



News You Can Use



Winter 2018

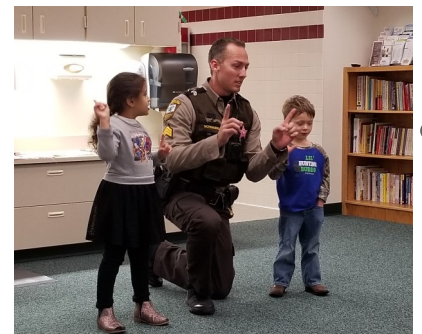
Safe Kids Partners With Grand Forks County Sheriff’s Department and NRA To Bring Gun Safety To Youth

In December 2017 the Sheriff’s Department took an opportunity to apply for a grant through the NRA to help educate our youth on gun safety. Thankfully they were awarded the grant and received an “Eddie Eagle” costume! The purpose of this program is two-fold. First, we hope to educate young children on what actions they should take if they come across a firearm: STOP, Don’t Touch, Leave the Area, Tell an Adult. Second, we want to have contact with children in a positive learning environment. This will help children realize that cops are friendly and there to help us. We want children to run to us, not from us.

Just a few short weeks ago we were able to launch our Eddie Eagle debut at Grand Forks Head Start! Safe Kids and The Sheriff’s Department were able to present the material to over 100 youth! The response has been great! We look forward to continuing the program throughout the community at schools and other events. A big thank you to Head Start and Safe Kids for a successful launch! If you have an event or group that you would like to see Eddie Eagle at please contact Safe Kids or the Grand Forks County Sheriff’s Department.



This information has been submitted by Andy Schneider. Andy recently won the fall election and he will take over as the new Grand Forks County Sheriff in early January. We are grateful for his efforts to bring this program to our community.



Safe Kids Star: Kami Macki



We have lots of amazing volunteers that help Safe Kids Grand Forks with our injury prevention efforts. Some are car seat technicians and spend their weekend or evening hours in the back seats of cars, checking to make sure that parents and caregivers know how to properly use their car seats. Others go around to local and regional schools teaching about head injuries and fitting kids' heads with bike helmets. There are those that man a safety booth, serve as crossing guards, teach about gun or home safety or teach adaptive aquatics lessons but, the number who offer to do what this edition's Safe Kids Star did for us are few and far between. Kami Macki is a runner and she loves to train and compete but she loves it even more when her efforts go toward helping a worthwhile cause.

This year, Kami Macki offered to run the Marine Corps Marathon as a fundraiser for Safe Kids Grand Forks. It is not every day that someone will lace up their shoes, travel to Washington DC and run 26.2 miles in an effort to raise awareness and money for a charitable organization but Kami did just that. We are in awe of her for her dedication to the training it takes to compete in an event such as this and we are grateful for her willingness to do this on our behalf. Thank you, Kami and please know that you will forever hold a special place in the hearts of our Safe Kids Team!!



LIHEAP Assistance

As North Dakotans, we know just how cold our region's winters can be. For many residents heating costs can be difficult to afford. That's where LIHEAP can help, especially for young families, the elderly, even college students.

The Low Income Home Energy Assistance Program (LIHEAP), provides home energy assistance to eligible low income households. This federally funded program is administered by ND Department of Human Services and the county social service boards. These seasonal benefits are available from October through May and are based on your household's income, size, and type of housing and fuel.

Because navigating the LIHEAP guidelines and collecting all the paperwork needed to

determine eligibility can be cumbersome, Community Options, a statewide human service agency, has been contracted to provide outreach to answer questions about LIHEAP, deliver applications, turn applications in at the county social service offices, and help applicants gather the needed documents to determine eligibility. Community Options Outreach Specialists also travel rural North Dakota to assist applicants in filling out their LIHEAP applications.

The 2018 income eligibility limits for LIHEAP are as follows: For a one-person household, the annual income limit is \$28,831, for two-person household it's \$37,702, and for three, \$46,573 and so on (the limit increases by about \$8,500 per household member). The cost of an applicant's heat cannot be covered by housing assistance or be included in their rent to qualify. Eligibility is determined by your local county social service office.



Once approved for LIHEAP, an applicant is also eligible for weatherization services. Weatherization services include insulation, installing storm windows and window films, door repairs and replacements, furnace tune-ups/repairs, etc.

North Dakota winters can bring dangerous conditions, and no one should be left in the cold. Please contact Community Options if you have questions about LIHEAP or the weatherization program. Applications for LIHEAP are available at Community Options office in Grand Forks at 2300 Library Circle or by calling 701-772-1715.

This information has been provided by Katie Barta, Employment Specialist with Community Options. Katie is a member of Safe Kids Grand Forks and we are grateful for her involvement in our coalition.

What Was That Winter Weather Warning?

While children may watch the scrawling words on the bottom of the TV during the winter hoping for news that school is cancelled, adults often look at the TV information with dread. Sometimes there is confusion about what all the colors on the map mean. What exactly is a winter storm warning? What about a wind chill advisory?

The National Weather Service puts out these products so the public can be aware of incoming winter weather and stay safe. (Side note: The NWS does not make decisions about school closings or delays, those are done by local school district officials). Some terms to keep in mind when watching the weather this season:

Blizzard: The most severe winter conditions. Blizzards are not determined by the amount of snow, but the wind. Winds during a blizzard are frequently gusting to 35 mph or more, and along with falling or blowing snow, will create white-out conditions with near zero visibility. Travel is extremely hazardous.

Freezing Rain: Rain that falls and freezes as it hits the ground. This creates a coating of ice on roads,

sidewalks, trees, and power lines.

Sleet: Rain that re-freezes into ice pellets before reaching the ground.

