

Winter 2013 Edition

Black Friday Safety

Holiday shopping is just around the corner with the “official” kick off on Black Friday. While getting great deals is exciting, nothing is more important than staying safe.

Safe Kids Grand Forks offers the following tips for staying safe:

On the Road and in the Parking Lot:

- Buckle up even for short drives from one parking lot to another. **EVERYONE, EVERYTIME.**
- Avoid parking next to vans and large trucks that block your space from general vision of others.
- When backing out of a parking spot, be aware of waiting cars, others who are backing out at the same time and motorists who speed through lanes. Also watch for distracted pedestrians



who may not be looking for moving vehicles.

- Make a mental note or write down exactly where you park your car to avoid wandering around longer than necessary.

Source: TrustedChoice.com

In the Store:

- Leave children at home. While shopping on Black Friday may seem like a family adventure, large crowds can create very dangerous situations for small children.
- Have situational awareness of the people around you if you are waiting outside of a store to get a deal on something. Maintain your situational awareness once you enter the store as well. You never know when bad stuff could begin to happen.
- If you see any sort of mob behavior beginning to occur, withdraw and leave the area. It's not worth getting trampled, hurt or even killed just to get a deal on something.



- Make sure you have a cell phone with you in case you need to call the cops in the event of a Black Friday emergency situation.
- If you're shopping with friends or family, stick close together and be ready to defend each other or make a break for it if something bad starts happening during your Black Friday shopping spree.
- Do as much of your Black Friday shopping as possible online. Your chances of getting hurt or killed in a Black Friday stampede are virtually nil if you are shopping at home from the comfort of your computer.

Source: Jim Lynch, ITWorld.com

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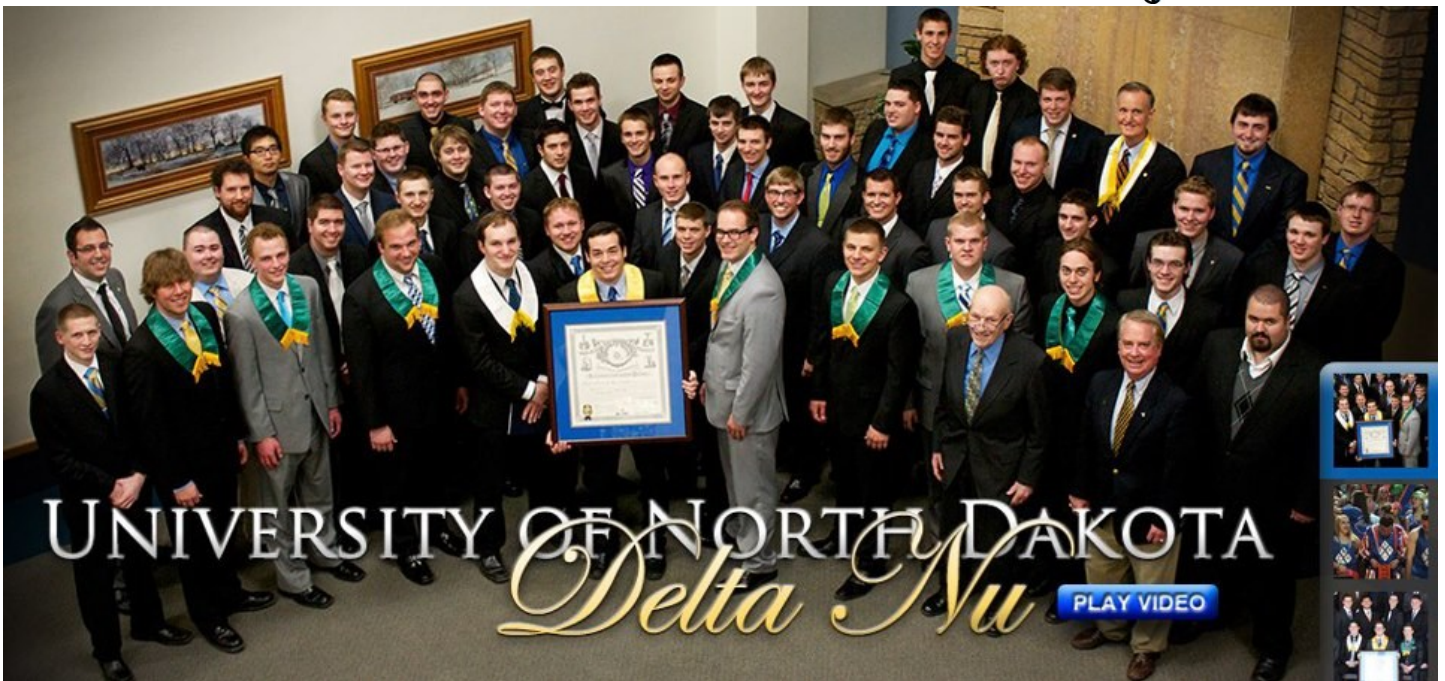


