@athletics.und.edu)

# Safety on the Water



Finally we are done with the 2013 ice age and we are now at the lake in a boat or on the shore enjoying the cool water and breezes. Winter is a distant memory. What do we need to do to

have safe fun at the lakes this summer?

First, always have life jackets ready. Remember, a jacket doesn't qualify for a boat unless it says its type and is U.S. Coast Guard Approved. For the little ones, those fun swimmer jackets or "floaties" are okay near the beach or pool, but only with the added ingredients of love and very vigilant adult supervision. In a boat children need appropriate, properly fitting life jackets just like everyone else.

When swimming from a boat the risk is greater and the demands for safety increase. Use an anchor and line to keep the boat from drifting away with the wind while everyone is enjoying the water. Few people can swim as fast as a drifting boat in a light breeze. A swim ladder either permanently mounted or hooked over the gunwale is a big asset. Boats can be difficult to climb back into from the water. A retrieval strap such as a simple dock line can be used to lift a person from the water. If you think you can just reach over and drag them in, better rethink it. Can you dead lift 150 pounds from an awkward position? Probably not.

Here's how to use a line:

1. Bring the victim to the side of the boat and face them away from the boat if unconscious or face them to the boat if the victim can help.
2. Place the retrieval line under the arms and across the chest.
3. Bounce them in the water

a few times and then pull them in the boat on the up-bounce. This way the water is assisting and not pulling backward. With two people on the line it is even easier.

4. Two people may also be able to lift the person by each placing a hand under the person's armpit. If the person is wearing a lifejacket, then grasping the jacket at the shoulders may be another way to bring them aboard. This is a fun drill for the family to practice while out swimming.

Lastly, to help ensure a safe outing, bring plenty of water, hats for shade and sun screen. The effects of drinking alcohol, even in moderation, are increased in the sun and can also contribute to dehydration. Don't forget to keep the baby shaded as much as possible since their skin is so sensitive.

Remember to have fun but know the risks and avoid them by being prepared and acting responsibly.

For more information on a fun safe summer on the water contact the local USCG Auxiliary at [uscgaux9130@live.com](mailto:uscgaux9130@live.com)

Article submitted by Wayne Hemeck  
USCG Auxiliary Public Affairs.  
North West Minnesota



## SUMMER YOUTH AQUATICS

### OUTDOOR LESSONS

\$44 for 2 Week Session (M-TH)

#### June 17-28 (Elks):

M-TH 10:00 - 10:40 AM Walleye | Northern Pike | Muskie  
M-TH 10:45 - 11:25 AM Sunfish | Perch | Bass

#### July 9-19 (Riverside):

M-TH 10:00 - 10:40 AM Walleye | Northern Pike | Muskie  
M-TH 10:45 - 11:25 AM Sunfish | Perch | Bass

#### July 22-August 2 (Elks):

M-TH 10:00 - 10:40 AM Walleye | Northern Pike | Muskie  
M-TH 10:45 - 11:25 AM Sunfish | Perch | Bass

#### August 4-16 (Riverside):

M-TH 10:00 - 10:40 AM Walleye | Northern Pike | Muskie  
M-TH 10:45 - 11:25 AM Sunfish | Perch | Bass

### INDOOR LESSONS

\$56 for 8 Lessons (M/W)

#### June 17-28 or July 8-31 (Choice Health & Fitness):

M/W 9:30 - 10:00 AM Tiny Tots (ages 2-3) | Sunfish  
M/W 2:30 - 3:00 PM Sunfish | Perch | Bass  
M/W 3:00 - 3:30 PM Walleye | Northern Pike | Muskie  
M/W 5:30 - 6:00 PM Sunfish | Perch | Bass  
M/W 6:00 - 6:30 PM Walleye | Northern Pike | Muskie

### INDOOR CLASSES/ADULT LESSONS

#### June 17-28 or July 8-31 (Choice Health & Fitness):

T/TH 6:15 - 6:45 PM Competitive Skills Class  
M/W 6:30 - 7:00 PM Parent & Me Class (9 mo.- 2 yrs)  
T/TH 7:00 - 7:30 PM Adult Lessons

Registration forms/fees online at [ChoiceHF.com](http://ChoiceHF.com)



## Portable Pools

## Safety Tips for Portable Pools

### Fence Them! Cover Them! Put Them Away!



**Pool Safely: Simple Steps Save Lives** provides simple safety tips for keeping children and families safe around all pools and spas. Practicing these tips can help reduce the number of drownings and near-drownings among young children.

Portable pools vary in size and height, from tiny blow-up pools to larger designs that hold thousands of gallons of water. They are easy to use, affordable and fun for the family. But portable pools can be deadly and present a real danger to young children.

The U.S. Consumer Product Safety Commission reports that from 2005 to 2008, submersion fatalities associated with portable pools averaged 35 deaths each year for children 4 and under.

See the American Academy of Pediatrics' Technical Report on the Prevention of Drowning [<http://pediatrics.aappublications.org/>] on the risk of child drownings in above-ground and portable swimming pools.



Follow the campaign on Twitter: @poolsafely, and visit our YouTube channel: [www.youtube.com/poolsafely](http://www.youtube.com/poolsafely).

