

## Water Safety



Activities around pools, rivers, lakes and streams are probably part of your summer plans. We hope you will make water safety part of the plan, too! Safe Kids Grand Forks operates a lifejacket loaner program, house at the YMCA in Grand Forks as well as at the Crookston Altru Clinic. We also have assisted many lakes and water recreation areas to create lifejacket loaner stations.

Lifejackets aren't only for folks who don't know how to swim—everyone should consider wearing one when boating or participating in recreation around water. Kids and teens drown in open water just as often as they do in pools, so consider strapping on your lifejacket when you are having fun at the pool, too.

If you would like to purchase a lifejacket, Safe Kids Grand Forks carries a variety of sizes for just \$20 each. Call our office at 701-780-1489 for more information.

## Bike Safety

Its time to dust off that bike, air up the tires and get ready to ride! One important element of biking safely is making sure that your helmet still fits and is in good shape. Helmets don't usually expire, but they can show wear and tear, have damage or parts missing, and might no longer fit. All of these are signs that you should replace that helmet.

Helmets are also a "one and done" item, meaning if you take a fall and hit your head with your helmet on it needs to be replaced, even if it might look okay on the outside. The inner foam might have small cracks that would keep it from protecting you in another fall.

Check out your bike's tires, breaks, chain and make sure they are in good shape. Many crashes that we hear about are due to kids having non-working brakes!



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).