Safe Kids Star—The Men of Alpha Tau Omega

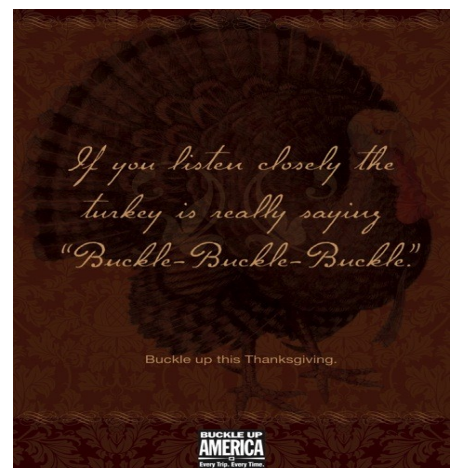
Most often, our Safe Kids Star is a single person but this time, we have an exception. This past spring, Safe Kids was approached by the men of Alpha Tau Omega Fraternity on the UND campus. This fraternal group has been reestablished on the campus and was looking for an organization to donate the proceeds to from their fall fund raiser. We were elated that Safe Kids Grand Forks was chosen to benefit from the 1st Annual ATO Dance-a-thon. The event was held on Sunday—October 20th and nearly 100 attendees showed up to dance the afternoon and evening away. The event raised \$630 which was donated to Safe Kids Grand Forks. The men of ATO were organized, ambitious and great to work with during this event. They have been great partners and we were excited to hear that they want this to be an annual event and keep the established relationship with Safe Kids Grand Forks and the work that we do. For their efforts, we name the men of Alpha Tau Omega as our 2013 Winter Safety Stars. Thanks for your dedication to Safe Kids and for showing the community the great work of giving back!!

(Watch for more Dance-a-thon photos in our February “Child Passenger Safety Special Edition Newsletter”)

Hats off to the men of UND's Alpha Tau Omega fraternity for their commitment to Safe Kids Grand Forks and for giving back to the community in which they live and go to school!!



Happy Thanksgiving to all of our Safe Kids friends and family. We are thankful for the many volunteers that come together to work in the area of injury prevention and help Safe Kids Grand Forks meet our mission of preventing unintentional injuries and deaths to children.



Are you aware of these common holiday hazards?

HOLIDAY PLANTS

Despite the common belief of toxicity, the **Poinsettia** is NOT a poisonous plant. Poinsettia leaf ingestion should not cause any symptoms. Playing with the leaves or rubbing the eyes after handling the plant may lead to local irritation. Case reports of GI upset from Poinsettia ingestion generally involve animal cases or very large ingestions.

The **Christmas Cactus** is non-poisonous.

The berries of **American holly** are considered low toxicity. Ingestion of <5 berries should not produce any symptoms. Ingestion of >5 berries may produce GI upset or mild drowsiness.



Mistletoe. The most common type distributed for re-sale in the United States is the North American variety, the *Phoradendron* species. After ingestion, this variety is most commonly associated with GI upset. Wrapping fresh mistletoe in a

fine netting before hanging it in the home prevents leaves and berries from dropping to the ground and being ingested by young children. Ingestion of >3 berries or >2 leaves could result in symptoms.

CHRISTMAS TREES, ETC.

Christmas trees such as cedar, fir, and other popular evergreens are non-toxic. All may cause dermal irritation or mechanical injury if ingested.

Christmas tree preservatives – like other cut plant or flower preservatives, these substances are added to the water to prolong freshness of the tree. The primary ingredient is dextrose and they may contain VERY small quantities of fertilizers, potassium, magnesium, or fungicides. All are considered non-toxic.

Spray snow (flocking) – non-toxic when dried. The propellant contains a fluorinated hydrocarbon and methylene chloride. The main risk is from intentional abuse of the product via “huffing”.

ORNAMENTS

Christmas ornaments – an acute lick or taste of a painted ornament is not toxic even if the type of paint is unknown. Many are made of thin metal, plastic, wood or glass and could cause a cut to the mouth or

choking if ingested.

Christmas lights – most lights would only

present a risk from the glass if a child bit into one. Bubbling Christmas lights contain methylene chloride. Methylene chloride is a skin irritant and if absorbed, it is metabolized to carbon monoxide. The amount of methylene chloride in each light is typically <5ml and children are unlikely to ingest enough liquid to cause toxicity.

ALCOHOL

Be careful with the alcoholic beverages when there are young children in the house. While children tend not to imbibe the “fully loaded” eggnog, other alcoholic beverages may have a pleasing taste to children. Cups that are left around the house after a holiday party are culprits for children who don’t understand that the cup has an “adult” drink. Alcohol is a risk to children for not only causing intoxication but also causing profound hypoglycemia. An ounce of prevention is worth a pound of cure.

Source: PoisonHelp.Hrsa.gov, provided by Sandra Schuster/Safe Kids



Winter Safety Reminders



Wearing protective gear at the outdoor rinks (helmets, pads, gloves) is just as important as wearing the right equipment to practice!



Choose the right helmet for your winter sports! Winter sports and hockey helmets are not safe choices for motorized winter activities (ATVs and snowmobiles).

Holiday Cooking Safety Tips

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. Cooking equipment, most often a range or stovetop, is the leading cause of reported home fires and home fire injuries in the United States. Cooking equipment is also the leading cause of unreported fires and associated injuries.

Safe Cooking Behaviors

It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave items that can catch fire, such as potholders or paper towels, around the stove. Whether you are cooking the family holiday dinner or a snack for the children, practicing safe cooking behaviors will help keep you and your family safe.

