



# News You Can Use



## Safe Kids Grand Forks to Celebrate Their 25th Anniversary in 2017: Reflections by Coordinator Carma Hanson



Where has the time gone. . . . As I sit to write this article about the upcoming 25th anniversary that Safe Kids Grand Forks will celebrate in 2017, I am amazed at how the years have flown by. I remember being asked by my boss (Renee Axtman) when the former Safe Kids Coordinator moved to Minneapolis if “I could call a few meetings until she got someone hired.” She put money into the budget for the coming year for a Health & Wellness Coordinator and that was cut so I agreed to continue leading the Safe Kids Coalition until she could get someone hired; I am still here. . . . And, I am overwhelmed at times when I think of all that has happened in the 21 years that I have been serving in the capacity of the Coalition Coordinator. I clearly have one of the best jobs around and that is due in part to the following:

- **Preventing unintentional injuries to children is something that I think we can all agree on. . . it is and should be a priority for each and every one of us.** As a parent, a grandparent, a caregiver or a community member,

keeping the kids of our community safe is one of the best gifts we can give them as they live and play and grow. This is a mission that I can get behind. I am blessed to support such a worthwhile mission.

- **I have simply the best team of staff and volunteers around. . . .** When we have an event, or two, or three, we call for help and people come to assist. Each year, hundreds of people volunteer their time (to the tune of nearly 14,000 hours per year) and expertise to help keep kids safe and to promote the programs of our coalition. They are passionate, committed, hard working and dedicated to the same mission of keeping kids safe. How fortunate I am to lead a team that shares in the same passion as I do. I am blessed with the best staff and volunteers and that makes coming to work pretty amazing!
- **The community, businesses and the region come together to work in a collaborative fashion and to support the injury prevention efforts we are a part of to keep kids safe.** Often in an organization or group, there are disconnected entities or ones that are more about competition than collaboration. I have never found that to be the case in the work that we do and people/organizations that we interact with. The professionalism and collaboration that takes place in our community and region is second to none. I am blessed!!

My list of why I am still in this position 21 years later could go on and on but suffice to say, I am blessed beyond measure to be a part of this organization. I am eager to celebrate with all of you in 2017 as we talk about where we have been, where we are going and what we as a community and region can do in childhood injury prevention in the next 25 years. May the celebration and conversation begin. Blessings to each of you this Thanksgiving season and thanks for being a part of this journey and our mission.

# SAFE KIDS "STAR" -

Congratulations to Bill Vasicek for recently being awarded the 2015 Defensive Driving Course Instructor of the Year award. Bill's efforts with defensive driving courses and keeping our roadways safe were recognized at the National Safety Council's Annual Safety Congress and Exposition in Anaheim, California. Bill is an Altru employee and teaches Alive at 25 and Defensive Driving Courses for the North Dakota Safety Council.







Not only does Bill dedicate his time to adult motor vehicle occupant protection but he is a Child Passenger Safety Instructor for the state of North Dakota and spends countless hours keeping kids safe in and around motor vehicles. We are so proud of Bill and his recent national award and are so honored to have him as a part of our Safe Kids work. Thank you, Bill for making it your passion and commitment to making our roadways and vehicles safer for people from children through adult ages!!



Merry Christmas to each and every one of you. May you have a safe and festive holiday season!!






Make sure your tree has plenty of water by checking it regularly so it doesn't dry out.

    9-13-16

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 the amazing video, the "eggcellent" egg demonstration on how our brains stay safe in a helmet, sharing important stories about biking to keep kids safe, and allowing some of us to purchase a bike or multi-sport helmet! Because of you, we were ready for our bike rodeo! 😊 Thank you for everything!!!!

Sincerely,  
The Lewis and Clark Third Graders  
Grand Forks, ND

Thank You!

# Carbon Monoxide: Safety Tips

By Technical Sergeant Aaron Coleman—Grand Forks Air Force Base Fire Department

During winter the risk for carbon monoxide (CO) poisoning increases. This is due to the fact that we begin to use more heating equipment, like wood burning stoves and gas heaters. Carbon monoxide is a colorless, odorless gas that people do not realize they are inhaling until it's too late. The National Fire Protection Agency (NFPA) reported that non-fire CO incidents are becoming more prevalent every year because more home owners are installing CO detectors. Even though the detectors are identifying the

presence of CO early on there are still precautions that we should take as we begin our winter hibernation.

- First be sure that your home CO detectors are installed and functioning properly. Detectors should be tested monthly. Clean detectors with a very damp cloth to remove any dust that may have accumulated over time.
- Gas stoves and ovens should be used for cooking only and never used to heat a home or room.
- Portable heating equipment should never be left on.
- When warming your vehicle in the mornings never leave it in the garage. Always pull it out



after starting it to avoid CO from building up and seeping into the house.

- If your vehicle is parked outside remove any snow or debris from around the exhaust and undercarriage before warming it up. This can also prevent the buildup of CO inside the car.

Early signs and symptoms of CO poisoning include headache, dizziness, nausea, vomiting as well as confusion. If you or anyone you know are experiencing these symptoms seek fresh air and call 911.



## Holiday Decorating



When preparing for the holidays it is important to think about safety. This could range from driving to get supplies to decorating in the home.

So here are some tips:

### While on the road:

- Watch out for distracted drivers and pedestrians. Make sure every passenger has a seat belt, car seat, or booster seat, and expect the unexpected on the road.
- People are out everywhere rushing to get last minute items for the holidays. Everywhere always seems to be busy when a holiday is close, so watching out for the distracted pedestrian and the distracted driver is important. Even if you are just rushing from one store to another it is important to not forget to wear your seat belt and

place children in proper car seats and boosters. It's like I said, everyone's out, places are busy, people get distracted and so you have to be prepared to expect the unexpected and make sure you are following proper safety procedures.