Wind Chill: A measure of how cold people feel due to the combined effect of wind and cold temperatures. The wind chill is based on the rate of heat loss from exposed skin (see infographic). Risks for frostbite and hypothermia are higher when wind chill is very cold. However, up here in the Red River Valley we can also get some extremely cold mornings down to -30 to -40 degrees when there is not much wind.

A few days before winter weather is expected, the National Weather Service may issue a **Watch**. This means that a blizzard, heavy snow, ice, or hazardous wind chills are possible, and people should be prepared. This can mean putting a winter survival kit in the vehicle and making sure the home is stocked with enough food, water, and fuel to get by in case a winter storm cuts off travel.

A **Blizzard, Ice Storm, Winter Storm or Wind Chill Warning** is issued when severe winter weather is about to start or is ongoing. It is at this point



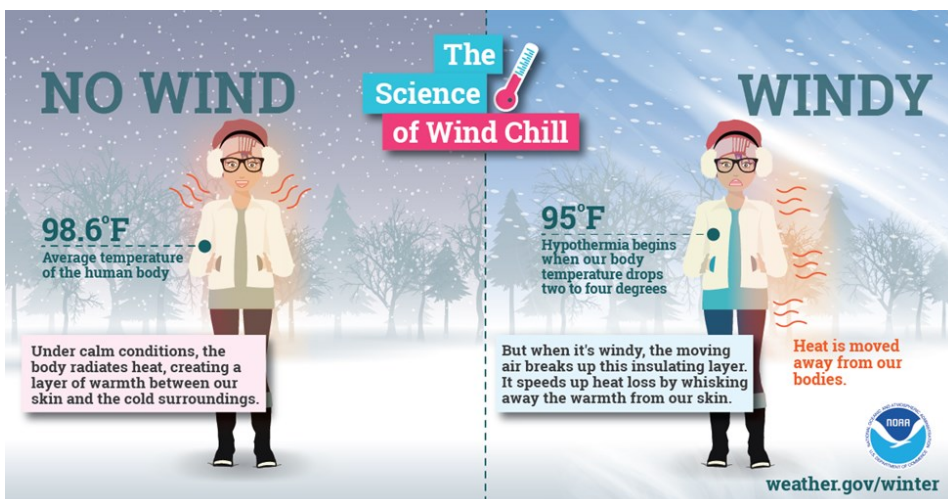
that people should take action, by staying off the roadways or avoiding going outdoors without protective clothing. Here in the Red River Valley, warnings are issued when:

- Blizzard conditions occurring for 3 hours or more (Blizzard Warning)
- Ice is accumulating to ¼ inch thick or more on surfaces due to freezing rain (Ice Storm Warning)
- Snow is accumulating to 6 inches or more during a 12 hour period, or 4 inches with winds blowing the snow around. (Winter Storm Warning)
- Wind chills are -40 degrees or colder (Wind Chill Warning)

A Winter Weather **Advisory** is issued when snow, sleet, freezing rain, or wind chills are not expected to reach warning criteria, but there will be enough winter weather to cause travel slow downs/frostbite without proper clothing. The public should exercise caution, but probably will be able to go about their daily lives.

More information about winter weather, including details on what to do before, during, and after a winter storm, can be found at www.weather.gov/safety/winter.

This article was submitted by Jennifer Ritterling from National Weather Service.



Featured Car Seat – TurboBooster TakeAlong

The TurboBooster® TakeAlong backless belt positioning booster seat folds 50% smaller with the FastAction fold and is made for big kids 40-100lb. With cup holders that swivel in to save space when not in use and a carry bag for easy

portability, the TurboBooster® TakeAlong provides safety easy to fold and go.

Retail \$49.99



Gun Safety & FREE Gun Locks

Whether hunting season is upon us or it is an off season, we want to assure that homes with guns are a safe place for curious kids. Here are a few pointers:

- Teach kids these simple steps if they see a gun:
STOP, DON'T TOUCH, LEAVE the AREA, TELL AN ADULT.
- Store guns and ammunition in a separate and safe/locked place.
- Put gun locks on your guns. **We have FREE gun locks available from Safe Kids Grand Forks.** Safe Kids Grand Forks offers their thanks to the Grand Forks County Sheriff's Department for their partnership to provide these locks. You can contact us at Safe Kids Grand Forks (safekids@altru.org) or stop by the Sheriff's Office in Grand Forks year-round to pick up your free locks.



Congratulations & Best Wishes to Sheriff Rost on His Retirement



Sheriff Rost is well known to many in our community and he has certainly been a friend to Safe Kids Grand Forks for many years. Bob Rost has been with the Grand Forks Sheriff's Department for the past 39 years and has served as Sheriff since his election in 2010. Bob has decided it is time to retire and so this past Election Day, his successor was voted into office and will be taking over the duties as Bob steps into his retirement.

For many years, Bob has served as a member of Safe Kids Grand Forks and he has been instrumental in many of our injury prevention areas. Here are just a few of the ways that the Sheriff's Department has

partnered with Safe Kids under Bob's leadership:

- Provided alcohol education at our annual Kids Don't Float class in which 600 kids are trained in water safety each spring.
- Allowed Sheriff deputies to be trained as car seat technicians to assist with our child passenger safety needs.
- Provided law enforcement support at our medication take back events held at various locations in the county including Altru Health System, the Grand Forks Senior Center and Larimore Nursing Home.
- Provided a deputy to assist with education at New American Training hosted by Safe Kids Grand Forks.
- Provided crossing guard support at local schools including working as a crossing guard at Kelly Elementary and purchasing supplies for many schools in the county.
- Supported the Twins Baseball Camp each year and allowed Safe Kids Grand Forks to provide sports and hydration safety information to those in attendance.
- Provided free gun locks for distribution



and assist with gun safety education, most recently applying for and receiving an Eddie Eagle costume to connect with the kids on this topic.