### Here are some general tips for children's safety around portable pools:

- Empty and put away smaller portable pools after every use.
- Once the pool is set up, ensure high levels of supervision.
- Fence portable pools and encourage your neighbors to do the same.
- Cover larger portable pools and put access ladders away when adults are not present.
- Install alarms on doors leading from the house to the pool area that will alert you when someone enters the pool area.
- Teach children to swim, float and other basic life-saving skills; do not consider young children "drown-proof" because they have had swimming lessons.
- Make sure your neighbors, babysitters and visitors know about the pool's presence in your yard.
- Learn and practice CPR so you can help in an emergency.



### Remember to Pool Safely!

Meet **Pool Safely** characters Splish and Splash and watch them learn about safety at pools and spas. See: [www.poolsafely.gov](http://www.poolsafely.gov) Kids' Corner





# Safe Kids Stars

There are lots of things that UND students could be doing on a Saturday morning but on April 27, the women of Kappa Alpha Theta Sorority were spending time with Safe Kids Grand Forks. UND holds their "BIG EVENT" that day in which hundreds of students volunteer their time at various locations and projects in the community, making it a better place to live.

For the past three years, we have been fortunate to get volunteers from the Theta house for our car seat recycling event. Without the tireless help of these women, we would not be able to conduct an event of this magnitude. On that day, these ladies took apart and separated the fabric, plastic and metal from 189 car seats. Thanks to the generous donation of dumpster and recycling services from our local Waste Management, these seats are sent to Minneapolis where they are re-processed into other plastic and metal products, thus avoiding the "filling up" of our landfill.

This project was first started in an effort to keep old, expired, recalled or dangerous (been in a crash) car seats off the berm and out of dumpsters during City Clean-up Week in Grand Forks. Over the past 3 years, we have processed nearly 500 car seats through this event with the help of the Kappa Alpha Theta sorority at UND. For that, we name them our Summer Edition Newsletter Safe Kids Stars!!

If you are interested in dropping off old car seats for recycling, please bring them to the Safe Kids office at 860 South Columbia Road, Monday—Friday from 8 a.m.—5 p.m. They can be left outside the Safe Kids Office (Room 204) with a "recycle" note on them. They can also be dropped off at any of our advertised car seat check-up events held in Grand Forks, Grafton and other surrounding communities.

Thank you Waste Management for this partnership of recycling services and to the City of Grand Forks for helping us to promote this annual event!!



**The Safe Kids Stars  
for the Spring 2013**

**Edition are the  
women of Kappa**

**Alpha Theta Sorority**



**theBIGevent**  
one big day. one big thanks.



**WM**  
WASTE MANAGEMENT  
(701) 775-8880

## Thompson Student Presented With Buckle-up Bear

Child Passenger Safety month was held during February in North Dakota and many school presentations were done by Safe Kids Grand Forks and the Grand Forks Sheriff's Department during that time. During the child passenger safety presentations, students were given the chance to sign a pledge to wear their seat belt and their name was entered in a drawing for a LIFE SIZED bear, donated by the North Dakota Department of Health. Pictured here is Thompson 5th Grader, Stephen, with the bear that he was presented during a school assembly, He is shown with his 5th grade class and also with Grand Forks County Sheriff, Bob Rost, Nicole Dvorak and BJ Maxson, also with the GF Sheriff's Department.



# NDSC TRAFFIC COURSES

*Safety* Making roadways safer in Grand Forks.

## For the YOUNG DRIVER

Traffic Crashes are the #1 killer of teens ages 14-25.  
Reduce your teen's risk - enroll them in Alive at 25 today.

Monday, June 24 | 5pm - 9pm  
Monday, July 29 | 5pm - 9pm  
Monday, August 26 | 5pm - 9pm

## For the EXPERIENCED DRIVER

Learn how to improve the driving skills you have,  
while learning how to avoid 'the other guy!'

Saturday, June 1 | 9am - 1pm  
Saturday, July 13 | 9am - 1pm  
Saturday, August 3 | 9am - 1pm

All courses are held at Altru Health System - 860 S Columbia Road, Building 1

Courses approved in ND for point reduction & insurance discount.

Learn more or register at [WWW.NDSC.ORG](http://WWW.NDSC.ORG)

Questions? Call 800-932-8890

**NDSC**  
NORTH DAKOTA SAFETY COUNCIL



# 4 out of 5 car seats are used incorrectly.

## Don't let yours be one of them!

Get your seat checked by a trained technician.  
**Together, we can help all kids have a safe ride.**

Check [www.safekidsgf.com](http://www.safekidsgf.com) for dates and times of events in our region.



### Car Seat Check-Up Events

presented by:



in cooperation with

**Rydell GM Auto Center**  
2700 South Washington Street

#### 2013 Dates

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

For more information, contact Safe Kids Grand Forks at 701-780-1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's 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 and Altru Health System are pleased to partner with our local GM dealer to offer monthly car seat check-up events.

These are offered the 2nd Thursday of every month from 4:00-7:00 p.m.

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

Proud Program Sponsors



### Car Seat Check-Up Events

presented by:



Public Health  
STANDS FOR... PROTECTS

in cooperation with

**Hanson's Auto & Implement**  
110 5th Street West, Grafton, ND

4 out of 5 car seats are used wrong. 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 local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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

Proud Program Sponsors



#### 2013 Dates

- February 7
- April 4
- June 6
- August 1
- October 3
- December 5

For questions, call Donna at Walsh County Health System, (701) 352-5139.

# Firework Safety

With the summer months upon us, there are a few safety precautions to consider before partaking in fireworks festivities. The safest way to watch a fireworks event is to attend a public display. A properly planned event will have trained professionals to safely handle fireworks. This will foster a safe environment for all spectators and minimize the chance of an accident occurring. If you do decide to either attend or conduct a private showing, here are a few safety precautions to consider before the first igniter is lit:

- Contact the local Fire Department to make sure there is no burn ban in effect.
- Is it the right time of year? North Dakota allows the sale and use of consumer fireworks

from June 27 through July 5.