### While at home:

- Decorate your tree with your kids in mind, water the tree regularly, check lights, keep candles out of reach and be careful with hot items cooking in the kitchen.
- Kids love playing with just about everything, so making sure breakable ornaments are out of reach and that there are no metal hooks or small objects kids can put in their mouths is important. Also, with decorating the tree, making sure it stays

watered and does not dry out to avoid a fire is crucial. When placing lights around, check to make sure there are no frayed wires, loose connections, or broken sockets exposed. Many people love burning candles during the holidays, but keeping them out of reach from kids and away from flammable materials is important. Many people are cooking for a crowd when the holidays roll around, so keeping the hot food away from children and making sure they are not touching hot things like the oven door is important to keep kids safe.

Safekids.org:

<https://www.safekids.org/holiday-safety-tips>

# Space Heaters: Safety Tips



By Technical Sergeant Aaron Coleman—Grand Forks Air Force Base Fire Department

With the colder months now upon us, more people will depend heavily on heating appliances to keep them warm in their homes and workplaces. The Grand Forks Air Force Base Fire Dept. Team would like to help people take a few simple precautions that can prevent most fires, and keep you and your loved ones safe.

- Space heaters need their space! Keep each heater at least three feet away from combustibles (such as blankets, curtains, or furniture).
- Be sure they are placed on a level, hard, non-combustible surface. Never place on carpets or rugs.
- When buying a space heater, look for a thermostat control mechanism and a switch that automatically shuts off the power if the heater falls over or begins to overheat.
- Avoid using electric space heaters in bathrooms, or any areas where they may come into contact with water.
- Never leave your space heater on unattended. Turn it off and unplug the heater when you are not home and when you are sleeping.
- Use space heaters only as a supplementary source of heat. These devices are not intended to replace the home's heating system.

- Do not use extension cords with space heaters unless absolutely necessary.
- Inspect the heater's cord periodically to look for frayed wire or damaged insulation. Do not use a space heater with a damaged cord.
- Check periodically for a secure plug/outlet fit. If the plug becomes very hot, the outlet may need to be replaced by a qualified technician. This could be the sign of a potential home wiring issue.

Have a safe and warm winter season!

# Choking Risks When Selecting Toys

My nephew is just over a year old, and let me tell you, it is so hard to not buy him a toy every single time I go to a store. Most times I look for the toy I think he will enjoy the most, and I have to admit I'm guilty of not always getting the safest one. I get so caught up in how excited I think he will be and how fun the toy will be that I don't always keep in mind that I should be making sure he can't potentially choke on the toy. While doing research I came across the Child Safety Protection Act that mandates that safety warnings be placed on toys.

The types of toys that the Act mandates get warnings for being potential choking hazards include:

1. Toys intended for children between 3 and 6 years old with small parts.
2. Small balls for children older than 3 with diameters of less than 1.75 inches.
3. Toys for children older than 3 that contain small balls
4. Marbles
5. Balloons

Please pay attention to the warning labels on toys to ensure safety.

Childsafetycentral.com:  
<http://childsafetycentral.com/toy-choking-hazards.html>

This article has been provided by Paige Sigafos, UND Public Health Student that has been interning with Safe Kids Grand Forks.



# Featured Car Seat – Graco SlimFit 3-in-1

Graco rolled out the SlimFit 3-in-1 this past summer with many of the same features of other 3-in-1 car seats – Rear facing weight limit to 40 pounds, forward-facing to 65 pounds and then a high back booster to 100 pounds. What makes this seat different is that it takes up less space than many other seats, so it is great for small spaces and situations where you need 2 or 3 car seats side-by-side. When the unique rotating cup holders are moved out of the way, the car seat is 10% narrower.

This seat also features a no-rethread harness and headrest that move together to 10 different positions. The seat has 4

recline positions and removable head and body support.

This seat is built with a steel-reinforced frame, so it has a 10 year expiration. At a retail price of \$229 this a great option for a narrow seat!



Safe Kids was honored to be one of the **MODE Grand Forks Organizations of the Week in October**. For every customer that shopped that week and mentioned **Safe Kids**, 20% of their total was donated to **Safe Kids Grand Forks!** Thank you to **MODE** and **Kay Derry** for your generous check of **\$155**.





## TEEN LICENSING

# WORK IN PROGRESS

### Current Policy

- 12-month permit for 14 year olds
- 6-12 month permit for 15 year olds
- 6-month permit if over age 16
- Teens under age 16 progress through an intermediate stage of licensing
- During the intermediate stage, nighttime driving restrictions apply
- Only teens under age 16 are required to complete drivers education



A progressive licensing system passed by the 2011 North Dakota legislature appears to be helping:

Fatal and injury crashes involving 15-year-old drivers\* **↓ 23%**

**↓ 29%** Nighttime crashes involving 15 year-old drivers (9 p.m. - 5 a.m.)\*

Ratio of injury crashes involving 14-17 year-olds to share of licensed drivers\* **↓ 12%**

*\* 4-year average from 2008-2011 time period compared to 4-year average from 2012-2015 time period.*

# CAUTION

- ◆ North Dakota teens are **more than twice** as likely to be involved in a crash than older drivers.
- ◆ It's estimated **that just one-third** of teens begin the licensing process at age 14.
- ◆ Compared to driving alone, the teen fatality rate **more than triples with one passenger** age 13-17. It **nearly quadruples** with two or more passengers.
- ◆ In 2015, the ratio of crashes involving 14-17 year-old drivers to share of licensed drivers **increased 15%**.

