

SAFE K:DS

GRAND FORKS

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

VISION ZERO



Midwest winters bring snow, ice, and a playground of full activities like sledding, ice fishing, ice-skating, snowmobiling, and snowball fights. With more time spent outdoors, extreme weather conditions need special considerations.



Tips to keep safe during winter outdoor adventures include:

Dress for the chill: Wear layers of clothing to include insulated hats, boots, scarves, coat or snow-suit.

Temperature guide: Use the colored safety guide to determine safe temperatures for outdoor play.

Take regular breaks: Stay warm, drink water and hydrate. Set play time limits to prevent cold injury.

Use sunscreen: Yes! Even in winter the sun still emits damaging UV rays, even when it's overcast. This includes eye protection.

Be watchful: Always supervise outdoor play, teach younger students to stay away from areas of active snowplowing, take extra care around and crossing roads as icy conditions make it hard for vehicles to stop safely.

Green	Yellow	Red
40 - 32 F	30-13 F	Below 9 F

When venturing onto ice, it is crucial to be aware of ice thickness. Measure thickness in several locations or consult local reports, bring ice safety equipment, and keep updated on changing weather. Keep youth off bodies of water during play, especially those in areas where it may have gathered in low lying areas.

NEVER mix alcohol and outdoor play, substance use and impaired judgement can speed up the development of hypothermia.

Remember- no matter the distance, students need to ride safely in any vehicle secured in a child passenger safety seat or booster seat.

Hunting seasons and beyond—firearm safety is for everyone. Students of all ages are potentially at risk. It is estimated 50% of unintentional firearm deaths happen in the child's home, and another 40% at the home of a friend or relative.

Safety tips for caregivers as gun owners:

Store ammunition and weapons responsibly at all times- leaving guns unsecured in a nightstand or even on a high shelf where a child can gain access is the leading contributor to unintentional firearm injury.

Use combination locks, safes, especially biometric or fingerprint recognition storage devices to store weapons and ammunition separately.

When weapons and ammunition are not being stored, keep them in possession at all time. Out of direct reach in a personal bag or unlocked vehicle is not a safe storage solution.

Remind children and lesser experienced gun users that if they find a weapon—do not touch it, and to immediately tell an adult.

Safe Kids Grand Forks offers more information on firearm safety including free firearm locks. Visit safekidsgf.com under the safety info tab.

4" 5-7" 8-12" 12-15"
MINIMUM GUIDELINES FOR NEW, CLEAR ICE

Ice is never 100% safe!



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, call us at 701.780.1489 or email safekids@altru.org.



This information is brought to you by Safe Kids Grand Forks & our partners at Vision Zero.