

# Safe Kids NDNews

North Dakota Safety Council, Lead Agency

## Dates to Remember

### SKND Quarterly Meeting

Wednesday, February 25th  
Grand Forks, 11:30am-5pm

### Dakota Conference on Rural & Public Health

April 1-3, 2009  
Bismarck, ND  
Best Western Seven Seas Hotel

### One Stage at a Time Conference

8:00-4:30  
Contact Safe Kids F/M  
for more information

## Car Seat Checkup Event Locations:

### Fargo/Moorhead

3rd Thursday of Each Month  
1:30-5:30pm FM Ambulance

4th Monday of Each Month  
1:30-5:30pm Luther Family Buick

Call 234-5570 for an appointment.

### Grand Forks Area

2nd Thursday of every month  
from 4pm to 7pm.

Contact SK Grand Forks at  
(701) 780-1489 for more information or visit [www.safekidsgf.com](http://www.safekidsgf.com)

For a full list of car seat checkup locations across the state, visit <http://www.ndhealth.gov/injuryprevention/childpassenger/>

## Safe Kids North Dakota Feels Economic Slow Down

On February 2nd, I received an email that made me realize that North Dakota is not excluded from the economic crisis that our country is enduring right now. This crisis is making an impact on all of us— in our work and in our daily lives. Safe Kids USA emailed us with the unfortunate news that our founding sponsor, Johnson & Johnson, has had to reduce its spending so that it can remain healthy and vibrant for years to come. Accordingly, the budget for Safe Kids Week 2009 has been impacted and grants and printed materials will not be provided for local Safe Kids Week activities this year.

Difficult times force us to think in different ways, to innovate and to be creative in order to get the job done. In that spirit, headquarters is retooling our Safe Kids Week plans to provide coalitions with a wide variety of e-materials to use in our communities.

Safe Kids USA will also be revamping their marketing efforts by turning to an Internet campaign to reach parents with their lifesaving messages.

I believe that we will still have a very successful Safe Kids Week this year. The research is better than ever and the tools provided will still allow us to reach our target audiences effectively. So, keep your eye on the Safe Kids ND website to learn more about Safe Kids Week 2009, it's theme and statewide activities!

- [www.safekids.org](http://www.safekids.org)

**“Difficult times force us to think in different ways...”**

## Save Money While Staying Safe

Due to the economic crisis, many people are looking for ways to cut corners. Safe Kids is concerned that some parents who are trying to save money might be buying cheaper, second-hand items that can be dangerous to their children. We know times are really tough, and clearly people need to buy things for their children, but in some instances, those used items might not be safe for children. These items can include:

### • CAR SEATS

The last thing a parent wants to do is buy a car seat to keep a child safe only to find out that the car seat itself wouldn't protect the child properly. Car seats should not be used if they have been involved in an accident and also are only good for a certain number of years, so a second-hand car seat with no known history should be avoided at all cost.

### • TOYS

We know from the millions of units recalled in the last few years that there are still many, many toys in circulation that have high and dangerous levels of lead, not to mention magnet danger issues. There are some guidelines parents can use to stay away from unsafe used toys and some choices to make that are safer for children. Check again with [www.cpsc.gov](http://www.cpsc.gov) to see if a toy has been recalled and shop for more traditional toys such as art supplies and wooden toys that are from manufacturers known not to use lead paint. *When in doubt, don't buy the toy.*

## • PLAY YARDS AND CRIBS

Children spend many unsupervised hours sleeping, which makes it critical that their beds be the safest place in the house. Unfortunately, millions of cribs and portable child beds have been recalled in recent years for having faulty parts that can cause children to strangle and die. If a parent is going to put a child in a second-hand bed of any sort, they first need to check and see if it has been recalled for safety reasons. Also, parents need to know what to look for when buying a bed—even if it hasn't been recalled it could be too old so that it doesn't meet current safety standards or in disrepair. Check the Consumer Product Safety Commission's Web site—[www.cpsc.gov](http://www.cpsc.gov) to see if a crib has been recalled and check the Safe Kids Crib Safety Checklist for crib guidelines. *Never buy a bed with loose or broken pieces.*

## Protecting Yourself Year-Round: Why Spring Sports Safety is a Must!

*Safe Kids Offers Safety Tips to Protect Athletes this Spring*

As winter turns into spring and temperatures increase, so does the amount of time that children spend outdoors playing spring sports. This means that the number of injuries to children can also increase.

Each year, more than 30 million children participate in sports in the United States and more than 3.5 million children ages 14 and under are treated for sports injuries. While collision and contact sports are associated with higher rates of injury, injuries from individual sports tend to be more severe.

"When we think of sports injuries, we tend to think of dramatic tackles or falls—such as the plays you often see on highlight reels, but young athletes are also at risk of injuries," says Chrissy Cianflone, Director of Program Operations for Safe Kids USA. "If your coach recommends certain types of warm-ups, it's not just to make you a better athlete—it will help keep you from getting hurt."

Safe Kids recommends these precautions for all children playing or practicing any individual or team sport:

- Before signing up for sports, get a general physical exam.
- Always wear appropriate protective gear for the activity—for practice as well as games—and make sure it's the right size and properly adjusted.
- Always do your warm-ups and cool-downs. If it's

important before and after a game, it's important before and after practice too.