We are grateful for the partnership with the Grand Forks Sheriff's Department under Sheriff Rost's leadership and we wish him well in his retirement. We thank him for his years of service and welcome Sheriff-elect Andy Schneider to this role. We look forward to working together to keep the kids of our community and region safe.



**SAFE
K:DS
GRAND FORKS**

Keeping kids safe at **HOME**, at **SCHOOL**,
at **PLAY** and **ON the WAY**.



To access our safety information, donate or volunteer in our efforts to keep kids safe from preventable injuries, visit www.safekidsgf.com or call 701.780.1489.

Give the Gift of Safety, Like Jeff Did!!

Jeff is an integral part of our maintenance department at Altru Health System, the lead agency for Safe Kids Grand Forks. From his time spent on staff, Jeff has come into contact with many of Safe Kids' tips and messages. One of the messages that Jeff caught wind of several years ago was to think outside the box when giving someone a gift (e.g. give your child a bike but also give them a helmet). Jeff took this message to



heart one Christmas when he chose to give his brother-in-law and sister-in-law from Wallhalla, ND a carbon monoxide detector for their home. It was a thoughtful gift, simple, but it conveyed great care for the couple and their two children. After the Christmas festivities had ended, the family's new carbon monoxide detector made its way to a closet shelf in their home. It remained there, unnoticed, for the next 11 months. It was eleven months later when this gift saw the light of day once again. Over Thanksgiving weekend, Jeff's brother-in-law had the inclination to try out that carbon monoxide detector for the first time. He had barely plugged it into the outlet, and the alarm started to sound. The beeping was persistent. Puzzled by this he called up his brother-in-law, Jeff. Jeff showed concern and advised his brother-in-law to call for help. It was unlikely that there was a defect with the detector, and it was better to have the house checked than to ignore a potentially life-threatening issue. After getting off the phone, Jeff's brother-in-law placed the call to his local Fire Department. They quickly came out to his home to assess the situation. After sizing up the scene, Jeff's brother-in-law was informed that their old furnace was indeed emitting toxic levels of carbon monoxide. The levels were so high that had they gone undetected, the entire family, including their two small children, stood a good chance of dying in their sleep. Because of the high levels of carbon monoxide, their house was condemned, having been deemed unsafe. He and his family would not be permitted to enter their home again until the issue was resolved. This was both chilling and shocking news to their family. They were so grateful to have received that simple gift - a carbon monoxide detector - almost a full year before. Carbon monoxide has no color or odor. If it were not for that simple gift, they would have no way of knowing that their home was filling with toxic gas. Thanks to Jeff's willingness to think outside the box with his gift giving, his family will be able to celebrate many more Christmases together.

As you go about your Christmas shopping, keep Jeff's story in mind. Make sure that your loved ones' well-being is secured, and consider giving a gift of safety to your friends and family. In the case of Jeff's family, the gift of safety meant the gift of life, and that truly is the best gift one can receive. Our wish at Safe Kids Grand Forks is that you and your family have a very safe and merry Christmas!

**SAFE
K:DS
GRAND FORKS**



Have you found
Safe Kids
Grand Forks on
social media yet?
What are you waiting for??



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



Phone: 701.780.1489
E-mail: safekids@altru.org



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




KEEPING KIDS SAFE

- at Home
- at School
- at Play
- and on the Way!

www.safekidsgf.com 



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

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

Newsletter Sign-Up

First Name* Last Name*

Email Address*

Choose All That Apply

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

Enter your name and email address.

Select the Safe Kids Newsletter & hit submit.

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

Car Seat Check-Up Events

presented by:



Rydellcars.com

2700 South Washington Street

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

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

No appointments needed at Rydell's

Fire Station 5

1002 47th Ave. S., Grand Forks

| | |
|--------------------|-----------|
| January 24 | 1-3 p.m. |
| February 26 | 9-11 a.m. |
| March 25 | 1-3 p.m. |
| April 24 | 9-11 a.m. |
| May 23 | 1-3 p.m. |
| June 24 | 9-11 a.m. |
| July 24 | 1-3 p.m. |
| August 26 | 9-11 a.m. |
| September 25 | 1-3 p.m. |
| October 24 | 9-11 a.m. |
| November 19..... | 1-3 p.m. |
| December 19..... | 9-11 a.m. |

Appointments at Fire Station preferred, call 701.780.1489

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

Baby on the way?

Register for our Bringing Home Baby class offered three times per month. 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 701.780.1400.

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



Car Seat Check-Up Events



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

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

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

2019 Dates
February 7
May 2
August 1
November 7

presented by:



in cooperation with:



110 5th Street West, Grafton, ND



For additional car seat check-up events in Grand Forks and other surrounding areas, please visit Safe Kids Grand Forks on Facebook!



Car Seat Check-Up Events



presented by:



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 Brost Chevrolet to offer regular car seat check-up events. These are offered on the dates listed from 4 - 5:30 p.m.

2019 Dates
January 24
April 25
July 25
October 24

For more information, contact Altru Clinic Crookston at 218.281.9100.

Also, join us in Grand Forks at Rydell Cars the second Thursday of every month between 4-7 p.m. in the service area.

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

in cooperation with
Brost Chevrolet
1600 University Ave, Crookston, MN



www.brostchevrolet.com



Safe Kids Grand Forks would like to thank Gene Ladoucer and AAA for providing our coalition with reflective bags that we were able to distribute to trick-or-treaters this past Halloween. Being visible while out on the dark streets is an important safety strategy to prevent being hit by a car. We appreciate your support of our injury prevention efforts and are happy to have AAA as one of our coalition partners.