Watch What you Heat

- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, grilling, roasting, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly.
- Remain in the home while food is cooking. Use a timer as a reminder.
- STAY ALERT! To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

Protect Children

- Young children are at high risk of being burned by hot food and liquids. Keep children away from cooking

areas by enforcing a "kid-free zone" of 3 feet around the stove.

- Keep hot foods and liquids away from table and counter edges.
- When young children are present, use the stove's back burners whenever possible.
- Never hold a child while cooking, drinking, or carrying hot foods or liquids.
- Teach children that hot things burn.
- When children are old enough, teach them to cook safely. Supervise closely.

Turkey fryer hazards

- Turkey fryers are considered to be dangerous to use, presenting numerous hazards to consumers.
- Many units easily tip over, spilling the hot oil from the cooking pot. A spillover may result in an extensive fire.
- If the cooking pot is overfilled with oil, the oil may spill out of the unit.
- With no thermostat controls, the units



also have the potential to overheat to the point of combustion.

- The lid and handles on the sides of the cooking pot get dangerously hot and could cause severe burns.

Important Safety Information

- Turkey fryers should ALWAYS be used outdoors - a safe distance from buildings.
- Make sure the fryers are used on a flat surface to reduce accidental tipping.
- Never leave the fryer unattended.
- Make sure the turkey is completely thawed. Oil and water do NOT mix, and water causes oil to spill over causing a fire or even an explosion hazard.
- Keep an all purpose fire extinguisher nearby in all cooking areas.

Source: U.S. Fire Association & FEMA – provided by Sandra Schuster/Safe Kids Grand Forks



Recipe for Fire-Safe Cooking



- Keep an eye on what you fry
- Stand by your pan
- Turn pot handles toward the back of the stove
- Wear short sleeves or roll sleeves up
- Keep a pan lid or cookie sheet nearby to cover the pan if it catches on fire

Cooking is the main cause of home fire and fire injuries. By practicing these fire-safe tips, you can prevent cooking fires and keep your family safe.

For more information and resources, visit:
www.usfa.fema.gov/FPW



Safe Holiday Decorating 101

According to the Consumer Product Safety Commission, the two months surrounding the holiday season, there are more than 14,000 people treated in ER's due to injuries related to holiday decorating. Here are some tips to make sure you or a member of your family do not become one of the statistics this year!

Trees

- Artificial Trees – look for the label “Fire Resistant”.
- Real Trees – buy the freshest one possible (check that the stump of the tree is still sticky with resin, needles don't easily come off, needles are green in color and when the needles are bent they do not break). Water them often!
- Put your tree away from fireplaces and radiators. Never use candles on a tree.

Decorations

- Use only non-combustible or flame-resistant materials.
- If you have small children, avoid decorations that are sharp or breakable.
- Keep decorations that have small pieces out of reach. Avoid decora-

tions that look like food!

- Make sure decorations are made of nonleaded materials. (Check www.cpsc.gov for current recalls).
- If using candles during the holiday season make sure they are on a stable, heat resistant surface. Extinguish them before leaving for the day or going to bed.
- Carefully follow the directions on artificial “snow” cans

Lights

- Make sure any outdoor/indoor lights are labeled for where you plan to use them. Indoor light strings are not safe to use outdoors.
- Make sure all lights are labeled for safety.
- Check for broken or frayed cords, do not use them to light your trees!!
- Use no more than 3 sets of lights per extension cord.
- Turn off all lights and decorations when you go to bed or leave the house.

General

- Never place trimming near open flames or electrical connections.
- Do not burn wrapping paper in the fireplace. A flash fire may result.
- Keep matches, lighters, and candles out of the reach of children.
- Make an emergency plan to use in the event of a fire.

Flameless candles are available through Safe Kids so you can still have your candles and be safe at the same time. By using these simple tips your holiday season should be “Merry and Bright”!

Safe Holiday Decorating 101
By Danielle Kovarik, RN, BSN, FCN,
Grand Forks Public Health Department



Slippery Slope is a 4-hour DRIVER SAFETY COURSE for both experienced drivers and those new to North Dakota's roads.

Prepare Yourself for Winter - Register Today!

Wednesday, December 4 or Wednesday, January 6
5 pm to 9 pm • Grand Forks • Altru Psychiatry Center

Qualifies for Insurance Discount in ND.

701-223-6372 or 1-800-932-8890



Battery Safety During the Holidays



Christmas is right around the corner and children all over the country will be opening presents. Many of these presents will be toys that require batteries of some sort. Small button batteries are in many toys because of the amount of energy they can store for their tiny size. In the United States, more than 2,800 children are treated each year in emergency rooms after swallowing button batteries. That's one child every three hours. The number of

serious injuries or deaths as a result of button batteries has increased nine-fold in the last decade. It takes only 2 hours after ingestion before a button battery causes severe, often irreparable,

It takes only 2 hours after ingestion before a button battery causes severe, often irreparable, damage to a child.

damage to a child.

Children often have easy access to devices with batteries of all sizes and many parents don't know there is a risk or how serious the risk can be. Do you know how to correctly respond to this situation?

Safe Kids Worldwide and Energizer have teamed up to create a program called "The Battery Controlled." This partnership is to raise awareness and provide life-saving information about the severity of this issue and share information with parents, caregivers and the medical community.