### Recommendations

- ◆ 12-month permit for all new drivers under age 18.
- ◆ 6-month intermediate stage for all new drivers under age 18.
- ◆ Include passenger limit during the intermediate stage of licensing.
- ◆ Must complete 6 months without license cancellation or conviction of a traffic offense with a penalty of more than one point.





# Have you liked Safe Kids Grand Forks on Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.



- Ask questions
- View our Area Voices blog
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489  
 E-mail: [safekids@altru.org](mailto:safekids@altru.org)



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

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



### Upcoming Grand Forks courses:

- Alive at 25 - Jan 29, March 19
- Defensive Driving Course, 4-Hour - Dec 3, Feb 4
- DDC Distracted Driving Online - anytime

[www.ndsc.org/TrafficSafety](http://www.ndsc.org/TrafficSafety)

## Child Passenger Safety Recommendations

Information from your health care provider and Safe Kids Grand Forks

Keep your toddler  
in a rear-facing  
car seat until  
age 2



Research indicates that toddlers are more than five times safer riding in a rear-facing car seat until at least their second birthday. In a crash, they have better protection of their fragile head, neck and spine if rear-facing. Following are some safety tips for car seat use:

- All infants should ride rear-facing in either an infant carrier style or convertible car seat.
- If an infant carrier style car seat is used, the infant should be switched to a rear-facing convertible car seat once the maximum height (when the infant's head is within 1 inch of the top of the seat) or weight (usually 22-35 pounds) have been reached as suggested by the car seat manufacturer.
- Toddlers should remain rear-facing in a convertible car seat until they have reached the maximum height or weight recommended by the car seat (usually 30-40 pounds), or at least 2 years old.
- To see if your car seat is installed properly and to find a certified child passenger safety technician in your area, visit Safe Kids Grand Forks at [safekidsgf.com](http://safekidsgf.com).



**SAFE  
KIDS**  
GRAND FORKS



## Car Seat Check-Up Events

presented by:



in cooperation with

**Rydellcars.com**



2700 South Washington Street

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check.

Car seat check-ups are offered the second Thursday of every month from 4:00-7:00 p.m.

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



### Baby on the way?

Register for our Bringing Home Baby class offered every week. This class is taught by a certified car seat technician and will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.5179.

### 2017 Dates

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

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)



Additional dates and times on other side.



## MINNESOTA CAR SEAT ASSISTANCE

Keeping kids safe in vehicles is important to Safe Kids Grand Forks. Thanks to a generous car seat grant from the state of Minnesota, we are able to provide seats to residents of Minnesota who cannot afford a car seat. We have seats to fit children of all ages. To set up an appointment for car seat education and installation assistance, please contact Jasmine at 701.780.1660.







# Car Seat Check-Up Events

presented by:



in cooperation with  
**Hanson's Auto & Implement**

110 5th Street West, Grafton, ND

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? 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 from 4:30-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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



Proud Program Sponsors



### 2017 Dates

February 2

May 4

August 3

November 2



# Car Seat Check-Up Events

presented by:



in cooperation with  
**Brost Chevrolet**

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events.

These are offered on the dates listed from 4:30-6:00 p.m.



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



### 2017 Dates

January 26

April 27

July 27

October 26

**For more information, contact Altru Clinic Crookston at 218.281.9100.**



## Merry, merry Christmas from all of us at Safe Kids Grand Forks.

If you are buying things such as a bike, in-line skates or a snowboard for your loved ones this holiday season, think about the gift of SAFETY. Contact us for reduced price helmets, elbow/knee pad sets, car seats or other home safety products. For new home owners, consider putting a carbon monoxide detector in their stocking from "Santa" or giving one to someone expecting a baby to protect the littlest in your families. Is a new TV on someone's list? How about a mounting strap to keep it from tipping over. We have those too! Give us a call and we will help with your Christmas safety shopping list.



## ***Buckle Up for Life* Announces Top Tips for Car Seat Safety and Expands to 11 New Markets**

*National Education Program from Toyota and Cincinnati Children's Also Launches "Gift of Safety" Program to Distribute 5,000 Car Seats to Families in Need*

Plano, TX (Sept. 15, 2016) - Whether you're a first-time parent, doting grandparent or seasoned baby sitter, car seats are not always the easiest things to figure out. In fact, 75 percent of seats in the U.S. are not used correctly. That's why *Buckle Up for Life*, the national car seat education program from Toyota and Cincinnati Children's, is sharing its top safety tips, just in time for Child Passenger Safety Week (September 18-24). The program is also announcing an expansion to 11 new markets to help keep even more children safe.

"An alarming three out of four car seats are not installed properly. We can and must do better for our children," said Gloria Del Castillo, child passenger safety expert at Cincinnati Children's and specialist of community engagement for *Buckle Up for Life*. "We know that proper use of car seats and booster seats can help prevent many child injuries and deaths. That's why *Buckle Up for Life* teaches parents, caregivers and children about the proper use of car seats and provides free seats to families in need."

### ***Buckle Up for Life's* Top Tips for Car Seat Safety To Help You Do-It-Yourself – and Do It Right**

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#### **Vintage isn't always a good look: purchase your own new car seat.**

When it comes to car seats, safety experts agree that it's best to purchase a new seat. This lets you know the seat's full history. For example, if it has been through a crash, its ability to protect your child may be compromised. Additionally, the plastic can degrade over time. If you do have a used car seat, check its expiration date, which can usually be found on a sticker affixed to the seat.