The Do's and Don'ts of Winter Bus Safety

With more students and snow at our bus stops during the winter months, it is always good to review bus stop safety tips to ensure a safe and pleasant trip to school.

Winter bus safety tips for students:

DO'S

- Do dress in warm winter clothing: hats, mittens and boots.
- Do be on time at the bus stop.
- Do walk facing traffic and wear bright clothing so you are visible in times of reduced light.
- Do wait for the bus several feet further off the road in a safe place in winter weather. Be mindful that some stops may still have snow piles or drifts.
- Do use the handrail when boarding or exiting the bus to prevent slipping and injuring yourself on icy road surfaces or steps.
- Do keep your head and arms inside the windows when riding the bus to prevent frostbite and other injuries to your limbs and face.
- Do move away from the bus to a place where the driver can see you and you can see the driver after you get off the bus.
- Do cross 10 feet in front of the bus but wait for the "all clear" signal from the driver before leaving the curb.
- Do keep all phones, electronics and articles in a backpack.

DON'TS

- Don't stand or play on snow piles at the bus stop - you could slide into the street in the path of

oncoming traffic.

- Don't attempt to retrieve your books or lunchbox from around or underneath the bus until after it has cleared the unloading zone.
- Don't push or shove when getting on or off the bus.
- Don't chase after the bus or attempt to grab the rear bumper.

Bus stop safety doesn't end with the student, however. Parents are responsible for their children's safety before and after they are transported on the bus, including at the bus stop.

Drivers should always be mindful of student unloading and loading zones, but should take extra precaution at or near schools and bus stops during winter months.

Winter bus safety tips for parents and drivers:

DO'S

- Do encourage your children to follow winter school bus safety rules.
- Do keep your vehicle in good driving condition - a child's life may depend on it.
- Do clear snow from the bus loading and unloading area near your home.
- Do use extra caution in school zones, at bus stops and at bus loading and unloading areas where high snow banks may exist.
- Do keep your windshield free of ice and snow.
- Do know and follow the laws of your state regarding school buses.

- Do drive safely - our winter climate, with its extreme weather conditions, short daylight and dangerous roads, requires extra effort by every driver.

DON'TS

- Don't be in a hurry. Student safety is important.
- Don't try to catch the bus at another stop with your vehicle if your students miss their pick-up. Take them all the way to school. The bus driver may not see the car in back of the bus and as the students attempt to run along the side of the bus to board, they may fall underneath the wheels and be injured or killed.
- Don't follow too closely behind the school bus making student stops.
- Don't disregard the red flashing signals when following or facing a school bus. It is illegal - and dangerous - to pass a stopped school bus with its red lights flashing.
- Keep these DOs and DON'Ts in mind and we can all do our part at home and on the road to keep our students safe!

From:

<https://www.monticelloschools.net/transportation/transportationwinter.com>



Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



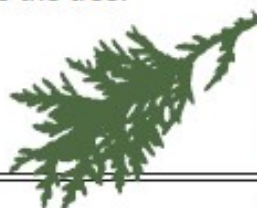
PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that have the label of a recognized testing laboratory. Some lights are only for indoor or outdoor use.
- 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.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! **One** of every three home Christmas tree fires is caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes roughly **one in every four** of the fires.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

SAFE KIDS
GRAND FORKS

Altru
HEALTH SYSTEM

Car Seat Poncho

Winter is in full swing, which means in the Midwest we are dealing with some cold weather! How do we keep our kids warm AND safe in the car?

Luckily, there are people who come up with great ideas to fit this problem! Enter the Car Seat Poncho.

Let's back up to why it's unsafe to wear snowsuits or big puffy coats in the car. For your child's car seat to offer the maximum protection in a crash, the harness or seat belt needs to be as close to the child as possible. The more layers of padding or clothing between a child and the harness, the harder it is to properly fit the restraint to the child. The harness can end up fitting to the

thick coat, and in the event of a crash, all that extra air is forced out between the layers, leaving the harness too loose to protect a child. A loose harness, at best, means extra crash time on the child, and at worst, could mean ejection from the seat.

Car Seat Ponchos have become very popular in the past few years, these are a great alternative to large coats in the car. They are easy to use and will fit a child for multiple years. They can be worn with a lightweight jacket under, or just the child's regular clothes. They keep the child warm when going to and from the car and when in the car, the front of the poncho lays over the child's lap like a blanket to keep them cozy as the car warms up. An added bonus, if

you are in the car for an extended period of time the poncho can be removed without having to buckle the child.

To properly use a Car Seat Poncho is very simple.

1. lift the back of the poncho up over the back/top of the car seat. Have the child sit back in the car seat.
2. lift the front of the poncho and harness the child into their car seat.
3. lay the front of the poncho over the harness straps onto the child's lap.

That's it! You have a child that is now warm AND safe in the car.



Have you ever tried to install a car seat into a vehicle?

Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.



Bringing Home Baby

For new or expectant parents

Altru Health System, Rydell Cars and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into a vehicle.

Cost:
The cost of this class is \$5 per couple. To register call 701-780-1400. If this cost keeps you from attending, please contact Safe Kids for scholarship options.