- Make sure responsible adults know and enforce the safety rules of the sport, are present to provide supervision and are trained in first aid and CPR.
- Never "play through" an injury. Get immediate help from a coach or trainer and be sure to mention everything that hurts or aches. All coaches should have a plan for dealing with emergencies.
- When playing outside, wear SPF 15 or higher sunscreen.
- Follow the rules. In most sports, the rules are based not only on sportsmanship, but safety.

Last but not least: "Stay hydrated," says Cianflone. "Drink plenty of water or electrolyte sports drinks before and during the activity, and rest frequently during hot weather. A child can lose up to a quart of sweat during two hours of exercise, and kids get overheated more quickly than adults and cannot cool down as easily."

For more information on sports safety visit [www.ndsc.org/safekids](http://www.ndsc.org/safekids) or call 800.932.8890.

—[www.safekids.org](http://www.safekids.org)

## Parents Cautioned: It Doesn't Take a Fire to Burn a Child

During National Burn Awareness Week (February 1-7), Safe Kids reminded parents and caregivers that fire is just one cause of burn injuries. Safe Kids reminded parents that children can also be seriously injured by hot foods and beverages, heating appliances, hot pots and pans, electrical currents and chemicals. Among all accidental injuries, fire and burns are the

number five cause of death in children ages 14 and under—in part because young children cannot recognize heat-related hazards quickly enough to react appropriately. Children's skin burns at lower temperatures and more deeply than that of older children and adults. A child exposed to 140-degree Fahrenheit liquid for five seconds will sustain a third-degree burn.

Each year, approximately 113,600 children ages 14 and under are treated for fire/burn injuries and 518 children die due to unintentional fire—and burn-related injury. Scald burns, caused by hot liquids or steam, are more common types of burn-related injuries among young children, compared to contact burns, caused by direct contact with fire, which is more prevalent among older children. Hot tap water can cause very severe burns and accounts for many

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deaths and hospitalizations.

"Kids are also at risk around hot foods and beverages, space heaters, steam irons and curling irons," says Chrissy Cianflone, Director of Program Operations for Safe Kids USA. "There's a lot you can do around the home to minimize the risk of burn injuries in everyday life."

#### **Safe Kids urges parents and caregivers to:**

- **Reduce Water Temperature.**

Set your hot water heater to 120 degrees Fahrenheit or below. Consider putting anti-scald devices on each water faucet and shower head. Check the bathwater with your wrist or elbow before placing your child in it.

- **Prevent Spills.**

If possible, cook with pots and pans on back burners and turn handles away from the front. Avoid wearing long sleeves or baggy clothes in the kitchen. Don't place containers of hot food or liquid near the edge of a counter or table and remove tablecloths.

- **Establish a "Kid-Free Zone"**

Make the stove area a "kid-free zone." Mark it on the floor with bright tape. Never leave your child alone in the kitchen. Don't hold children while cooking or while carrying hot foods and beverages.

- **Test Food and Drink Temperature.**

Taste cooked foods and heated liquids to make sure they're not too hot for children. Never microwave a baby's bottle. Drinks heated in a microwave may be much hotter than their containers. Instead, heat bottles with warm water and test them before feeding your child.

- **Keep electrical cords out of reach—**

especially extension cords and cords connected to heating appliances such as coffee pots and deep fryers. Make sure electrical cords can't be pulled or snagged into a bathtub or sink. Don't leave a hot iron sitting on an ironing board unattended.

- **Childproof Your Home.**

Cover open electrical outlets so children can't insert metal objects into outlets, which can cause electrical burns. Lock matches, lighters and flammable materials out of a child's

reach. Keep children away from candles and other open flames.

- **Actively Supervise.**

Simply being in the same room with a child is not necessarily supervising. Safety precautions are important, but there is no substitute for active supervision.

- **Don't Let Children Play with or Ignite Fireworks.**

Fireworks injured more than 2,304 children in 2006. Fireworks are intended for use by adults in open spaces with plenty of active supervision for every child present.

The theme of this year's Burn Awareness Week was preventing gasoline burns. "If you buy gasoline cans, get the ones with child resistant gas caps. Remember to keep all flammable liquids out of sight and reach of children and don't let children play with matches or gasoline," says Cianflone.

It is still important to take precautions against fire, too. "You need a smoke alarm on each level of your home and in every sleeping area. Make sure each alarm actually works," says Cianflone. Test your smoke alarms once a month and replace the batteries once a year. A working smoke alarm reduces the risk of dying in a fire by nearly half.

## **Safe Kids Week 2009**

In spite of the cut back on funding from Johnson & Johnson, Safe Kids North Dakota will be planning activities for Safe Kids Week 2009. Sometime in the next month, Safe Kids USA will be announcing this year's theme and topics to be covered. So keep your eye on the Safe Kids ND website to find out what exciting plans we have for Safe Kids Week 2009.

If you have any suggestions for events, locations or would like to partner with Safe Kids ND to host a Safe Kids Week 2009 event, please contact Serena Schmit at 701-223-6372 or by email at [serenas@ndsc.org](mailto:serenas@ndsc.org).