- Never light fireworks near dry grass or indoors.
- Ensure there is an extinguisher or a water source available to put out any possible spot fires. Also make sure you know how to use the extinguisher properly. If you have any questions, your local fire department can give you tips.
- Make sure that spectators, along with the lighter of the fireworks, are located several feet from the “launch point.”
- Never attempt to relight a “dud.” If a firework does not work, soak it with water, and properly dispose of it.
- Please talk to your

children about properly handling fireworks, including sparklers. A statistical report on the National Fire Protection Agency website: NFPA.org shows that 27% of all firework related injuries are from sparklers (John R. Hall, 2012).

Summer is a time of celebration and unity. Ensure that you are doing your part to facilitate a fun and safe summer for your families and friends, and remember the best defense against firework related emergencies is education and planning.

Submitted by Joshua Thompson  
Grand Forks AFB Fire Prevention Office



## Congratulations To Our Friend and Colleague – Carol Meidinger

Safe Kids Grand Forks is pleased to hear that our friend and colleague, Carol Meidinger, has been selected to join the National Child Passenger Safety Board as its newest CPS Advocate. Carol retired from the North Dakota Department of

Health in 2006 with 30 years in the field. Her interest in child passenger safety began in the Health Department when she was contacted by a private citizen requesting support for enacting legislation that would require young children to ride buckled up, which then passed in 1983. In her current role as a CPS consultant she assists community agencies in conducting car seat checkup events and facilitates trainings to grow the base of nationally certified child passenger safety technicians in North Dakota. We LOVE when Carol comes to Grand Forks to teach classes and share her expertise. Applications for board positions are solicited nationally and each member serves a 3 year term. Congratulations Carol in this honor and for serving in this way.





# Lawn Mower Safety

As lawn mowing season gets underway in much of the country, safety experts are putting out a warning: Watch out for the kids.

Several cases of children seriously injured in mowing incidents have made the news in the past two weeks:

- A 2-year-old girl in Florida lost both of her feet when her father backed over her with a riding lawn mower on April 10, the Associated Press reported.
- A 4-year-old boy in Tennessee had severe cuts on his arms and legs after a lawn mower ran over him, the *Tennessean* reported on April 17.
- A 2-year-old Maryland boy was in critical condition after a lawn mower he was riding with his grandfather overturned into a creek, the *Baltimore Sun* reported Sunday.

Such accidents are not unusual: In 2011, 3,780 kids 14 or under were among 83,291 people treated in U.S. hospital emergency departments for lawn mower injuries, according to the Consumer Product Safety Commission. Data from the commission shows that when visits to

doctors' offices and clinics are included, more than 17,000 children and teens are treated for such injuries each year, according to the American Academy of Pediatrics.

"These can be life-changing injuries for children, but they are totally preventable," says Steven Lovejoy, an orthopedic surgeon at Monroe Carell Jr. Children's Hospital at Vanderbilt, Nashville. He analyzed lawn mower injuries for a report published in 2012.

In the most recent case he treated, a 6-year-old boy lost a foot after he fell off a mower driven by a 10-year-old girl, he says. Often, he says, children are hurt while riding on an adult's lap, as in the Maryland case. "People remember doing that when they were kids and think it's OK," he says. In many other cases, he says, children are hurt when they run up to adults who are operating mowers and do not see or hear the children coming. That's why he advises adults to "always know where your children are," when mowers are in use.

Here are some additional safety tips from the American Academy of Pediatrics and other medical groups:



- Don't allow children under age 12 to operate a push mower or those under 16 to drive a riding mower.
- When children and adolescents are old enough to use mowers, teach them safety steps such as wearing goggles and sturdy shoes.
- Do not allow children to ride on mowers as passengers.
- Keep children off the lawn while mowing.
- Pick up potential flying objects, such as stones and toys, before you start mowing.
- Do not pull a mower backward or ride it in reverse unless absolutely necessary. If you do mow backwards, carefully look for children behind you.



This article was reprinted from the Children's Safety Network and was originally published by USA Today.

(Photo: Tim Loehrke, USA TODAY)



*More than 17,000 children are injured by lawn mowers each year.*

# Sun & Insect Protection



Summer is here and it is time to think about protecting our children from the sun and insects. Many parents wonder what the recommendations are for sunscreen and bug spray for different ages. The American Academy of Pediatrics has published guidelines for the use of both of these products in children.

## Sun protection:

Sunscreen should be: Broad spectrum sunscreen (UVA and UVB protection). SPF  $\geq$  15

### Infants less than 6 months of age:

- It is best to keep these children out of direct sun exposure. This includes keeping them in shaded areas and using cool clothing that protects from the sun including a hat.
- If you are unable to keep these infants out of direct sun exposure, sunscreen may be used sparingly on exposed parts of the body such as the face or hands.

### Infants and children > 6 months of age:

- Apply sunscreen to all exposed areas of the body, being careful around the eyes.
- Apply sunscreen 15 to

30 minutes before going outside.

- Reapply sunscreen every 2 hours if sun exposure continues.
- All children should wear sunglasses with at least 99% UV protection.

## Insect repellent:

No insect repellent should be used for children < 2 months of age.

In children > 2 months of age, DEET containing insect repellents can be used.