#### **Measure twice: check for fit and wrinkles in car seat straps.**

After you've buckled your child in, pinch the car seat strap near their shoulders. If you can pinch a wrinkle in the fabric, tighten the strap until it is snug. Then grab the car seat at the bottom where it is attached to the car and tug from side to side and front to back. If the seat moves more than an inch in either direction, tighten it.

#### **Focus on inner beauty: all car seats sold in the U.S. meet the same federal safety standards.**

Some seats may be more expensive than others based on fabric, padding or other bells and whistles, but that doesn't necessarily mean they are any safer. All car seats sold in the U.S. must meet the same federal child restraint safety standards.

#### **Give them a boost: children shorter than 4'9" need booster seats.**

Little ones can be eager to sit like big kids. However, seat belts often don't fit young children properly and can ride up around their waists or necks, potentially causing injury during a crash. Children under 4'9" should sit in booster seats, which elevate them so that seat belts can fit properly.

#### **Call in the experts: there are many resources to help you get it right.**

Don't hesitate to check out expert resources for additional tips and advice, such as the car seat installation videos found on [BuckleUpForLife.org](http://BuckleUpForLife.org). The site also offers links to car seat inspection stations or child passenger safety technicians in your community.



## **Buckle Up for Life Expands To 11 New Markets and Launches the “Gift of Safety” Program**

American Family Children's Hospital, Madison, WI  
Cardon Children's Medical Center, Mesa, AZ  
City of Rocky Mount Fire Department, Rocky Mount, NC  
Dignity Health Mercy San Juan Medical Center, Sacramento, CA  
Randall Children's Hospital at Legacy Emanuel, Portland, OR  
Safe Kids Grand Forks - Altru Health System, Grand Forks, ND  
Safe Kids Utah, Salt Lake City, UT  
Saint Francis Hospital and Medical Center, Hartford, CT  
Trustees of Indiana University, Indianapolis, IN  
University Health System San Antonio, San Antonio, TX  
Wayne Metropolitan Community Action Agency, Detroit, MI



Safe Kids Grand Forks has as their lead agency, Altru Health System. Together, our team will partner with our Buckle Up for Life resources and partners in the region to offer car seat classes and free car seats to those in need. For more information on the dates and times of these classes/distributions, please contact Safe Kids Grand Forks at [safe-kids@altru.org](mailto:safe-kids@altru.org) or 701.780.1489. Parents or caregivers, along with the child are asked to both attend the car seat class and then they will be provided with a free car seat if one is needed. Our goal is to teach both the parents and kids about the importance of buckling up and how to properly do so in the car seat that best fits the child.

### **About Buckle Up for Life**

Buckle Up for Life is a national injury prevention program for families, created by Toyota and Cincinnati Children's Hospital Medical Center in 2004, to help keep child passengers safe. The program partners with leading children's hospitals, community organizations, local governments, schools and non-profit organizations to teach parents and children about the proper use of car seats and seat belts and to provide free car seats to families in need. Buckle Up for Life has reached more than 45,000 people nationwide and has partnerships in 17 cities including New York, Dallas, Memphis, Phoenix, Chicago, Cincinnati, Houston, Las Vegas, Los Angeles, Philadelphia, Orange County, and San Antonio – and expands to new partners each year. In one city alone, the program nearly tripled the use of proper car seats in participating families. Toyota has provided funding for over 40,000 car seats for families in need. For more information about Buckle Up for Life, please visit [www.buckleupforlife.org](http://www.buckleupforlife.org).

### **About Cincinnati Children's Hospital Medical Center**

Cincinnati Children's, a non-profit, pediatric, academic medical center established in 1883, is internationally recognized for improving child health and transforming delivery of care through fully integrated, globally recognized research, education and innovation. It is one of the top three recipients of pediatric research grants from the National Institutes of Health, ranked third in the nation among all Honor Roll hospitals in U.S. News and World Report's Best Children's Hospitals, and a research and teaching affiliate of the University of Cincinnati's College of Medicine. Its patient population includes the eight-county primary service area covering parts of Ohio, Kentucky and Indiana. A destination for children with complex medical conditions, it also served patients from all 50 states and nearly 70 countries during the past year. Additional information can be found at [www.cincinnatichildrens.org](http://www.cincinnatichildrens.org). Connect on the [Cincinnati Children's blog](#), via [Facebook](#) and on [Twitter](#).

### **About Toyota**

Toyota (NYSE:TM), the world's top automaker and creator of the Prius and the Mirai fuel cell vehicle, is committed to advancing mobility through our **Toyota and Lexus** brands. Over the past 50 years, we've produced more than 30 million cars and trucks in North America, where we operate 14 manufacturing plants (10 in the U.S.) and directly employ more than 44,000 people (more than 34,000 in the U.S.). Our 1,800 North American dealerships (1,500 in the U.S.) sold more than 2.8 million cars and trucks (nearly 2.5 million in the U.S.) in 2015 – and about 80 percent of all Toyota vehicles sold over the past 20 years are still on the road today.

Toyota partners with community, civic, academic, and governmental organizations to address our society's most pressing mobility challenges. We share company resources and extensive know-how to support non-profits to help expand their ability to assist more people move more places. For more information about Toyota, visit [www.toyotanewsroom.com](http://www.toyotanewsroom.com).



# Crosswalk Safety

The Grand Forks Police Department has fielded complaints of speeding vehicles not yielding to children and pedestrians in crosswalks.