Coin-sized button batteries can lodge in the throats of children when swallowed. The saliva immediately triggers an electrical current that causes a chemical reaction that can severely burn the esophagus in as little as two hours. In some cases, children have died from these injuries. If you suspect

your child has ingested a battery, go to the Emergency Room immediately. Don't induce vomiting or have your child eat or drink anything until assessed by a medical professional.

Keep unused batteries out of sight and reach of young children. Items with batteries should be kept away from children also. Toys with batteries are required to have a tiny screw that helps keep the battery compartment closed. Make sure the screw is tight or if the screw is missing contact the toy manufacturer for a replacement piece.

To find a location in your area to properly recycle your old batteries, visit www.call2recycle.org/locator

Sports Nutrition: Practice Supplement Safety

Choosing to take a dietary supplement can put an athlete's health at risk. A safer option is to think of food first before turning to dietary supplements in hopes of enhancing athletic ability. Nutrients from whole foods are better absorbed and come in the correct proportions than those found in supplements. If an athlete is thinking about using a supplement they

need to understand that supplements are not regulated and supplement companies do not have to show proof of purity, safety, or effectiveness before selling dietary supplements. Resources that test dietary supplements for quality and banned substances are:

- NSF International: www.nsf.org
- Informed Choice: www.informed-choice.org
- US Pharmacopeia: www.usp.org

Organizations that provide supplement information are: The National Center for Drug Free Sport and the U.S. Anti-Doping Agency.

The keys to good health and successful athletic performance are a well balanced diet created to meet the specific needs of each athlete along with a proper training program.

If you are interested in more information to meet sport specific nutritional 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. For more information on 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*



Nutrition Tips to Help Prevent a Cold

EAT MORE FRUITS AND

VEGETABLES: Try to consume at least 5 fruits and vegetables per day, the more the better. These foods provide vitamins, minerals, fiber and antioxidants which may keep your immune system strong. Incorporate these foods throughout the day.

Breakfast: serve fresh, frozen or canned in its own juice fruit with whole wheat toast or waffle. You may also include a small glass of juice (4oz/100% juice) with the meal. Another good idea—make a smoothie: let the kids pick the fruits to add (and maybe even a vegetable) with ice and yogurt.

Lunch: Add cut up fruits and vegetables with leftovers or a sandwich. Make a “hearty bowl of vegetable soup”; you can never have enough vegetables in the soup.

Snacks: Best types of snacks are the snacks that are a portable, easy solution: fruits and vegetables. Tips to make the snack satisfying: add healthy nuts or low fat cheese or even peanut butter.

Supper: BE ADVENTUROUS!!! Attempt

a vegetarian meal. Goal is to have 1-2 vegetables with this meal (start off with a great salad) and 1 fruit (fruit can even go in salad or be the dessert). Remember vegetables can go with all kinds of meals, add to hotdish (peppers, tomatoes and so much more) or even spinach in lasagna. **REMEMBER THE MORE FRUITS AND VEGETABLES THE BETTER!!**

EAT HEALTHY PROTEINS AND

WHOLE GRAINS: Sources include low-fat dairy, fish, whole grains, poultry, beans, nuts and seeds. Proteins supply the amino acids needed to help your immune system.

Breakfast: Add peanut butter to whole wheat toast or even to oatmeal. Incorporate an egg with any meal, hard boiled is easy to have on the run. Add nuts to hot or cold cereal.

Lunch: Include a low fat meat/vegetable with whole wheat bread sandwich. Make your own egg/chicken/tuna salad sandwich (add small amount of low fat mayo with a dash of milk).



Snacks: string cheese, nuts, yogurt, cottage cheese and fruit, or even a 1/2 sandwich.

Supper: Attempt 2-3 meals a week with beans as the source of protein (soup, hot dish, salad). Also practice fun ways to consume fish.

We hope these tips may help prevent a cold and keep you feeling healthy this winter. Also remember the importance of adequate water intake and quality sleep!!

*Danika Warner-Noreen, RD, LRD, CDE
Altru Health System*



★★★★★
9-24-13

Dear Patty Olson and Safe Kids,

Thank you so much for coming to our school and telling us about what we need to know to be safe on our bikes during the helmet presentation! We LOVED seeing the different kinds of helmets (multi-sport helmet, and bike helmet), hearing the different stories you shared, watching the video, the effect of what can happen if you fall off your bike with no helmet! We learned how important it is to protect our brain with the model you brought to our classroom! Thank you for showing us how to stay safe and be responsible riding our bikes!

Sincerely,

The Lewis and Clark Third Graders
Grand Forks, ND

Handwritten names of students: Josh, Michael, Aubrey, Laven, Julia, Taylor, AL, SSA, Sam, Robert, Bella, Zach, Ashley, Alex, Fay, Kane, Ayana, Gillian, Blake, Annika, Yashvra, Aattie, Ms. Carlson, Sophia, uradi, maryjane.

Thank You!

We love it when mail like this fills up our “in boxes”. Safe Kids Grand Forks received this nice thank you from the 3rd graders at Lewis and Clark Elementary School after we provided them with our fall “Safety on Wheels” head injury presentation and helmet distribution. We thank them for their thoughtfulness and appreciation!!

Don't "Thump Your Melon" This Winter!!

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

Safe Kids Grand Forks is now taking orders for winter sports helmets for adults and children available at a greatly reduced price.

