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SAFE KIDS IN THE NEWS

Safe Kids Wake County Offers Bike Safety Tips to Celebrate May's National Bike Month (The Apex Herald, North Carolina) [TOP](#)

May 12

Raleigh, NC — Spring has arrived and families are gearing up to enjoy the outdoors on their bikes. While inflating the tires and checking the brakes are important – a helmet is essential. Safe Kids Wake County urges parents, caregivers, and children to use their helmet each time they ride their bike – no matter how long or short the distance traveled.

Each year, approximately 135 children die from bicycle-related injuries and more than 267,000 nonfatal bicycle injuries occur. Helmets can reduce the risk of severe brain injuries by 88 percent; however, only 15 to 25 percent of children 14 and under usually wear a bicycle helmet. In North Carolina, children under





age 16 are required by law to wear a helmet while riding a bicycle.

“A bike helmet is essential safety gear,” says Ms. Scholl, Safe Kids Wake County coordinator. “Helmets could prevent an estimated 75 percent of fatal head injuries and up to 45,000 head injuries to children who ride bikes each year.”

Sometimes children mistakenly believe that they don’t need to wear helmets when they’re riding near home. Unfortunately, about 53 percent of vehicle-related bike deaths to children happen on minor roads and residential streets. “Teach kids to obey traffic signs and the rules of the road. Kids should not ride without supervision until they have demonstrated that they always follow the rules,” says Ms. Scholl.

A helmet should also be labeled to indicate that it meets the standards set by the U.S. Consumer Product Safety Commission. “As long as it’s certified, let kids pick out their helmets” Ms. Scholl says. “If they think a helmet looks cool, they’ll be more likely to wear it when you’re not around.”

Safe Kids Wake County also reminds parents and caregivers to:

- Make sure the helmet fits and your kids know how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward and backward or side to side. The helmet straps must always be buckled, but not too tightly. Safe Kids recommends the “Eyes, Ears and Mouth” test:
 - EYES: Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
 - EARS: Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
 - MOUTH: Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.
- Make sure the bike is the right size for the child. There should be about 1-inch of clearance between the bike frame and the child’s groin when the child’s feet are flat on the ground. Also, make sure the bike is in good repair — reflectors are secure, brakes work properly, gears shift smoothly, and tires are tightly secured and properly inflated.
- Remember, bike helmets are for biking. Kids should not wear bike helmets on the playground (where the straps can get caught on equipment and cause injury) or for activities that require specialized helmets (such as skiing or football).
- Model and teach proper bicyclist behavior. Ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals, stopping at all stop signs and stop lights.
- When in doubt, get help. The sales staff at any bicycle shop or outdoor recreation store should be able to provide expert advice on fitting and adjusting bikes and helmets.

The single most effective safety device available to reduce head injury and death from bicycle crashes is a helmet. For more information about bicycle safety, call 919-350-8364 or visit www.safekids.org. National



Bike Month has been coordinated annually since 1956 by the League of American Bicyclists; for more information, visit www.bikeleague.org.

Safe Kids Wake County works to prevent unintentional childhood injury, the leading cause of death and disability to children ages 1 to 14. Safe Kids Wake County is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing unintentional injury. Safe Kids Wake County was founded in 1996 and is led by WakeMed Health & Hospitals.

http://www.theapexherald.com/view/full_story/7399893/article-Safe-Kids-Wake-County-offers-bike-safety-tips-to-celebrate-May%E2%80%99s-National-Bike-Month-?instance=home_news_lead

Summer Safety (WNEGTV.com, Georgia) | [TOP](#)

May 112 / Laura-Ashley Harris

HALL COUNTY - Let the summer activities begin. With the rising temps and kids getting out of school, it's prime time for fun in the sun. But with that comes warnings that parents are encouraged to listen to, especially when it comes to water activities.


"Supervision is key in water safety. Pools should have a four sided fence with a five foot gate and self locking gates on the inside," says Kim Martin with 'Safe Kids' in Gainesville.

She tells WNEG that many of the tips her office gives seem to be simply good judgment, but often times things that seem so common sense fall by the wayside.

Safe Kids advocates say water fun can be the most dangerous around the summer months and that's why they say you want to have adequate supervision when there are kids around. "One adult should be responsible for just two or three children. Maybe taking turns watching the kids or designating shifts to watch the children."

Martin says even though it seems common sense, sunscreen is a must! "It should be reapplied every two hours, especially if they are in the water for long periods of time to prevent sunburn and sun damage to the skin."

Water isn't the only summer danger though. Martin tells me parents want to make sure that they require their children to wear helmets when rollerblading, biking, and other wheel sports. She also reminds parents to never leave kids in a parked car, and give a period check to car seats to make sure they are fastened correctly and that children are harnessed tightly.