Specifically near the new Discovery School at 3300 43rd Ave. S. We would like to remind everyone to “Yield to our Future” as they cross streets and intersections on their way to school and other activities.

Current city code 8-0404 discusses the right-of-way of pedestrians at intersections:

- 1) No vehicle shall cross such crosswalk where traffic is so regulated until pedestrians who have properly commenced to cross the street have completed their passage across in front of such vehicle, and any vehicle permitted to turn to either right or left shall yield the right-of-way to all pedestrians who are proceeding on crosswalks in a

direction authorized by the officer of traffic signal, and failure to yield such a right-of-way shall be a violation of this section.

- 2) All vehicles shall yield the right-of-way to pedestrians upon all crosswalks, and failure to yield such right-of-way shall be a violation of this section, provided, however the intersection is not being regulated by an officer or traffic signals, in which case the provisions of section 8-0403 (Obedience to traffic-control signals and officers) of this article shall govern.

What this means to you:

- Crosswalks are marked by two perpendicular white lines painted on the roadway.
- Children and pedestrians should utilize these crosswalks to safely cross the street.
- Once children and pedestrians

have started their walk across the street, vehicle traffic SHALL yield to them.

- Vehicles failing to yield are in violation of municipal code and will incur a **\$50.00** fine for failure to yield to pedestrians in an intersection.

The Grand Forks Police Department is dedicated to the safety of our community members and will be actively enforcing this ordinance and increased enforcement efforts should be expected. Please drive safely and cautiously.

**Remember: Yield to our future.**

Submitted by : Lt. Jeremy Moe



# Sports Nutrition: Safe Tips for Making Weight in Sports

If your child participates in a sport with weight classes such as wrestling or a sport that places an emphasis on appearance; gymnastics, diving or figure skating, or is sensitive to weight; running or cycling, you want to make sure your kids are making and maintaining their weight in a healthy way. For some this may be easy and part of their natural genetic make-up. Others may struggle to maintain a certain physique setting them up for low energy levels, depressed mood, and increased risk of injuries and other health problems. 30-60% of females and up to 19% of males struggle with disordered eating while participating in sports that place an emphasis on weight. The following tips can be used to help athletes achieve their weight goals without compromising energy, performance and health.

- Athletes should start early rather than waiting until a month or week before needing to be at a certain weight; that way calories do not have to be cut too drastically at one time. Losing 1-2 pounds per week is optimal for maintaining muscle mass. Athletes should not eat less than their resting metabolic rate which is the energy required for a person’s heart, other organs, and brain to function.
- Eat small meals and snacks throughout the day. Meals should include 20-30 grams of protein to help build and repair muscle, carbohydrates to fuel a workout, and a small amount of fat to help maintain a feeling of fullness.
- Bracket workouts with meals, for example, part of breakfast can be eaten before a workout and the rest eaten after.
- Stay hydrated. Drink calorie free beverages and plenty of water throughout the day. Adequate hydration allows the body to use the calories and other nutrients from the food that’s eaten.
- Visit with a dietitian who specializes in sports to help create a plan that insures enough calories and nutrients such as iron, calcium, and protein while helping to meet weight goals. For more information on sports nutrition services call our team of Sports Dietitians: Jenn at 701.732.7624 or Becky at 701-780-6855.

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



# International Walk to School Day

Every October, schools across the globe celebrate International Walk to School Day. Students, parents, school and community members, and other local officials across the country walked and biked to school on October 5th as a way to promote active and safe transportation to schools and destinations throughout communities. In the Grand Forks region, we were able to support walk to school activities for nearly a full week.

Kids from all over the region were encouraged to walk to school on their designated day. Walking activities were held at the following elementary schools in Grand Forks: Ben Franklin, Century, Kelly, Lewis & Clark, Phoenix, Viking, West and Winship. New Heights Elementary and Thompson, ND public schools joined in the fun this year as well.

At the majority of schools, student leaders helped greet younger students and hand out prizes to those who walked. The student leaders also focused on increasing

driver awareness of school zones and safe practices.

In addition, Clifford the Big Red Dog was “in the house” to greet students walking to school at Phoenix, Viking, Winship and New Heights Elementary! Clifford and his guest reader also visited seven schools and four childcare centers to read “Clifford Takes a Walk”, a story specifically written to teach pedestrian safety to elementary

students. As always, Clifford was warmly welcomed wherever he went.

We are grateful to the many elementary school sponsors, FedEx, Grand Forks and East Grand Forks law enforcement and Grand Forks city council members (Sandi Marshall and Crystal Schneider) who took the time to participate in walking events.



## Safe Kids Day 2017!

Saturday, April 1

10 am-1 pm

Grand Cities Mall

1726 S. Washington St.

# Safety Around Frozen Water

Winter will soon be here and that means plenty of opportunities to enjoy a different variety of outdoor activities. Many local residents look forward to the sledding, ice skating and cross-country skiing opportunities that come with the snow and cold temperatures.

Ice fishing and snowmobiling are also popular activities in our area during the cold winter months. These activities are great ways to enjoy the outdoors but there are some risks that should be considered before venturing out onto any frozen lake or river.

## When is ice safe?

Our friends at the Minnesota Department of Natural Resources say there really is no sure answer. You can't judge the strength of ice just by its appearance, age, thickness, temperature, or whether

or not the ice is covered with snow. Strength is based on all these factors -- plus the depth of water under the ice, size of the water body, water chemistry and currents, the distribution of the load on the ice, and local climatic conditions.