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



We do have some helmets in stock and we will be placing additional orders as needed. If you are interested in purchasing a helmet, please contact Patty Olsen.

Phone: 701.780.1856 E-mail: polson@altru.org

Please include your head circumference (measure just above the level of the eyebrows) and color choice. If ordering for a child, please include their age.



A Mom's Perspective

I am a nursing student. If you asked me seven months ago to describe myself, that would be my first statement. Ask me today, and my first response will be "I am a mom." As you moms and dads out there know, having a baby changes everything about you, right down to your core.

As an expectant parent and nursing student, I did all the things I could to prepare for my little one. I read the baby books. I went to the Safe Kids car seat check-up and child passenger safety class. I had the information on safe sleep, tossed out the crib bumpers and got a good firm mattress. I thought I was ready to take on the challenges I was about to face as a new mom. And I was...for the first month or so.

Now, all of a sudden, I have a very active 7-month-old baby boy roaming the house. Over the past months, I have found myself repeatedly faced with questions I never considered until they're right in front of me. How long can he be outside in the sun? Can he wear sunscreen? Can I bring him in

a boat? When is it safe for him to get out of his baby bath and into the "grown-up" tub? How do I baby proof the house and what are dangerous things to watch out for? I even already have questions about things I'll encounter in the years to come. Is it safe for him to wear a mask on Halloween? How will I keep this active boy safe when he plays at the playground?

Once again, I turn to the baby books, advice from loved ones, and from Safe Kids Grand Forks. I've found that while my own mom has wonderful advice, some of it can be out-of-date and new research shows safer practices. Safe Kids has offered me an easy way to find current information on a variety of issues. The best part is, often I go on the Safe Kids website to find information on one thing (how long should he be in a rear facing seat?), but I'll end up learning something I never even thought of (shopping carts can be a source of injury).

In the end, the biggest thing I've learned is that I will be wrong sometimes. Other times I will be right, and sometimes both. But at the end of the day, as long as my

child is safe, the rest will work itself out. I'm a mom, and a nursing student, and a million other things. My son is an explorer, a daddy's boy, and most of all, he's safe. Safe Kids is one tool to help me keep him that way. I hope you will link up with their resources too!!

- www.safekidsgf.com
- www.safekids.org
- "LIKE" them on Facebook (Safe Kids Grand Forks)
- Sign up for this newsletter electronically at www.altru.org (look under the "For Visitors" tab)

Submitted by:
Katie
Kennedy



Co-Chairman Cramer Raises Awareness at Kids' Safety Caucus Capitol Day

Washington, D.C. – On November 20, Congressman Cramer, co-chairman of the Congressional Kids' Safety Caucus, participated in Safe Kids Capitol Day. Cramer joined fellow co-chairs Representatives Debbie Wasserman Schultz (D-FL), Jon Runyan (R-NJ), and Grace Meng (D-NY) for an awareness event which included exhibits on crib safety, concussion prevention, CPR, and distracted driving.

"It's important for Congress to share ideas,

information, research and emerging trends to prevent childhood accidents which can claim lives or cause lasting injuries. As bipartisan co-chairs of the Caucus, we can learn from each other and share resources from local organizations including Safe Kids Grand Forks to raise awareness of safety issues affecting children," said Cramer.

Safe Kids Grand Forks is one of over 600 state and local coalitions associated with

the Congressional Kids Safety Caucus, and is one of two coalitions in North Dakota. The organization works with community stakeholders including the University of North Dakota, Altru Health System, EMS, law enforcement, childcare providers, school personnel, and parents to name a few.

The Kids' Safety Caucus holds educational forums for Members of Congress and their staff, provides data and research, and acts as a resource for Members to provide safety information and best practices to parents and caregivers back home in their districts. Among the family of the co-chairs are 13 children and one grandchild (Cramer's). According to Safe Kids Worldwide, unintentional injury is the number one cause of death among children under 14.



Safety on Wheels Has Another Successful Year of Teaching Bike Safety



The Grand Forks Optimist Club's flagship project, Safety on Wheels, has once again wrapped up for the fall. A special session with the East Grand Forks Cub Scouts kicked things off on August 26th. Bike Safety Committee Chair, Tim Goetz, and many other members of the club made the rounds to 11 local elementary schools, where a brief classroom presentation was made to all 3rd graders, covering such things as the importance of helmets and hand signals & general bike safety rules. Students then gathered outside with their bikes to have

them checked for safety issues, before heading off through an obstacle course, complete with stop lights & signs with cross walks, right & left turns, and a figure 8 to test balance. Over 500 students participated in this great event, which ran from September 10 – October 22, 2013.

Submitted by Tanja A. Kapinos, Grand Forks Optimist Club Member

Safe Kids Grand Forks is very grateful to the Grand Forks Optimist Club for this partnership that has spanned nearly (or maybe even over 20 years). Safe Kids conducts the in-classroom presentations and helmet distributions and a week or so later, our friendly Optimist Club comes with their educational component. We thank them for their dedication to this aspect of injury prevention in our community!!