2019 Class Dates

January

Saturday the 5th – 9am
Thursday the 10th – 6pm
Tuesday the 22nd – 6pm

February

Thursday the 14th – 6pm
Monday the 18th – 5pm
Tuesday the 26th – 6pm

March

Saturday the 9th – 9am
Thursday the 14th – 6pm
Tuesday the 26th – 6pm

April

Thursday the 11th – 6pm
Monday the 15th – 5pm
Tuesday the 23rd – 6pm

May

Saturday the 4th – 9am
Thursday the 9th – 6pm
Tuesday the 28th – 6pm

June

Thursday the 13th – 6pm
Monday the 17th – 5pm
Tuesday the 25th – 6pm

July

Thursday the 11th – 6pm
Saturday the 20th – 9am
Tuesday the 23rd – 6pm

August

Thursday the 8th – 6pm
Monday the 12th – 5pm
Tuesday the 27th – 6pm

September

Saturday the 7th – 9am
Tuesday the 12th – 6pm
Tuesday the 24th – 6pm

October

Thursday the 10th – 6pm
Monday the 14th – 5pm
Tuesday the 22nd – 6pm

November

Saturday the 9th – 9am
Thursday the 14th – 6pm
Tuesday the 26th – 6pm

December

Thursday the 12th – 6pm
Monday the 16th – 5pm

Locations:

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

5 p.m. Classes held at Safe Kids Grand Forks Headquarters - 607 DeMers Ave., East Grand Forks, MN (Lower Level)

For additional car seat check-up events in Grand Forks, please visit Safe Kids Grand Forks on Facebook!



Shopping Carts and Car Seats – What’s Safe?

There are so many Do’s and Don’ts when it comes to car seat safety in the car. Using your car seat outside of the car may be convenient, but there are safety risks to address here as well. A common misuse we see of car seats is placing them on the top of shopping carts. Here are some safer options for transporting your infant inside of a store.



#1 - Put the car seat in the basket of the cart

Rather than setting the car seat on the top of the cart, put it in the large basket instead. In that position, the seat can't fall off the cart and the seat will rock as you push the cart, keeping your child more content while you shop.



#2 – Have baby sit in the child seat of the cart

This option is good for babies that can sit up on their own (usually around 6 months of age). Be sure to buckle baby in place and never leave the cart unattended.



#3 – Leave the car seat in the car and babywear

This keeps your baby close while leaving your hands free for shopping and doesn't take up any carts pace! Be sure to follow the directions for proper babywearing.

#4 – Use a stroller

If you have a travel system that goes with your car seat, bring the stroller to the store with you. This is good for smaller shopping trips. Items you are purchasing can be stored in the bottom of your stroller until you get to the register.



#5 – Shop where carts are designed to hold a car seat

There is a newer product available to retailers called a Safe-Dock. This is meant to hold your infant car seat and not take up space in your shopping cart. If you want to encourage your favorite retailer to have Safe-Docks available you can share your thoughts at <http://www.shoppingcartsafety.com/locator/index.php?tab=US>



Sledding Safety

Sledding and tubing can be a great way to enjoy winter weather. The joy of speeding down the hill can make it easy to forget that these activities can also lead to injuries. Taking a few safety measures can help keep you and your kids safe on the hills this winter.

Sledding Injury Facts

- Injuries often occur when the sled hits a stationary object or when the child falls off the sled.
- Bruises, cuts and broken bones are the most common injuries.
- Head and neck injuries are common among children 6 years old and younger.

Getting Ready to Sled

- Make sure children are dressed warmly and that they are

wearing gloves and boots.

- Always wear a helmet to prevent head injuries. Multi-sport and bicycle helmets are good options.
- Sleds that can be steered are safer than flat sheets, snow discs and toboggans.

Sledding Tips

- Teach children to have an adult with them when they go sledding.
- Avoid sledding in areas with trees, fences and light poles or on rocky hills.
- Always go down the hill feet first.
- Learn how to stop and turn the sled by using your feet.
- Have only the recommended number of passengers on a sled

at one time.

- Do not sled in the street or on a highway.
- Never ride a sled being pulled by a car, ATV, snowmobile or other motorized vehicle.
- Avoid sledding on driveways, hills, or slopes that end in a street, drop off, parking lot, river or pond.
- Because they are hard to steer, the best place to use a tube is in a tubing park – often found at ski resorts.

From:

<https://www.nationwidechildrens.org/research/areas-of-research/center-for-injury-research-and-policy/injury-topics/sports-recreation/sledding-safety>



Cindy Jensen has been known by many middle schoolers in our community as Mrs. Jensen. She has taught at South Middle School for many years and just retired this past May. But, it didn't take too much convincing to get Cindy to "come out of

retirement" just a little bit to help with our International Walk To School Day blitz we had for two weeks in early October. Cindy came to most all of the schools that we had Clifford – The BIG Red Dog and read "Clifford Takes A Walk" to the children. Thank you, Mrs. Jensen for volunteering your time to help us spread our pedestrian safety messages in the local schools. When it comes to volunteers, Safe Kids Grand Forks is blessed with some of the very best!!





PROTECT YOUR CHILD'S HEAD

Use the tether when forward facing

NDHealth.gov

NORTH DAKOTA DEPARTMENT OF HEALTH NDDOT
Department of Transportation

From all of us at Safe Kids Grand Forks, we wish each of your families a safe and joyous holiday season.




SAFE KIDS
GRAND FORKS

KEEPING KIDS SAFE

- at Home
- at School
- at Play
- and on the Way!

www.safekidsgf.com 

Altru
HEALTH SYSTEM

Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

International Walk to School Day

International Walk To School Day was a great success despite cold temperatures, rain, AND snow! Clifford the Big Red Dog and friends visited 10 elementary schools, libraries and child care centers during the first two weeks of October. We are grateful to our volunteers from the community and UND for assisting with these events. A shout out to the local legislators who were able to join us at GF schools—Steve Vetter, Scott Meyer and Rick Becker. We were also assisted by officers from GFPD, Troy Gerber from FedEx and Jairo Viafara from the GF/EGF MPO.





Winter Travel Guidelines

How to keep your child safe while traveling by vehicle or foot this winter.