- Do not apply near the mouth or eyes or on the hands of young children. Do not spray directly onto the face, instead, spray onto your hands and then pat or rub onto the face.
- The DEET content of these sprays should be no more than 30% for children. The length of effectiveness of an insect repellent is dependent upon the DEET content with 10% DEET being effective for about 2 hours and 24% for about 5 hours. There is no added benefit to >30% DEET products. Choose the lowest concentration of DEET for your children which will be effective for the amount of time

they are going to be out.

- Wash children's skin with soap and water when returning inside.
- Do not apply DEET containing insect repellent to children more than once per day.

Insect repellents made from other products are generally less effective. Some of the available products are made from or with: citronella, cedar, eucalyptus and soy. These usually last < 2 hours. They should also not be used on infants < 2 months of age. Do not use combination sunscreen/bug spray products. They are less effective and sunscreen can not be used as often as necessary.

Following these guidelines for sun protection and insect repellents will help you and your children to have an active, safe summer.

This information has been provided by Dr. Susan Zelewski, a pediatrician at Altru Clinic. Dr. Zelewski has been a member of Safe Kids Grand Forks and we thank her for sharing her expertise in our effort to keep kids safe.



# Summer Travel Safety: Whether By Planes, Trains, or Automobiles

Summer time often brings travel to the lake, a visit to relatives or exploring in other states or places of interest. Besides keeping kids safe in their mode of transportation, there are lots of other considerations that need to be made when preparing for travel. Here are some suggestions from Safe Kids Grand Forks to keep your family and kids safe while traveling and away from home this summer.



- Be sure to check with airlines to see what seats they allow on planes. Usually only ones with a harness system are allowed to be used on the airplane seat. Others must be checked as luggage. If you need a seat at your final destination, determine that need ahead of time in case car seat rental companies don't have them to rent. Safe Kids does have some travel vest options available for use for a donation to our coalition.



- Be aware that you need to follow the laws in each state you are driving through. Therefore, if you cross states with differing ages for kids to be in car seats, you must abide by the laws in each of those states. Check out [www.safekids.org](http://www.safekids.org) for a list of car seat laws by state.



- Think about what activities your family will be doing while on vacation. If you are participating in water sports, be sure you will have access to life jackets. Maybe horse back riding is in your plans; think ahead for helmet needs and assure that there are helmets to fit the ages of your children.



- When packing your suitcase, be sure to keep all medications in their original containers. This will usually assure that they have child resistant covers and if there is a medication exposure, it will be easier to identify the exposure and how many pills were accessed.



- When arriving at a hotel or resort area, be sure to check your fire escape route. These are usually posted on the doors of hotel rooms, but knowing where the exits are PRIOR to an emergency is always helpful.



- Make yourself aware of conditions in the water that may not be familiar to your home locations. For example, rip currents, tides and the undertow may not be something your swimmers are accustomed to. Swim in areas where there are lifeguards and follow posted warnings.



- If you are traveling with small children, think about childproofing the hotel rooms where you are staying. Throw a few extra outlet covers in your suitcase and consider a door knob cover for the bathroom.



- Check hotel pool areas for fencing or locked access gates so kids that wander off cannot get into the pool area.



- Read and follow height recommendations for amusement park rides. These are posted for the safety of the riders and should be adhered to.

## AAA Website Offers Resources to Drivers

AAA empowers parents to get involved with their teens' learning-to-drive process through its teen driver safety website, [TeenDriving.AAA.com](http://TeenDriving.AAA.com). The interactive site helps parents and teens manage the complex coming-of-age process by providing users with specific information based on where they live and where they are in the learning process – from preparing to drive (pre-permit) through the learner's permit and solo driving.

“Parental involvement is critical in developing safe and prepared teen drivers,” said Gene LaDoucer, AAA North Dakota spokesman. “AAA recognizes the learning-to-drive process can be intimidating, particularly for today's busy families. [TeenDriving.AAA.com](http://TeenDriving.AAA.com) is a unique and comprehensive teen driver safety website that simplifies the process by offering parents the tools and resources they need as they progress through each stage of the process. This makes what can be a daunting task for parents and teens much easier to

manage.”

The site features AAA StartSmart, a series of online newsletters and webisodes based on the National Institutes of Health's Checkpoints program, which has been scientifically shown to help parents improve teen driver safety and is being offered nationally for the first time. Some of the topics covered in AAA StartSmart's 18 newsletters and webisodes include:

- Nighttime driving;
- Distracted driving;
- Alcohol and other drugs; and
- Parent-teen driving agreements.

The site also offers an online version of AAA's Dare to Prepare workshop and lessons from the motor club's Teaching Your Teens to Drive coaching program, both of which assist families that are or soon will be learning to drive.

Parents will find information about state driver licensing systems, selecting a driving school and choosing the right vehicle for their teens. Parents will also learn more about some of the common risks associated with teen drivers.

Motor vehicle crashes are the leading cause of death for teens, killing nearly 6,000 teens annually. Through safety programs, driver training and legislative efforts, AAA is active in helping reduce the number of teens injured and killed in vehicle crashes.

This information has been provided by Gene LaDoucer of AAA ND. We are proud of the partnership and support of AAA ND in our injury prevention efforts!!



Join our community of **modern moms**. Backed by wellness experts at Altru Health System, we're devoted to keeping the whole family healthy and happy.