## Safety tips

If you are planning to head out on ice remember these simple guidelines:

- Ice is seldom the same thickness over a single body of water; it can be two feet thick in one place and one inch thick a few yards away. Ask local bait shops and water related businesses about ice conditions. Check the ice at least every 150 feet.
- Many ice drownings involve children. When your child is near the ice, you should be near your child.
- Avoid alcoholic beverages when you're on the ice. They can make

you feel colder and slow down your reaction time in case of an ice emergency.

- Carry two large nails to use as ice picks to pull yourself out if you fall through thin ice.
- Never drive on the ice at night.
- Avoid pressure ridges and areas with current if you do choose to drive on the ice.
- Drive with your windows down and doors partially open to avoid becoming trapped if your car breaks through.

Need more information? Visit <http://www.dnr.state.mn.us/safety/ice/thickness.html> for great tips on how to enjoy winter recreation on ice safely.

This article has been submitted by Kim Greendahl, Grand Forks Greenway Specialist.

# Halloween Safety Wrap Up

Promoting Halloween safety is a big part of Safe Kids Grand Forks work each October. Our goal is to get parents and caregivers to think about how they dress their children, where they go trick or treating and how to make sure they are safe pedestrians. This is important as we know that children are two times more likely to be involved in a pedestrian crash on Halloween than any other night of the year.

This year our Halloween safety activities included booth displays at community events, distribution of reflective bags and safety information and the promotion of alternative events throughout the region. We posted over 25 events such as family festivals and trunk or treat activities on our Facebook page during the month of October.

If you have a Halloween event in your community that you would like Safe Kids Grand Forks to promote in 2017, please contact

us in the early fall and we would be happy to get the word out.



# Drowning in Bath Tubs

When I think about water safety the first thing that comes to mind is safety while being in a pool. However, this isn't the only place that knowing water safety is important. I read a story not too long ago about a little boy who was playing in his bathtub during bath time like all little kids love to do. He was reaching down to grab one of his toys and he slipped, gulping up a pretty big amount of water. He coughed for a little bit but then seemed fine so his parents thought nothing of it. A few days after the incident that little boy passed away from having too much water in his lungs, he essentially drowned.

According to statistics from parents.com, each year there are 1-2% of children who pass away from this situation, which is also known as dry drowning. However, just because dry drowning is pretty rare as the statistics show, that doesn't mean

dry drowning or drowning never occur. So it is important to make sure you are practicing water safety while your child bathes and every other instance when you are around water. On the Safe Kids website there are five very good tips to help with water safety. Those tips being:

1. Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult.
2. Empty all tubs, buckets, containers and kiddie pools immediately after use. Store them upside down so they don't collect water.
3. Close toilet lids and use toilet seat locks to prevent drowning, keep doors to bathrooms and laundry rooms closed.
4. Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with

self-closing and self-latching gates.

5. Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a life.

Water is a part of everyone's everyday life, we bathe/shower in it, we drink it, we live near it, it rains, we use it for cleaning such as washing clothes, dishes, mopping, etc. So knowing safety tips and never leaving your child or any other child unattended around water could help you save a life.

Safekids.org:

<https://www.safekids.org/watersafety>

Parents.com:

<http://www.parents.com/kids/safety/outdoor/dry-drowning/>

Article provided by Paige Sigafoos, UND Public Health Student.



Teens with a formal driving agreement take fewer risks behind the wheel.



# Tummy to Tot Expo Wrap Up

Safe Kids is proud to put the 3rd annual Tummy to Tot Expo in the books! This expo is a huge fundraiser to help with our injury prevention efforts, raising over \$10,000!

We had 62 booths this year with safety information, products available to purchase and services available to those that are pregnant or have babies and toddlers. In 3 hours we had over 400 adults and countless babies/toddler in strollers or carriers. There were many prizes to be won and lots of great freebies at the booths too! If you attended, we hope you had a great time and join us again next year. If you've never been we suggest you check it out next year! Whether it's your 1st baby or 5th or you are a grandparent or caregiver there is something for everyone to find at the Tummy to Tot Expo!

If you want to stay up to date with what we are planning for next year, check out our NEW Facebook page just for the Tummy to Tot Expo!



## Special thanks to our sponsors:



## Thank you to all who donated to our event bags and prizes:



We have a new Facebook page, just for this event. Visit/LIKE it at:

[www.Facebook.com/TummyToTot](http://www.Facebook.com/TummyToTot)







# Jasmine Wangen

Is recognized as a

**CAR SEAT TEACHIN'**  
**REAR FACIN'**  
**TETHER STRAPPIN'**  
**BOOSTER PREACHIN'**  
**CHILD SAVIN'**  
**CHILD PASSENGER**  
**SAFETY**  
**HERO**

for contributions to the field of Child Passenger Safety.  
In honor of the 2016 **KIDZ IN MOTION** National  
Child Passenger Safety Conference,  
we salute you!



# Marine Corps Marathon: A Safe Kids Fundraising Event

On Sunday, October 30, 2016 three amazing women from Bismarck, Julie Jeske, Beverly Everette and Kathy Lein ran the Marine Corps Marathon in Washington D.C. Julie, Beverly and Kathy, three active runners, agreed this past summer not only to run 26.2 miles but also fundraise to support the work of Safe Kids Grand Forks.