Elementary Student Spreads Safe Kids' Message

Safe Kids often gets requests from people in our community who are helping to educate others in a topic that is near and dear to our hearts. One such request came in a few weeks ago when we were asked to help out a young student at a local elementary school. Quinn is a third-grader at Century and she was working on a project for the school's Science Night. It was held on Monday, October 28, and her presentation was entitled "What to EGGspect When You Don't Wear a

Seatbelt." She used eggs to demonstrate the dangers of being an unrestrained passenger. Her secured egg ("Emma") was safe and sound, of course. As you can imagine, the kids at the fair very much enjoyed having the opportunity to splatter a few eggs (each representing a character aptly named "Mr. Omelette"). We thank Quinn for spreading injury prevention messages at the young age that she is!! We may have a future Safe Kids volunteer (or Coordinator) on our hands!!



Quinn, a third grader at Century Elementary stands with her "What to EGGspect When You Don't Wear a

International Walk To School Day Review

International Walk To School Day was held in Grand Forks on Wednesday, October 9th in conjunction with similar events all over the globe. Seven Grand Forks Public Schools participated this year – Ben Franklin, Eielsen, Kelly, Lewis & Clark, Viking, West and Winship. With encouragement and support from Safe Kids and school staff over **800 students** walked to school that morning! Children were greeted by student leaders and staff and provided a reflective item. The excitement of the students was contagious!



Look at those crowded sidewalks!



Proud Program Sponsor



Student leaders at West Elementary

Home Drowning Prevention: Not Just a Summer Topic!!

Summer may be over but the risk of drowning for children is not. The *Pool Safety* campaign would like to remind families about the drowning risk present in every home. About 87 children younger than 5 drown in incidents around the home per year and more than 80 percent of these children are younger than 2. Bathtubs, toilets, buckets, washing machines, landscape features and other containers with a small amount of liquid present a danger to toddlers and young children.

Water safety steps taken around pools and spas can also protect against drowning risks in and around the home:

- Never leave a child unattended in a bathtub; take them with you.
- Do not leave a baby or toddler under the care of young siblings.
- Use toilet seat locks.
- Do not leave any liquid in buckets, coolers or other water-bearing vehicles; empty all fluid and turn them over so rainwater cannot collect in them.
- Keep children from water fountains or landscape features by fencing them off.
- Learn CPR (cardiopulmonary resuscitation)—it can be a lifesaver.

Drownings happen in the home
Summer may be over, but the risk of drowning is still here

Around 87 children under the age of 5 drown every year around the home.

80% of these drownings occur in bathtubs

It only takes a few inches of water for a young child to drown.

That's one child every 4 days

Sources: CPSC On Safety Blog: In Home Drowning Takes 87 Lives!
<http://www.cpsc.gov/onsafety/2013/09/in-home-drowning-takes-87-lives/>
CPSC: Submersions Related to Non-Pool and Non-Spa Products, 2012 Report
<http://www.poolssafety.gov/wp-content/uploads/nonpoolsub2012.pdf>

CSN Children's Safety Network
ChildrensSafetyNetwork.org

Minnesota Safe Routes to School Program

Last year, Safe Kids Grand Forks received funding from the Minnesota Department of Transportation for Safe Routes To School in East Grand Forks. Safe Routes To School (SRTS) programs are sustained efforts by parents, schools, and community leaders to improve the health and well-being of children by enabling and encouraging them to walk and bicycle to school. We are very excited to expand on our existing efforts to improve pedestrian and bicycle safety in the East Grand Forks Public Schools.

Here's a sampling of activities we have conducted this fall:

- Spoke at all-school assemblies in September on "Getting to School Safely" at New Heights and South Point

- Elementary Schools.
- Met with the New Heights staff to introduce the Safe Routes To School program.
- Partnered with the physical education teacher at New Heights Elementary to conduct comprehensive "Getting to School Safely" training sessions with all K-2nd grade students.
- Set up display boards and distributed educational fliers to parents/care-givers at conferences in November.

We will continue to work throughout the winter and spring in East Grand Forks at New Heights, South Point and Central Schools. Some of the future activities will include:

- Purchasing and placement of new bike



racks at South Point and Central Schools.

- Conducting bike and walk to school events in the spring.
- Identifying barriers and hazards for pedestrians and bicyclists at each school and working with administrators to address these issues.

If you are interested in learning more about our work in East Grand Forks, please contact Patty Olsen at polsen@altru.org.

Be Cautious of Early Ice



Winter anglers are encouraged to consider early ice conditions before traveling onto and across North Dakota lakes.

Keep in mind:

- Snow insulates ice, hampering solid ice formation, and makes it difficult to check thickness. Snow also hides the blemishes, such as cracked, weak and open water areas.
- Avoid cracks, pressure ridges, slushy or darker areas that signal thinner ice. The same goes for ice that forms around partially submerged trees, brush, embankments or other structures.
- Ice thickness is not consistent and can vary significantly even in a small area. Ice shouldn't be judged by appearance alone. Anglers should drill test holes as they make their way out on the lake, and an ice chisel should be used to

check ice thickness while moving around.

- Daily temperature changes cause ice to expand and contract, affecting its strength.
- The following minimums are recommended for travel on clear-blue lake ice formed under ideal conditions. However, early in the winter it's a good idea to double these figures to be safe: 4 inches for a group walking single file; 6 inches for a snowmobile or all-terrain vehicle; 8-12 inches for an automobile; and 12-15 inches for a pickup/truck.