[facebook.com/AltruModernMom](https://facebook.com/AltruModernMom)

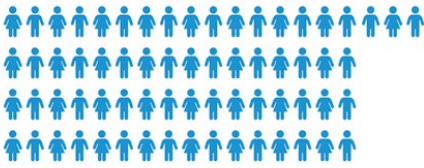


## The Facts about Kids and Medication Safety

Every parent knows it's important to store medicine up and away from children, but every year more than

**500,000 parents**

and caregivers call a poison control center because a child got into medicine or because they were given the wrong dose of medicine. That's one call every minute of every day.



In 2011, more than **67,000 kids** were treated in an emergency room for medicine poisoning. That's one child every 8 minutes.



Where are children finding medicine?



**27%**  
ground or misplaced



**20%**  
purse/bag/wallet



**20%**  
counter/dresser/table/nightstand



**15%**  
pillbox or bag of pills



**12%**  
other (known)



**6%**  
cabinet/drawer

(2011 emergency room visits; of the 14% of cases known.)

**86%** of emergency room visits for medicine poisoning were due to the child getting into adult medicine.



**38%**  
grandparent's



**8%**  
father's



**31%**  
mother's

**12%**  
sibling's



**5%**  
aunt's/  
uncle's

**6%**  
known/  
other

(Of the 24% of cases known.)

Put your medicines up and away every time you use them and put the poison control center number in your phone:

**1-800-222-1222**

TO FIND OUT MORE ABOUT MEDICINE SAFETY VISIT [SAFEKIDS.ORG](http://SAFEKIDS.ORG)



**SAFE  
K:IDS**  
GRAND FORKS

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Remove any unused over-the-counter or prescription

medications from your home. Encourage family to do so also!

Local law enforcement agencies will accept medications at their take back locations. Proper disposal will get them out of children's environments, without ending up in the trash or our water supply.

To learn more about the medication take back locations in our area, visit the North Dakota Attorney General's web site.

**SAFE  
K:IDS**  
GRAND FORKS

**Altru**<sup>®</sup>  
HEALTH SYSTEM

The number of emergency department visits for accidental medication exposures has increased by 30% over the last ten years, and the percentage of children requiring hospitalization has increased by 53%, among children ages 4 and under.<sup>1</sup>



**Put your medicines up every time you use them and enter the poison control number in your phone.**

**1-800-222-1222**

**POISON  
Help**<sup>™</sup>  
**1-800-222-1222**

# Sports Nutrition

## Exercise Safely by Fueling Right before Practice and Competitions

Help kids be safe and at their best by providing adequate food and fluids prior to exercise. By eating the right food at the right time, athletes can focus on their performance during practice and competition and not their stomachs.

Choose meals and snacks high in carbohydrates for quick energy. Pre-game meals and snacks are especially important for tournaments or competitions lasting longer than an hour. Since everyone is different, pre competition foods should be tested before practice to see how they are tolerated.

Drink plenty of fluids. Dehydration is a simple thing to avoid by taking the time to drink before and during competition. Stick with familiar foods before workouts and avoid trying new foods on the day of a game or event. Avoid foods that are too spicy, greasy, or that produce a lot of gas (e.g. beans and other high fiber foods). Timing of meals should be based on the amount of time an athlete has to eat before competition. If the time before competition is 30 minutes then mostly liquids is recommended such as a sports drink or water. If there are 3-4 hours before competition then a meal of pasta, meat sauce, vegetables, fruit, milk, and water would be tolerated.

Timing of meals and snacks is key to beating the competition. If you are interested in more information to meet specific needs, call to schedule an individual appointment with a Sports Dietitian at the Sanny and Gerry Ryan Center for Prevention and Genetics at 701.732.2620. Fueling for Performance Classes are also starting Mid June.

For more information on Fueling for Performance or other sports nutrition services call 701.732.7624.

This information has been provided by:  
Becky Westereng  
RD, CSSD, LD, CDE  
Board Certified Specialist in Sports Dietetics

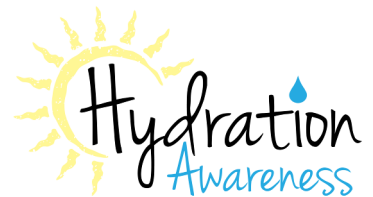


## Dehydration Messaging

As spring turns to summer and the temperatures rise, keeping hydrated is important. We remind parents and coaches of the importance of this as kids head to the ball fields and sports arenas. These reminder signs have been hung at many Grand Forks area sporting venues, reminding athletes and coaches about staying hydrated and how much water should be consumed before, during and after an athletic event, including practice. Safe Kids Grand Forks and Altru Health System wish to thank the Grand Forks Park District for their partnership with the signage, especially for getting the signs up at the various locations in our community. We also thank the Sunshine Memorial Foundation for their sponsorship of the signs as well. The Sunshine Memorial Foundation was created when a local family lost their daughter to dehydration while she was hiking in Arizona. One of the focuses of the Foundation is to create awareness about the topic of dehydration and these signs will do just that. We also thank them for sharing our Safe Kids dehydration messaging on their Foundation web site at [www.sunshinememorial.org](http://www.sunshinememorial.org). Together, we will work to keep the kids and athletes of our community safe from the risks of dehydration.