Patty Olsen of Safe Kids Grand Forks had the honor of traveling to D.C. to meet our runners and cheer them on in the marathon. They set their alarms for 4:30 am and set out for the marathon course shortly after 5 am. Once the sun rose, they saw that the runners were going to have a remarkable, though slightly warm day to run. Kathy, Julie and Beverly put their best foot forward and

made their way through a challenging course. Patty and Abby Jeske (Julie's daughter) were able to catch the ladies at several mile markers, offering encouragement to our intrepid ladies. The Marine Corps Marathon is called the "People's Marathon" due to the amazing support of the Marines and the community as a whole. There were teams of runners, a veteran with a double leg amputation running with blades, several wheelchair athletes and many other inspirational competitors.

When we registered our runners for the Marine Corps Marathon, we set a goal to raise \$10,000 for Safe Kids Grand Forks and the work that we do in North Dakota and western Minnesota. We are well on the way

to our goal having reached \$7,100 with the work of Julie, Kathy and Beverly in their home communities as well as with fundraising in Grand Forks. There is still time to donate! Please note, all funds raised go directly to support injury prevention efforts in our region including providing car seats, bike helmets and other safety items to those in need.

Check out our fundraising page at: <https://give.safekids.org/fundraise/team?ftid=89272>



# Winter Coats & Car Seats

## How to stay warm AND safe

Bulky winter coats and snow suits should not be worn in a car seat as it makes the harness straps too loose to be effective in a crash.



No coat. Use a blanket for warmth.



Lightweight coat.



No coat and use a car seat cover that goes around (but not under) the car seat. This does not affect the tightness of the harness straps.



The fluff of a bulky winter coat or snow suit can compress in a car crash making harness straps loose, which can cause injury or ejection.



Car seat liners that go under a child can bunch up and make extra padding that can compress in a car crash.

Remember to  
"Strap Before You Wrap"

Warm your car ahead  
of time when possible.



[www.safekidsgf.com](http://www.safekidsgf.com)



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K:DS**  
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**Altru**  
HEALTH SYSTEM



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# Winter Coats & Car Seats

## How to stay warm AND safe

Bulky winter coats and snow pants should not be worn in a car seat as it makes the harness straps too loose to be effective in a crash.



No coat or a light weight fleece. Wear a warmer coat while going to and from the car.



The fluff of a bulky winter coat can compress in a car crash making harness straps loose, which can cause injury or ejection.



No coat. Use a blanket for warmth.

Remember to  
"Strap Before  
You Wrap"



Harness child, then put coat on backwards.



Unzip coat, then buckle child.

Warm your car ahead of time when possible.



[www.safekidsgf.com](http://www.safekidsgf.com)



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# Winter safety: Advice for Parents and Kids



Winter is a great season for outdoor activities, such as sledding and skating. Cold weather, ice, and snow can be fun but also dangerous for children. The following tips will help parents and children enjoy winter activities safely.

## In general:

- Children shouldn't play outside alone. Establish a buddy system with one or more friends and have them look out for one another. Children younger than 8 years of age should always be supervised outside. Check every so often on older children who are playing outdoors for a long time.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Never send children outside in extreme weather conditions such as snowstorms.
- Do not send your child outside to play if the temperature or the windchill is reported as -16 degrees F or lower. At these temperatures, exposed skin will begin to freeze.
- Help children choose play areas with a warm shelter nearby (e.g., near home or a friend's home).
- Apply sunscreen to exposed skin,

even when it's cloudy.

## Clothing

If your child's feet and hands are warm, what they are wearing is usually good. If your child is dressed too warm, she could sweat and feel colder when she stops playing.

- Dress your child in layers of clothing that can be put on and taken off easily.
- Wear a hat because a lot of body heat is lost through the head.
- Keep ears covered at all times to prevent frostbite.
- Wear mittens instead of gloves so that fingers can be bunched together for warmth.
- Wear warm, waterproof boots that are roomy enough for an extra pair of socks and to wiggle toes.
- Remove drawstrings from clothing that could catch on climbing or play equipment. Use Velcro or other snaps instead.
- Use a neck warmer instead of a scarf, and mitten clips instead of a string to prevent choking.
- Remove wet clothing and boots immediately after playing.
- Infants being pulled in a sled need extra bundling. Because they aren't moving, they can't generate body heat the way a playing child can.

## Winter play

Active games, making snow angels and building snowmen will help to keep your child warm. Teach your children a few important rules to go along with winter play.

- Stay away from snowplows and snow blowers.
- Choose play areas away from roads, fences and water.
- Take extra caution when crossing roads. It might be hard for drivers

to see you playing if they have snowy or frosty windows. Icy roads can also make it difficult to stop.

- Consider adding reflective material to back packs and jackets. Children who dress in all white or in very dark colors are difficult to see when walking.
- Snowballs should never be aimed at people or cars. They are especially dangerous when the snow is hard-packed or icy. Instead, throw snowballs at safe targets, like trees or telephone poles.
- Building forts and tunnels can be fun, but this activity should always be supervised by an adult. Forts and tunnels can collapse and suffocate you.
- Don't play on roadside snow banks. Snowplow drivers or other drivers may not see you.
- Don't put metal objects in your mouth. Lips and tongues can freeze to the metal and cause an injury.
- Don't eat snow, which can be dirty.

## Tobogganing/Sledding

- Children under 5 years of age should never go down a hill alone.
- Always wear a ski or hockey helmet – not a bicycle helmet – while sledding. Bicycle helmets are only tested up to 14 degrees F and need to be replaced after one crash.
- Never use a sled with sharp or jagged edges. Handholds should be secure.
- Use a sled you can steer rather than a snow disk or inner tube. It will provide better control.