Car Seat Safety

While lots of layers, big warm coats and snow pants are appropriate for playing outdoors in the winter, riding in a vehicle has a different set of rules if your child is in a car seat. Children need to stay warm while traveling in a vehicle, but there are ways to do so safely.

- As a general rule, winter coats should not be worn underneath the harness of a car seat. A bulky coat under a child seat harness can result in the harness being too loose to be effective in a crash.
- Ways to keep your child warm and safe in the car:
 - After securing the child in the car seat, without a coat, turn the coat around and put it on backwards with their arms through the arm holes and the back of the coat acting like a blanket.
 - Lay a blanket over your child to keep them warm.
 - Unzip the coat and harness the child first, then rezip.
 - Warm up your car head of time to avoid the need for heavy coats.
- If you do use a coat, don't buy an excessively bulky one with thick, down padding.
- Always remember, "Strap Before You Wrap". Strap your child into their car seat before adding layers to keep them warm.



Winter Pedestrians – Steps to Safety

- Keep driveways and sidewalks clear of snow and ice. Apply rock salt or sand materials to improve traction.
- Do not allow children less than 10 years of age to cross the street alone.
- Never let children play in the street or on snowbanks near the street.
- Make sure children are wearing appropriate shoes and clothing with reflective material to make others aware of their presence when light conditions are poor.
- Remind your children about the rules of pedestrian safety:
 - Use sidewalks.
 - Walk on the left side of the street against the flow of traffic, if sidewalk is not available.
 - Stop at the curb or road's edge before crossing. Have them look left, right and left again to check for traffic.
 - Continue to look and listen while crossing the road.



Frostbite Safety

Dress Your Kids for the Cold

- Set reasonable time limits for your children to be playing outside. Keep tabs on how long your children have been outdoors. Have them come in periodically to warm up with a cup of hot chocolate, hot apple cider or other warm drink.
- Since infants lose body heat quickly, do your best to avoid taking them outdoors for extended periods of time.
- The key to keeping kids dry and warm is to dress them in multiple thin layers.
 - Thermal base layer: thermal long johns and warm socks (wool ideally).
 - Insulating middle layer: one or two shirts, a sweater and a pair of pants.
 - Water resistant outer layer: winter coat, snow boots, gloves or mittens and a hat that covers the earlobes.



The Levels of Frostbite Severity

- First degree: Skin becomes red in color, stings and has a burning sensation.
- Second degree: Skin has a yellow or gray hue and feels tender. The individual may have a “pins and needles” feeling.
- Third degree: Skin has a waxy white appearance and feels numb.

Take Action to Prevent Frostbite

- Take child inside
- Call a doctor
- Tell the child to wiggle the affected body part(s) to increase blood supply to that area.



- **Do not** massage the affected area(s) as it causes damage to the tissue and severe pain.
- Warm the frozen area(s) against other parts of the body. Hold fingers to the chest for example.

General Winter Driving Safety

- The safest place to be during adverse weather conditions is indoors but that’s not always possible. It is imperative that motorists prepare themselves and their vehicles before heading out onto winter roads.
- Have a full tank of gas.
- Check road conditions before you leave.
- Make people aware of where you are going and when you plan to arrive.
- Decrease your speed and leave plenty of room to stop.
- Don’t use cruise control on icy or wet roads.
- Have a winter survival kit available in your car.
- If the car becomes stalled, stay in the vehicle and wait for help to arrive.

Winter Vehicle Safety – Survival Kit Checklist

- **Warm gear:** Several blankets and warm clothing
- **Signaling Gear:** Bright orange or red cloth, a whistle and radio
- **Cooking gear:** Heat source, such as a heater or candle, matches (not lighters), metal container to cook in and a cup to eat/drink from
- **Food and beverage:** Bottled water, hard candy, nuts, raisins, granola bars, jerky and dried fruit
- **Miscellaneous:** Rope, toilet paper, reading material and flashlight with additional batteries





**THANK YOU
SAFE KIDS!**



FROM: LITTLE MIRACLES

Dock-A-Tots Making Their Way Into Cribs & Bassinets

As with any product, there is always a new “must have item” coming out on the market that claims to do something that we all long for. That may be “make baby sleep longer”, “give us clearer skin”, “make us look thinner” or a whole host of other things. Common in the parenting world right now is a product called the Dock-A-Tot. While these items may make baby sleep better, safety should be the first priority when considering use of a product. Safe Kids, along with many other reputable organizations such as the AAP, American Academy of Family Physicians, the CPSC and the NIH, all agree that these products should not be used for infant sleep. Here are some of the reasons behind that decision:

- The product’s manufacturer’s warning on the product say it is

not safe to place the item in a crib, bassinet or other sleep surface.

- The Dock-A-Tot is designed as an in-bed co-sleeper. Co-sleeping is one of the biggest risk factors for infant sleep deaths. Safe Sleep Experts agree that there is no “safe co-sleeping.”
- The Dock-A-Tot (manufactured in Europe) claim to meet “breathability standards”. There are no such standards in the United States and in fact, pillows, bumper pads and blankets are all discouraged when creating a safe sleep environment. The Dock-A-Tot too should be eliminated from the baby’s sleep space.
- The Dock-A-Tot

website refers readers “to always follow the safe sleeping tips recommended by the US Consumer Product Safety Commission because absolutely nothing is more important than the safety of a child.” However, the CPSC’s standards for a safe sleep environment are NOT met by this product (the items that meet the standard are playpens, bassinets or cribs).

While these items may seem to be “all the rage”, we discourage parents from using these devices that could contribute to a SIDS incident.