A colorful sign with a blue background and a sunburst pattern. At the top, it says "Hey Athletes and Parents:" in black. Below that, a red banner with white text reads "Don't Wait, Hydrate!". To the right of the banner is a small illustration of a water bottle. Below the banner, there are three bullet points: "Staying hydrated before, during and after sports activities is very important for your health and overall performance.", "Signs of dehydration: thirsty, dizzy, cramps, weak, tired, stomach ache. If you feel this way, tell a coach or parent!", and "How do you stay hydrated? Before activity: Drink 12 gulps of water. During activity: Drink 10-12 gulps of water every 20 minutes. After activity: Drink 20 gulps of water." At the bottom, it says "Remember: Bringing water to the sporting venue is as important as bringing your equipment!". At the very bottom, there are four logos: Sunshine Memorial Foundation, Altru Health System, Safe Kids Grand Forks, and Grand Forks Park District.



## A New Women's Publication is Available!

Grand Cities Woman publication has been hitting newsstands every other month under the editorial skills of Autumn Graber. This publication is geared toward a female audience as it is realized

that women are in charge of many household decisions regarding purchases, including homes, vehicles, household items and many other goods. Besides marketing to women, the magazine offers wonderful topics of interest for the community. Safe Kids Grand Forks is delighted that we have been asked to have an article in each edition that we will title: Safe Kids Corner. This column will feature safety topics that parents and caregivers should be aware of to keep the children in their life safe.

Cities Woman, visit [www.grandcitieswoman.com](http://www.grandcitieswoman.com). The magazine hits local grocery store stands at the middle to end of each odd numbered month. Featured in May is the dangers of heat stroke to children during the hot, summer months. Check it out and show your support of this publication by being a partner in spreading our injury prevention messages. You can "LIKE" them on Facebook at: [www.facebook.com/grandcitieswoman](http://www.facebook.com/grandcitieswoman) as well. For those readers in the Devils Lake, ND area, the magazine is available in that community as well and is entitled, "Lake Region Woman". Happy reading!!



In March, our first Safe Kids Corner featured poison safety, including the dangers of button batteries. To find that and other past editions of Grand

## Bike to School Day: May 8,



National Bike To School Day was celebrated on May 8, 2013 and two local schools participated this year. West Elementary in Grand Forks and South Point Elementary in Grand Forks were the two locations where Safe Kids Grand Forks partnered with to offer water, granola bars, reflective stickers, t-shirts and free helmets to the kids. We are grateful to Bell Helmets for the donation of bike helmets for each site so those riding without a helmet or one that didn't fit, could be given one for their ride home.

the school helped with passing out the treats at the bike rack and encouraging those who rode. About 75 kids from this location participated in this year's event. West School will also be getting a new bike rack at their school, thanks to a grant from FedEx that Safe Kids Grand Forks secured for them.

We are grateful to our event sponsors and to the schools that promoted biking as a great way for kids to get to school. As a reminder, always wear your helmet; it won't work if you don't wear it!!!

This is the second year that Bike-to-School Day has been done at South Point Elementary in East Grand Forks. This year, at least 98 kids rode their bike on this date. The school also continues with a "Wheeling Wednesday" event that offered incentives for those riding the remaining 3 Wednesdays in May. Wheeling Wednesday cards were punched each week at the bike rack and drawings were done for cool prizes for those students that rode all three weeks.



Proud Program Sponsor



West Elementary School participated in this event for the first time this year and they were sure eager to be a part of it. 5th Graders from



Dr. Torkelson, South Point Elementary School Principal and some of the kids participating in the Bike To School Day Event.



### **As Temps Heat Up, Danger Is Found In Hot Cars**

As spring turns to summer and the thermometer reaches temperatures that make us swelter in the sun, we need to be extra vigilant about kids and the toll that heat takes on their bodies. Heatstroke is the medical term used to describe when the body's temperature becomes excessively hot. Simply put, hyperthermia occurs when a body produces or absorbs more heat than it gives off. Young children are particularly at risk as their bodies heat up 3 to 5 times faster than an adult's.

#### **Heatstroke in vehicles:**

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children under the age of 14. Since 1998, more than 550 children across the United States have died in cars from heatstroke. Each year, an average of 48 children die in hot cars; that is about 1 child every 10 days.

More than half of these deaths occur when a driver forgets that the child is in the car. Experts will tell you this can happen to anybody. Our busy lifestyles create enough stress to trigger mental "lapses," which can bury a thought and cause your brain to go on autopilot. The lapses can affect something as simple as misplacing your keys or something as crucial as forgetting a baby.

Almost 30 percent of the time, children get into a car on their own. Kids love to pretend they're driving. They find a way into the car, but sometimes, they can't find a way out.

The third scenario is when someone intentionally leaves a child alone in a car. A parent might be running an errand and think, "The baby just fell asleep. I'll just be gone for a second." But seconds turn into minutes, and before you know it, the temperature inside of the car has reached lethal levels.

Many people are shocked to learn how hot the inside of a car can actually get. On an 80 degree day, the temperature inside a car can rise 20 degrees in 10 minutes and up to 40-50 degrees in the span of an hour or two. With the temperatures inside the vehicle getting that much hotter than outside temps, it can be a relatively mild day outside and yet, there can be life threatening temperatures inside a vehicle. "Cracking the window" makes very little difference on the internal temperature in the vehicle.

Heatstroke sets in when the body isn't able to cool itself quickly enough. When a child's internal temperature reaches 104 degrees, major organs begin to shut down. When their temperature reaches 107 degrees, the child can die.

(Continued on next page.)





Safe Kids Grand Forks wants everyone to help avoid heatstroke by remembering to **ACT**:

**Avoid** heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. Make sure to keep your car locked when you're not in it so kids don't get in on their own. Keep keys out of children's reach.