# Winter safety: Advice for Parents and Kids-Continued from page 24

- Always sit up or kneel on a sled. Lying down can increase the risk of injury to the head, spine and stomach.
- Never sled on or near roadways. Look for shallow slopes that are free of trees, fences or any other obstacles.
- Avoid sledding on crowded slopes.
- Sled during the day. If you sled at night, make sure the hill is well lit.
- Sleds that are lifted up onto skis (e.g., GT Racers) are not recommended because they can reach dangerous speeds.
- Slide down the middle of the hill and climb up along the sides. Remember to watch for other sledders and move quickly out of the way once at the bottom of the hill.

## Skating

- Always wear a properly fitted helmet while skating. If skating outdoors, consider using a hockey or ski helmet. The effectiveness of a bicycle helmet decreases at lower temperatures.
- Ski/snowboard and bike helmets are unsuitable since most are designed to protect you against a single crash and must then be replaced.
- Skates should be comfortable, with good ankle support to avoid twists, sprains or breaks.
- Whenever possible, skate on public indoor or outdoor rinks.
- Obey all signs posted on or near the ice. Yellow signs usually mean skate with caution, and

red usually means no skating allowed.

- Never assume it's safe to skate on a lake or pond. An adult should make sure the ice is at least 4" thick for skating alone or 8" for skating parties or games. Do not walk on ice near moving water. Ice formed on moving water, such as rivers and creeks, may not be thick enough to be safe.

## Skiing/snowboarding

- Children should take lessons from a certified skiing or snowboarding instructor. Be mindful that a child's coordination is not fully developed until 10 years of age.
- Equipment should be checked every year for proper fit and condition. Bindings should be checked annually by a qualified technician.
- Children should always wear a helmet with side vents so they can hear. Earphones should never be worn when skiing or snowboarding.
- Children should watch for other skiers, snowboarders, and other obstacles on the slopes.
- Wrist guards should be worn when snowboarding to reduce the risk of wrist injuries.
- Goggles should be worn to protect eyes from bright sunlight and objects, like tree branches.
- Young children should never ski or snowboard alone.
- Children should always control their speed when skiing or snowboarding. Many injuries result from losing control. Stunts and fatigue can also lead to injuries.
- Icy hills should be avoided. The risk of falls and injuries increases in icy conditions.

- Children should always stay in open ski areas and on marked trails.

## Snowmobiles

- Children younger than 6 years of age should never ride on a snowmobile, even with an adult.
- Children and youth less than 16 years of age should not operate a snowmobile.
- Anyone operating a snowmobile should take a formal safety training program.
- Never pull a child behind a snowmobile on a tube, tire, sled or saucer.
- Children and adults should wear an approved helmet at all times. Head injuries are the leading cause of snowmobile-related deaths.
- Drowning is another leading cause of snowmobile deaths. Snowmobiling across ponds or lakes can be extremely dangerous and is not recommended.

Source: Well Beings: A Guide to Health in Child Care (3rd edition)



# AAA Identifies Top Challenges for Teens Learning to Drive



Parents don't prepare their teens to drive as well as they did a decade ago. According to a AAA survey of 142 driving instructors

across America, 65% said the decline in quality parental involvement has added to the challenges facing young drivers. They also reported that parents often set a bad example through their own behaviors.

"With all the other challenges teens face learning to drive, it is critical for parents to re-engage in the process," said Gene LaDoucer, North Dakota spokesman for AAA – The Auto Club Group. "Teens can't succeed safely on the road unless those closest to them make proper training a priority and set a good example behind the wheel."

In the survey, Skills of Novice Teen Drivers, driving instructors also revealed the top three mistakes teens make when learning to drive:

- Speeding** - Traveling over posted speed limits or too fast for road conditions.
- Distraction** - Interacting with a cell phone, talking with passengers or looking at other objects in the vehicle.
- Poor Visual Scanning** - Driving with tunnel vision and not properly scanning the road for risks or hazards.

Past research shows that teens with parents who impose stricter driving limits reported fewer crashes and traffic violations. AAA recommends parents stay actively involved in coaching their teens through the learning-to-drive process by:

- Having conversations early and often about the dangers of speeding and distraction
- Taking the time to practice driving with their teens in varying conditions
- Adopting a Parent-Teen Driving Agreement that takes the learning to drive process in stages and sets family rules for the road
- Setting a good example by minimizing distractions and speeding when driving



AAA also recommends that teens preparing for the responsibility of driving should enroll in a driver education program that teaches how to avoid driver distraction and other safety skills. Resources to help parents choose a class and coach their teen through the learning-to-drive process can be found on AAA's award-winning website [TeenDriving.AAA.com](http://TeenDriving.AAA.com).

## 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 three colors and cost \$25.



Small only

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: [polsen@altru.org](mailto:polsen@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.

**SAFE  
KIDS**  
GRAND FORKS







# Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

## HOLIDAY DECORATING

- » Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- » Keep lit candles away from decorations and other things that can burn.
- » Some lights are only for indoor or outdoor use, but not both.
- » Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- » Use clips, not nails, to hang lights so the cords do not get damaged.
- » Keep decorations away from windows and doors.

## HOLIDAY ENTERTAINING

- » Test your smoke alarms and tell guests about your home fire escape plan.
- » Keep children and pets away from lit candles.
- » Keep matches and lighters up high in a locked cabinet.
- » Stay in the kitchen when cooking on the stovetop.
- » Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- » Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



## Before Heading Out on to Bed

**Blow out** lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

## FACTS

- ! **Two of every five** home decoration fires are started by candles.
- ! **Nearly half** of decoration fires happen because decorations are placed too close to a heat source.



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

[www.nfpa.org/education](http://www.nfpa.org/education)