Railroad Safety



Trains are exciting and fun for many reasons: The size, the speed, the sounds. But railroad tracks and train crossings can be dangerous as well. Here are some train and railroad safety tips to help keep your family safe near tracks and trains.

Hard Facts about Safety around Railroad Tracks

In 2017, there were 2,106 collisions reported at rail crossings in the U.S. and every 5 days, a child dies on a railroad track in our country.

Top Tips about Railroad Safety

1. Only cross railroad tracks at a designated crossing. Designated crossings are marked by a sign, lights or a gate.
2. If lights are flashing or the gate is down at a railroad crossing, wait for the train to pass completely before crossing. It is never okay to rush across and try to beat the train. Trains may be closer and faster than you think.
3. Allow enough space for your vehicle to completely clear the entire railroad crossing, not just the tracks, before you attempt to cross. Remember, trains are at least three feet wider than the tracks on either side, so even though you clear the tracks, you may still get hit by the train.
4. If you are using a cell phone, headphones or a game, remember: heads up, devices down when you

cross the tracks. Once a train starts to brake, it can take a mile for the train to stop. So when you see a train, it’s already too late for it to stop for you. Headphones should be removed, so you can hear an approaching train’s horn.

5. Don’t be tempted to walk along the railroad track. It might be a shortcut, but it is dangerous and not worth the risk. It is against the law to walk on the track and the land around it because it is private property.

Thank you to Union Pacific Railway for partnering with Safe Kids coalitions all across the country to shed light on this injury risk area.



Winter Coats & Car Seats

How to stay warm AND safe

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



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



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



No coat. Use a blanket for warmth.

Remember to
"Strap Before
You Wrap"



Harness child, then put coat on backwards.



Unzip coat, then buckle child.

Warm your car ahead of time when possible.



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605-0351 AUG 15

Winter Coats & Car Seats

How to stay warm AND safe

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



No coat. Use a blanket for warmth.



Lightweight coat.



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



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



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

Remember to
"Strap Before You Wrap"

Warm your car ahead
of time when possible.



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Toy Safety



In 2010, an estimated 181,500 children were treated in an emergency room for a toy-related injury. That's 500 kids every day. Nearly half of those injured were children 4 and under.

TOY SAFETY

Toys and games are tons of fun for kids and adults and as the holiday season rolls around, we can only imagine that there will be toys on the gift giving list. Whether your kids are working on a puzzle, playing with building blocks or even inventing their own games, here are a few things to think about to help them stay safer and have a blast.

The Hard Facts

In 2011, 188,400 children under the age of 15 years were seen in emergency departments for toy-related injuries. That's 516 kids every day. More than a third of those injured were children 5 and under.

Top Tips

Find the Perfect Toy for the Right Age

- Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it's just right for your child.
- Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.



Don't Forget a Helmet for Riding Toys

- If your children have their hearts set on a new bike, skateboard, scooter or other riding equipment, be sure to include a CPSC certified helmet to keep them safe while they're having fun.
- Learn more bike safety tips and watch our helmet safety video.



Check to make sure there aren't any small parts or other choking hazards.

Store Toys After Play

- After play time is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that could catch little fingers.





Holiday Decorating Safety

Decorating your home can be one of the ways to get into the holiday spirit. However, it is important to make sure your decorations are safe and properly put up to avoid injuries to your family this holiday season. Follow these tips:



Outside Decorating tips:

- » Use heavy-duty extension cords designated for outdoor use. Avoid overloading the cords by only using three sets of lights per cord.
- » Outside lights and decorations should be plugged into circuits with ground fault circuit interrupters (GFCI).
- » When using ladders to hang decorations, make sure you are following the safety warnings, and keep the ladders and decorations away from overhead power and cable lines.
- » Make sure extension cords do not run in the path where people walk or where a snow blower may be used.

Decorating with string lights tips:

- » Use flameless candles instead of real ones, especially in homes with pets or small children.
- » Lights should be approved by Underwriters Laboratory (UL) on the tag marking they have been inspected for safety hazards.
- » Check your lights to make sure there are no frayed wires or cracks.



- » Use clips to hang up lights; do not hammer nails or tacks into the electrical cord. Lights should not touch drapes, furniture, or carpet.

- » Prevent tripping by keeping cords away from high-traffic areas. Prevent the cords from twisting, kinking or being crushed.
- » Turn off lights before going to bed, and use a timer if you are going to be away from home.
- » Do not run cords under rugs or in high traffic areas.

Tree Safety Tips:

- » If you have a real tree in your home, make sure you are watering it often. Dry trees are more flammable and burn faster than newspaper!
- » Prevent trees from falling over by using an eye hook to tie the tree to the wall.
- » Keep your breakable decorations to the top of the tree or out of the reach of children.
- » Toss the tree when the needles no longer bend but get brittle and break.



Other Safety Tips:

- » Keep lit candles away from flammable items and never leave lit candles unattended.
- » Check the tree often for water needs when it is newly brought into the home or in homes with pets as they often drink from the tree's water source.
- » Be aware of poisonous plants. While festive, poinsettias are poisonous when eaten. Keep them out of reach of children and pets.
- » Don't burn wrapping paper in the fireplace. Paper can catch fire very quickly and cause flash fires.

Happy Holidays!