**Create** reminders by putting something in the back of your car next to your child such as a briefcase, your purse, or your cell phone that is needed at your final destination. This is especially important if you're not following your normal routine. For a FREE vinyl cling window reminder (as shown), contact Safe Kids Grand Forks.

**Take action.** If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

We thank Kids and Cars for their work in the area of heatstroke and children being left unattended in hot vehicles. For a copy of the "Be Safe" card found on this page, contact Safe Kids Grand Forks at [safekids@altru.org](mailto:safekids@altru.org)

## SAFETY CHECKLIST

*Planning can help keep your child from being hurt.*

**B**ack seat:

- Put something in the back seat of your vehicle that requires you to open the back door every time you park – cell phone, employee badge, handbag, etc.

**E**very child:

- Every child should be correctly restrained in the back seat.

**S**tuffed animal:

- Keep a stuffed animal in your child's car seat. Place it on the front seat as a reminder when your baby is in the back seat.

**A**sk your babysitter:

- Ask your babysitter or child care provider to call you if your child hasn't arrived on time.

**F**ocus on driving:

- Avoid cell phone calls and texting while driving.

**E**very time you park:

- Make it a routine to open the back door of your car every time you park to check that no one has been left behind.

for additional information visit

**KIDS AND CARS.ORG**  
LOVE THEM, PROTECT THEM  
[www.KidsAndCars.org](http://www.KidsAndCars.org)  
(816) 216-7085



We give our thanks to the Pizza Ranch for picking Safe Kids Grand Forks as one of their recent partners on Community Impact Night. Staff and volunteers from Safe Kids Grand Forks were able to wait tables and visit with customers about our work in the community.

Together, we were able to raise funds from the tips and those customers that brought in their Safe Kids Pizza Ranch coupon that night. **Thanks, Pizza Ranch for your support of our programs and efforts in this community!!**

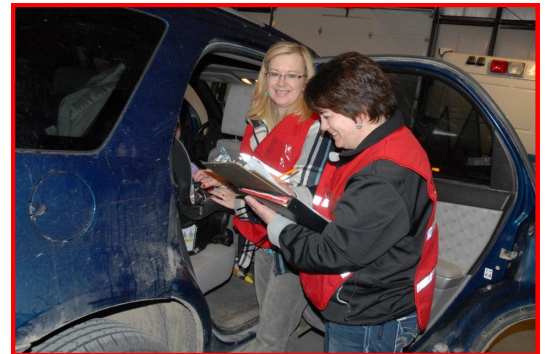
### Safe Kids Grand Forks Partners With Roseau's LifeCare Public Health & Head Start To Offer Car Seat Check-up Event

On May 2, Safe Kids Grand Forks was delighted to assist at a car seat check-up event held in the Roseau community. Staff from LifeCare Public Health and the local Head Start checked and installed 47 car seats in that community. The event had many volunteers from the community who assisted with traffic control, scribing for our technicians and watching the children; we are grateful for their help. Hats off also to the local radio station in Roseau, Wild 102 and in Warroad, KQ92 for their support in promoting the event through our radio interviews and announcements. This was a hugely successful event and we love knowing that the kids of that community are riding safer in motor vehicles!! The Roseau area is fortunate to have a skilled and passionate group of car seat technicians working hard in that part of the state; we were honored to work along side of them.

#### Event Stats:

- ⇒ 61 kids and adults attended
- ⇒ 47 seats checked or newly installed
- ⇒ 7 new seats given away to those in need
- ⇒ 54% of the seats were used incorrectly
- ⇒ 7 certified child passenger safety technicians helped at the event
- ⇒ 6 community members assisted

**Good work, Roseau!!!**





Pictured here are the 15 new child passenger safety technicians that just completed their certification class. We are eager to have the join the ranks of great volunteers helping to keep kids safe in and around motor vehicles. We give our thanks to the ND Department of Health for providing this class in Grand Forks each year and to our amazing instructors (wearing blue shirts), Carol Meidinger—middle row, Connie Rongen—back right and Bill Vasicek—back middle.

## **2013 North Dakota Child Passenger Safety Conference**

North Dakota is celebrating 30 years of buckling up children, so mark your calendars to attend the Child Passenger Safety Conference sponsored by the North Dakota Department of Health to be held October 1 and 2, 2013 in Bismarck, ND. There will be several breakout sessions at this event with opportunities to listen to speakers on topics in child passenger safety including, but not limited to, new car technologies, LATCH updates, safe transportation of preterm and low birth weight infants, and rural child occupant protection. The conference will give those involved in child passenger safety in North Dakota the opportunity to come together to learn how to reduce motor vehicle injuries and fatalities for children. Continuing education credits will be available for the following areas: nursing, EMS, law enforcement, social workers, certified technicians, and child care.

The conference will be held October 1 and 2, 2013 at the Ramada Limited Suites in Bismarck, ND. For further information visit the conference website at: [www.ndhealth.gov/injury/trainings.htm](http://www.ndhealth.gov/injury/trainings.htm).