These tips could help save a life:

- Wear a personal flotation device and carry a cell phone.
- Carry ice picks or a set of screwdrivers to pull yourself back on the ice if you

fall through.

- If someone breaks through the ice, call 911 immediately. Rescue attempts should employ a long pole, board, rope, blanket or snowmobile suit. If that's not possible, throw the victim a life jacket, empty water jug or other buoyant object. Go to the victim as a last resort, but do this by forming a human chain where rescuers lie on the ice with each person holding the feet of the person in front.
- To treat hypothermia, replace wet clothing with dry clothing and immediately transport victim to a hospital.

This information has been provided by the North Dakota Game and Fish Department. Marty Egeland is a member of our Water Safety Subcommittee.



NDSC TRAFFIC COURSES

Making roadways safer in Grand Forks.



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Traffic Crashes are the #1 killer of teens ages 14-25.
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Learn more or register at

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Questions? Call 800-932-8890



Courses approved in ND for point reduction & insurance discount.

All courses are held at Altru Psychiatry Center
860 S Columbia Road

TV and Furniture Tip-Overs

The number of pediatric injuries caused by TV and furniture tip-overs is increasing at an alarming rate. Over the past 10 years, injuries from TV tip-overs has increased over 30%. Children five years old and younger are at the greatest risk. This age group has immature motor skills and judgment which places them at a significantly higher risk for these injuries. Head and neck injuries, including concussions, are the most common injuries seen in this age group. In some cases, these injuries have resulted in fatalities, including one young boy from Bismarck, ND that died this past October from this type of tragedy.

The conversion to flat-screen TV's, as well as the older CRT TV's, are contributing to this trend in increased injuries. The older CRT TV's tend to carry their weight in the front of the screen which pre-disposes them to tipping forward. The weight of a 36 inch CRT television falling approximately 3 feet is equivalent to a 1 year old falling from a 10 story building.

As consumers replace these older models the TV's tend to be placed in less safe locations in the home such as on dressers and unsuitable furniture which is not designed to hold television sets. These TV's are often located in a room that is not properly supervised by an adult. Several studies have shown that children may pull dresser drawers open to use as stairs to help reach the TV or an item placed close to the TV which often results in the dresser and TV falling onto the child. The flat-screen TV's are also implicated in these injuries. Generally these TV's are less bulky and of a lighter weight which allows them to be more easily tipped than even the older CRT models. Several simple precautions can be used to help prevent these injuries and tragedies:

- ⇒ Mount flat screen TV's to the wall to reduce the risk of TV's falling off stands.
- ⇒ When purchasing a TV, assess its stability before placing it in your home.
- ⇒ Make sure to place your TV on the proper type of stand or low stable furniture.
- ⇒ Use TV mounts and furniture straps to prevent tip-overs.
- ⇒ Use braces, brackets and wall-straps to secure top heavy furniture to the wall.
- ⇒ Stabilize furniture by placing heavier items in the lower cupboards/drawers.
- ⇒ Place stop on dresser drawers to prevent children from pulling the out and using them as stairs.
- ⇒ Avoid placing toys, candy, food and other items such as remotes in places children are tempted to reach or climb up for them.

MAKE SURE YOUR HOME IS SAFE FOR YOUR CHILDREN. THEY ARE YOUR GREATEST GIFT.



Winter Boating Adventure

When the lakes and rivers are covered with ice how are we going to have a winter boating adventure?

The answer is right in front of us : boat shows, sportsmens' shows, health fairs and home shows.

All can contribute to your on -the -water safety.

Boat and sportsmen's shows have quick seminars like use of new boating equipment, boat handling, CPR, first aid, and numerous other topics that are helpful on the water. All the booths have sales experts that are great to visit with. Any and all equipment to make your boating experience easier and less demanding is laid out for you. At health fairs you and your family can get mini-checkups and wellness information on heat stroke, hypothermia and many other dangers that can ruin a boat trip. Home shows may have fire response procedures. On a boat you are the first responder for any emergency be it fire, or medical.

There's free stuff! Every vendor wants you to be the boater and potential customer who remembers them in the future. They give away pens, note pads, or key chains that float. There are decals for emergencies, radio use, information on waterway markers, invasive species, and pollution control. There may be sheriff, DNR or other official agents on hand who can answer questions on legal issues, equipment usage or provide safety tips.

Winter shows can be the start of your water education. They get you out of the house and are fun and educational.

For more winter boating ideas contact us at uscgaux9130@live.com.

This article has been provide by Wayne Hempeck, Public Information Officer for the US Coast Guard Auxiliary. They are a proud partner with Safe Kids Grand Forks in our water safety initiatives.





Safe Kids Grand Forks Members Attend ND Child Passenger Safety Conference

Safe Kids Grand Forks was proud to have several of our members attend the North Dakota Child Passenger Safety Conference held this past October in Bismarck. The two day conference was designed to teach child passenger safety technicians and others involved in the transportation of children about motor vehicle safety. The conference celebrated 30 years of buckling up children as the first child passenger safety law was established in North Dakota in 1983. The conference contained great speakers on a variety of topics, including several car seat manufacturers who brought their seats to train technicians and show them the new features and designs in car seat manufacturing.