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

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Candle Safety:

- Never leave candles unattended and be sure to extinguish them prior to leaving the room or going to sleep.
- Keep candles out of the reach of children and do not leave a candle in the same room as a child without adult supervision.
- Children and teenagers should not be allowed to keep candles in their bedrooms.
- When using a candle make sure to place it on a heat-resistant surface, out of the path of kids and pets, and keep it well-away from all other flammable objects (e.g. clothing, curtains, blinds, paper, books, Christmas trees, flammable decorations, etc.).
- Never use candles as a light to check pilot lights or fueling equipment such as kerosene heaters or lanterns. The flame may ignite the fumes.
- Always extinguish candles by blowing them out gently so as not to splatter hot wax. Never extinguish a candle with water, or, in the case of jar candles, by replacing the lid while the candle is still lit.
- Keep wax pools free of wick trimmings or other foreign matter that present fire hazards. Be aware of candle rings that could catch on fire if the wax overflowed on to them.
- Store candles, matches, and lighters up high and out of the sight and reach of children. If possible, store them in a locked cabinet.



- Fireplaces, stoves and inserts (and their surrounding material) will remain hot for a period of time after being turned off, so caution should be used at all times.
- Keep clothing, furniture, draperies and other flammable materials a safe distance away.

Carbon Monoxide Poisoning

This silent killer cannot be seen, tasted or smelled. It takes the lives of 184 children in the U.S. every year.

- When you heat up your vehicle this winter, be sure that you remove it from your garage immediately after starting it.
- Never use your stove to heat up your house.
- Keep your dryer, furnace, stove and fireplace vents on the outside of your home clear of any snow, ice or other debris.
- Install carbon monoxide alarms on every level of your home and make sure to keep them a minimum of 15 feet away from any fuel-burning appliance.
- A smoke alarm is not a substitute for a carbon monoxide alarm and the opposite is also true; so be sure to install both in your home!
- Test your alarms regularly and update them every 5-7 years.



Fireplace Safety

When enjoying your fireplace, safety is a must! It is important to remember these basic safety precautions:

- Never leave a young child alone near a gas fireplace; they can be burned before, during and after use of the fireplace.
- Create a barrier around the gas fireplace with the use of safety guards can be installed to keep your child at a safe distance at all times. Safety gates can keep your child from being in the room alone.
- Fireplace glass and other surfaces get extremely hot and can cause burns if touched. Consider purchasing a safety attachment designed to disperse heat from the fireplace doors.

Winter Water Danger

- Supervise your children while in or near pools, hot tubs or any other body of water.
- Keep your pools and spas safe and secure. Install a minimum of 5' tall, four-sided isolation fencing around your spas and pools. This fencing should have a self-closing and self-latching gate. Do not use the exterior of the house as one side of the fence.
- Do not allow your children to walk out on to frozen bodies of water. The ice may have thin spots, holes, cracks, etc. that could put your child at risk.



Kiwanis Club Joins Crookston Check-up Event Partnership



Year round, Safe Kids Grand Forks coordinates and hosts car seat check-up events with our partners around the community and region. Part of making those events successful is having volunteers to provide assistance to those that come to get their car seat checked. Volunteer car seat technicians are needed at each event, but it is also very helpful to have volunteers that can assist with directing traffic, handing out the clipboards and bringing supplies to the technicians while they are in the back seats of

vehicles. Their assistance in writing information down about the seat check is also vital to keeping accurate records of what took place. Recently, the technicians who conduct the car seat check-up events in Crookston were delighted to receive an offer of help from the Crookston Kiwanis Club. Club member, Cindy Braseth had been a volunteer with Safe Kids Grand Forks in the past and was aware of our injury prevention work from her membership in the Grand Forks Club. Recently retired, Cindy now lives in Minnesota and is a member of the Crookston Kiwanis. We are grateful that Cindy reached out to our coalition and offered her and the club's help at the Crookston events. We are so grateful for that help and believe it has made our partnerships with these events even stronger. Shown here are Crookston Kiwanis that assisted at an event at Brost Chevrolet this summer. Pictured with the sign are Brost's Vance Harren and Carrie Berquist from Altru Clinic Crookston. Next to the car, left to right, are Kiwanis member Susan

Sylvester, Polk County Public Health Car Seat Technician - Joann Munter, Kiwanis member Cindy Braseth, and Carrie Bergquist from Altru Clinic Crookston.

We thank this dedicated team of volunteers and know they are making a difference to help the kids of the Crookston community to ride safer.

Photos courtesy of Crookston Daily Times.



LEARN CONCUSSION SIGNS AND SYMPTOMS

SEE FULL LIST OF SYMPTOMS @ www.cdc.gov/Concussion

- Headache
- Dizziness
- Blurred Vision
- Difficulty Thinking Clearly
- Sensitivity to Noise & Light



Cooking Safety

A Checklist for Parents



- Teach your children to stay a safe distance from hot stoves and appliances.



- Avoid carrying or holding a child while cooking on the stove.



- Kids love to reach so use the back burner of your stove. Turn pot handles away from the edge.



- Remind yourself to check on food frequently by using a timer, especially when baking or simmering.



- Check to make sure appliance cords are coiled and away from counter edges. Take an extra second to make sure hot foods are away from the edge of your counters as well.



- Stay close when you are using a grill or turkey fryer.



- Wear short, close-fitting or tightly-rolled sleeves when cooking.

- Take a minute to test your smoke alarms.

- Teach your kids how to cook safely.

For more information visit safekids.org

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6053-0381 JULY 16

Ice is Never 100% Safe!



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mndnr.gov/icesafety

SMART SITTER

Babysitting
Class

SMART SITTER is a babysitting class designed by Safe Kids Grand Forks to teach 11-15 year olds about the responsibilities of caring for other children. Attendees receive a certificate of completion and a course manual. The cost for the class is \$50.00.

Registration is required and class size is limited.

To register, please call 701-780-1400.

DATES:
JANUARY 19 MARCH 2
APRIL 13 MAY 4
TIME: 9:30AM-2:30PM

Altru Clinic in East Grand Forks,
Lower Level
607 DeMers Ave.
East Grand Forks, MN
56721
Phone: 701-780-1489
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