**North Dakota  
Child Passenger Safety Conference**

# Save the Date

October 1 & 2, 2013 Bismarck Ramada

Continuing education credits are being requested for:  
•Nursing •EMS •Law Enforcement •Social Workers •Certified Technicians •Child Care

 NORTH DAKOTA  
DEPARTMENT of HEALTH

Visit the following website for conference updates:  
[www.ndhealth.gov/injury/trainings.htm](http://www.ndhealth.gov/injury/trainings.htm)

**Celebrating 30 years of  
buckling up children.**

# Safe Kids Grand Forks Participates in Safe Kids Day 2013

Event Signature  
Sponsor

WELLS  
FARGO



Twenty five years ago, Safe Kids Worldwide was founded by Dr. Marty Eichelberger, a pediatric trauma surgeon. He saw children coming into the ER with preventable injuries and wanted to start a group of nationwide coalitions who would have as their mission to prevent unintentional injuries, the leading cause of injury and death to children under age 19. With now over 660 coalitions and chapters in the United States and in 24 other countries around the globe, Safe Kids is proud to say that over its 25 years of existence, the death rate for unintentional injuries to children has decreased 54%. For that we celebrate!!! However, this cause continues to be the leading cause of death to children and to that end, Safe Kids Grand Forks, and other coalitions around the country, continue our injury prevention efforts.

On Saturday, May 18<sup>th</sup> from 11-2pm, Safe Kids Grand Forks, along with the help of its coalition members, 25 partner agencies, and over 100 volunteers, held the first ever Safe Kids Day Lookout Cookout. With the help of the Grand Forks community, Safe Kids was able to raise funds and awareness for our cause in the surrounding area. Just over 350 people came out to enjoy our first ever Safe Kids Day event with great activities, food, entertainment, and most of all educational elements for children of all ages. This event was a huge success for Safe Kids Grand Forks and the possibility of another event is in the works. We could not have done what we did without the help of our signature sponsor Wells Fargo, and we are very appreciative of everything they have done for us. If you would like to check out more pictures, you can visit our Facebook page at [www.facebook.com/safekidsgf](http://www.facebook.com/safekidsgf).

On the following pages are some photos of the interactive stations that were at the event, teaching on the following topics:

- ⇒ **Poison Safety**—Hosted by Altru EMS and Grand Forks Public Health
- ⇒ **Wheeled Sports** - Hosted by Grand Forks Optimists, Ski & Bike Shop and Safe Kids Helmet Helpers
- ⇒ **Water Safety**— Hosted by US Coast Grand Auxiliary and Choice Health & Fitness
- ⇒ **Child Passenger Safety**—Hosted by Safe Kids Grand Forks Car Seat Technicians and ND Highway Patrol
- ⇒ **Home Safety (Furniture Tip-overs, Safe Sleep and Button Battery)** - Hosted by Immanuel Christian Children's Center, All About Kids and United Day Nursery
- ⇒ **Fire Safety** - Hosted by Grand Forks Air Force Base Fire Department and Grand Forks Fire Department
- ⇒ **Sports Safety**— Hosted by Altru Health System Athletic Trainers, UND Athletic Trainer Students and the YMCA
- ⇒ **Playground Safety** - Hosted by Safe Kids Grand Forks
- ⇒ **ATV Safety** - Hosted by the Grand Forks Police Department and Sponsored by Revolutions
- ⇒ **Gun Safety** - Hosted and sponsored by Cabela's
- ⇒ **Pedestrian Safety** - Hosted by the Metropolitan Planning Organization, Cities Area Transit, FedEx and the GF Greenway
- ⇒ Lunch was provided by the **TEXAS ROADHOUSE** and part of the proceeds from that were given to Safe Kids Grand Forks!!
- ⇒ We thank **YOUR Q FM** for their sponsorship of the event with radio interviews, live music and activities for the kids!!





**THANK YOU**

**To Our Sponsors:**

**SIGNATURE SPONSOR:**

**WELLS FARGO**

**GOLD LEVEL:**

**GRAND FORKS PARK DISTRICT**

**YOUR QFM**

**TEXAS ROADHOUSE**

**SILVER LEVEL:**

**ALERUS FINANCIAL**

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**KNOX RADIO**

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**DAYDREAMS**

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**AMERICAN LEGION POST 157 APPLEBEES**

**BLUE MOOSE**

**BUFFALO WILD WINGS**

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**CULVERS**

**FRANSEN BANK & TRUST**

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**GATE CITY BANK**

**GREEN MILL RESTAURANT**

**HAPPY JOE'S PIZZA**

**OLIVE GARDEN**

**PERKINS**

**RUBY TUESDAYS**

**SCHEEL'S**

**TACO JOHN'S**

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



# Safe Kids Day 2013



Left: Your QFM Announcer, Kerri Drees with Wells Fargo Community Bank President and Idette Graham. Middle: GRAFB Fire Department Volunteers at the Fire Safety Station, Right: Wells Fargo staff and volunteers, our signature event sponsor.



Left: Dawnita, our long-time "helmet helper" with a "happy little customer"

Right: Kayla Dow, our marketing intern with the Texas Roadhouse mascot. Yum!!! The food was GREAT!!



Nearly 110 volunteers made this event possible. A HUGE thank you to Kelly Elementary School for allowing us to use their site as our "rain back-up location"! We wished we could have been in Lincoln Park but were sure grateful to have an indoor site due to rain.

The following are members of our Safe Kids Day Planning Team. We are grateful to them for their help in creating a successful event: **Jasmine Wangen** (Altru Clinic Peds), **Sue Hafner** (retired Altru Nurse Practitioner), **Patty Olsen** and **Sandy Schuster** (Safe Kids Grand Forks) and **Kayla Dow** (UND Marketing Intern. Kayla came to Safe Kids Grand Forks right before the planning of this event started. She jumped in feet first and was instrumental in making this a wonderful event!!)

# SAFE KIDS DAY

Presented by **Children's TYLENOL**

