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Safe Kids Grand Forks & our partners at  
ND Vision Zero.



## Summer's coming!! Here are some tips to keep these months safe.

Kids and adults of all ages should wear a bike helmet when out on their "wheels". Helmets are 85% effective in preventing head injuries and brains are pretty important to protect. Call our office if you need one.

When in or around water, assure that kids are supervised by an adult. Lifeguards are not there to provide that level of attention, but rather to watch the entire pool. Lifejackets should be worn when in or near water, especially by those with limited swimming skills and always have a buddy.

If you carpool kids with other families, assure that those requiring car or booster seats have them. To discuss smaller seat options for multiple people in a car, contact our office. We have technicians on staff to help.

When headed out into the heat for sporting events, assure athletes take a water bottle with them to stay hydrated. Water is the best thing for hydration. Some parks don't have access to a water source so more than one bottle may be needed per practice/game.



ATV's weigh up to 800# and travel at fast speeds. Youth under age 16 often don't have the strength to bring a tipping ATV back to an up-right position. Those under age 16 should not ride an adult machine and need to take a safety course first. Also, only one rider/ATV.

If youth will be riding their bike in lower light conditions, remind them that they need a headlamp (required by law in some communities). This helps them to be seen by motorists. They should also not be walking/biking with earbuds in or headphones on as they will not be able to hear what is happening in their environment. Remind them, HEADS UP—PHONES DOWN. Being watchful as a pedestrian can prevent injuries.

If kids are going to be headed to the park, practice, a friend's house or on other adventures by themselves, getting there safely is more than just knowing the way to the location. Walk/bike with them to assure they make good decisions as pedestrians or cyclists. Remind them to wear a helmet and that bikes should only have one person on them. Cyclists need to follow the same rules of the road as cars. Taking kids on a "test run" to gauge their skills and decision making are important steps to them gaining their independence.

If you have travel plans this summer, Safe Kids can help with harness systems or car seats that are more portable for travel use. Be sure to follow the restraint laws in the states you visit and plan ahead for car seat needs. We can assist with talking through your travel schedule and planning for your needs on land and sea and air. Give us a call at our office as we are here to help and also have loaner travel seats for use.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on this and other childhood injury prevention topics, visit [safekidsgf.com](http://safekidsgf.com), call us at 701.780.1489 or email [safekids@altru.org](mailto:safekids@altru.org).