Shown in the photos above are the members of Safe Kids Grand Forks that attended the conference, along with North Dakota First Lady, Betsy Dalrymple. She was on hand the first day to present Buckle Buddy Awards to many deserving candidates from across the field who have done outstanding work in the area of child passenger safety. Also shown with First Lady Dalrymple is Lorrie Walker, the Safe Kids Worldwide CPS Technical Advisor. Lorrie has a wealth of knowledge in the child passenger safety field and we were delighted to welcome her to our state to share that expertise with conference attendees.

North Dakota Child Passenger Safety Conference



Hunting season has ended for yet another season. As you think about cleaning and storing your guns, contact us at Safe Kids Grand Forks if you would like FREE gun locks. We have locks available, thanks to a partnership with the Grand Forks Sheriff's Department for anyone that needs them. Give us a call at 701.780.1489 or e-mail safekids@altru.org. Remember to always store guns and ammunition in separate locations and locked up, out of children's reach.

Stay connected with Safe Kids Grand Forks

Safe Kids eNewsletter



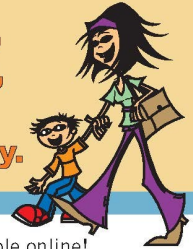
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at School,
at Play
and On the Way.



All the Safe Kids information you need is available online! Whether it is safety information, volunteer opportunities, upcoming events or classes - all of that and much, much more is on our website!

www.safekidsgf.com



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6053-0093 SEPT 13

TOY BUYING TIDBITS



By: Michelle Dudgeon, MOTR/L
Anne Carlsen Early Intervention



Always keep safety in mind!

Choking hazards: **The general rule of thumb is if a toy (or any part of a toy that can be removed or broken off) is small enough to fit through an empty toilet paper tube, it is a choking hazard for any child under the age of 3 (or any older child that still puts non-food objects in their mouth).** Avoid toys with balloons or small magnets that may be swallowed by younger children in the house.

Strangulation hazards: Toys with strings longer than 12 inches could be a strangulation hazard for younger children.




Other dangers: Make sure that the toys don't have sharp edges, unsecured batteries (you should need a screwdriver to open the battery compartment) or toxic paint.

If purchasing toy jewelry, make sure that it doesn't contain lead or cadmium, which is toxic if placed in a child's mouth.

Be aware of the suggested age range printed on the box. They are on there for a reason, some toys are NOT recommended for children under age 3.

Keep it Simple: Think of what you may already have around the house. Toys don't have to be expensive. If you ask any parent, all kids go through the stage of being more interested in the box than the toy that was packaged in it. Boxes (they make great forts!), empty cardboard paper towel rolls (to talk through or use as drum sticks), and plastic measuring cups (to play with in the bath tub), can all make fun toys for small children. When purchasing, consider buying toys such as blocks, nesting cups, ring stackers, and balls. They are simple, but will last a long time and they are great for enhancing the child's creativity and overall development!

Toy Suggestions by age:

<p><u>Newborn to age 1:</u> soft blankets squishy stuffed animals soft blocks thin rattles balls that are easy to grasp plastic interlocking rings padded (non-glass) mirrors soft cloth books squeaky toys overhead toys activity quilts tummy time mats</p> 	<p><u>Age 1-2:</u> container toys (simple shape sorters) hard cardboard books (especially those with different textures) magnetic doodle pads wooden puzzles with large knobs to grasp “ride-on” toys that children can propel with their feet balls to roll back and forth wagons baby and stroller push toys ring stackers large blocks for stacking nesting cups floating tub toys</p> 
<p><u>Age 2-3:</u> crayons and paper non-toxic finger paints wooden inset puzzles books with simple pictures and words that rhyme tricycles or toys that are pedal-propelled simple musical instruments simple dress-up toys cars or trucks sandbox toys pretend food and kitchen toys wooden or large inter-locking blocks.</p> 	<p><u>Age 3-4:</u> simple board games to develop turn-taking skills craft supplies (such as paper, safety scissors, glue, stickers and washable markers/paints, and non-toxic moldable dough) stringing beads or other stringing activities dress-up clothes and costumes non-electric trains large balls dolls with simple clothes plastic inter-locking blocks.</p> 
<p><u>Age 4-5:</u> Building blocks easy-to-read books small sports equipment (toy golf, baseball, etc.) simple musical instruments modeling clay simple building blocks and construction sets non-electric trains finger paint simple board and card games</p> 	<p><u>Age 5-8:</u> construction sets simple camera printing and stamp sets paints and colored pencils sketch pads jigsaw puzzles board games dolls and action figures dominoes books</p> 
<p><u>Age 8-12:</u> musical instruments sports equipment hobby and craft materials construction sets young reader chapter books safety-approved (UL approved) electronic toys. Keep in mind: the AAP recommends that children over age 2 have no more than 2 hours of “screen time” per day.</p> 	<p>Remember, the toys that you purchase are not nearly as important as the time that you spend with the children interacting and playing with them!</p>

Sources:

Iowa Cooperative Extension Service, *Understanding Children: Toys*
AAP News: Parent Plus Vol. 21, Number 12, December 2010. www.aapnews.org
Safe Kids Worldwide, *Pocket Guide to Safe and Age Appropriate Toys*
American Occupational Therapy Association, Living Life to Its Fullest, *How to Pick a Toy: Checklist for Toy Shopping*