Keeping these tips in mind will ensure your, fun in the sun.

http://www.wnegtv.com/index.php?option=com_content&view=article&id=3086:summer-safety&catid=1:latest-news&Itemid=18

Effort Aims to Keep Families Safe from Fire (News-Leader.com, Missouri) | [TOP](#)

May 12

Safe Kids Springfield teamed up with Kidde, a leading manufacturer of residential fire safety products, to help keep families safer from fires.

Kidde, based in Mebane, N.C., donated 144 smoke alarms to the Safe Kids Springfield Coalition as an award for winning a nationwide contest held by Safe Kids USA.

The contest, sponsored by Safe Kids USA in conjunction with the United States Fire Administration, encouraged preschool teachers to implement a comprehensive fire safety lesson in the classroom, and to involve parents in creating and practicing a home fire escape plan.

The top five winning classrooms received a \$500 cash prize, and 15 additional winning classrooms each received \$100. Kidde also donated educational fire safety DVDs for children in each classroom that participated in the contest.

Contest entries were judged on creativity of the fire safety curriculum, student impact, and parental involvement.

"As an organization dedicated to helping keep children safe, we know the importance of fire safety education and how critical it is for families to have enough working smoke alarms in their homes," said Daphne Greenlee, coordinator for Safe Kids Springfield, in a news release.

"We are pleased to work with local fire departments in the coming months to have all 144 smoke alarms from Kidde installed in low-income homes in our community."

<http://www.news-leader.com/article/20100512/NEWS01/5120449/Effort-aims-to-keep-families-safe-from-fire>





Pike Safe Kids to Hold Baby Safety Baby Shower (The Pike County Press, Pennsylvania) | [TOP](#)

May 11

MILFORD – Are you a new or expectant mom looking to learn about the hidden dangers in your home that could potentially cause injuries to your child? The Safe Kids Coalition is pleased to announce that they will be hosting their second Baby Safety Baby Shower. The purpose of this event is to educate both new and expectant mothers on the hidden dangers in their home. Every year there are thousands of emergency room visits by parents with young children due to an injury that has happened in the home. Safe Kids has the goal of educating the public on each of these hidden dangers and the many others that surround our children today.

The Baby Safety Shower will take place at the First Presbyterian Church in Milford on Saturday, June 5. The event time slot is 11a.m. -2 p.m. A light lunch and beverages will be provided as well.

The Safe Kids Coalition of Pike County has been hard at work gathering new baby safety items, baby items, car seats and more which will be raffled off free of charge to those attending. This nonprofit agency has received generous donations from the companies of Graco, Dorel Juvenile Group, Safety 1st, Safe Kids Worldwide and many other generous sponsors both locally and nationwide. For more information or to register for this event please contact Jill Gamboni or Kristyna Hulcher at 570-296-3447.

<http://pikecountypress.com/wordpress/2010/05/11/pike-safe-kids-to-hold-baby-safety-baby-shower/>

Teaching Bicycle Safety (Wilkes Journal-Patriot North Carolina) | [TOP](#)


May 10 / Chuck Hubbard

The eighth annual Seth Teague Memorial Bicycle Rodeo and Safety Day drew a crowd Saturday to West Park in North Wilkesboro. The event was again put on by Safe Kids Wilkes County.

"It was wonderful," said Fletcher Reeves, a member of Safe Kids Wilkes County. "This was one of the best years so far" at the event, which lasted from 10 a.m. to 1 p.m.

Around 250 bicycle helmets were given away to children in attendance, accompanied by parents and family members. Girl Scouts assisted with fitting and adjusting the helmets, Reeves noted.

Children of all ages participated, riding through a bicycle safety course under the watchful eyes of law enforcement volunteers. The volunteers instructed participants in safe bicycling riding practices.





The idea is to put on a fun event for children during which they can be instructed on bicycle safety and the importance of wearing a helmet and other protective gear, a spokesman said. The most devastating injuries sustained by children on bicycles tend to be head injuries.

The event is named in honor of young Seth Teague, who lost his life in a June 2003 bicycle accident at a bridge on Colvard Road in the Wilbar community.

Free bicycle maintenance inspections and repairs were provided throughout Saturday's event by Cook's Inc., and a bicycle safety course was operated by deputies with the Wilkes Sheriff's Department.

Emergency medical evacuation helicopters were present from Carolinas Medical Center in Charlotte and Wake Forest University Baptist Medical Center in Winston-Salem. A critical care ambulance from Baptist was also on display.

Members of the Wilkes Sheriff's Department's bomb squad, including Commander Doug Cotton, were also on hand to display equipment and answer questions.

Many of Wilkes County's fire departments brought trucks and various emergency vehicles to the event. Wilkes Rescue Squad and Wilkes EMS were there as well.

During the day, there was a silent auction sponsored by Lowe's Home Improvement Warehouse. Proceeds are going to Safe Kids Wilkes County.

Sponsors were Lowe's Companies Inc., Walmart, Cook's Inc., Wilkes County Firemen's Association, Wilbar Fire Department, Brushy Mountain Cycle Club and the Wilkes County Law Enforcement Officers Association.

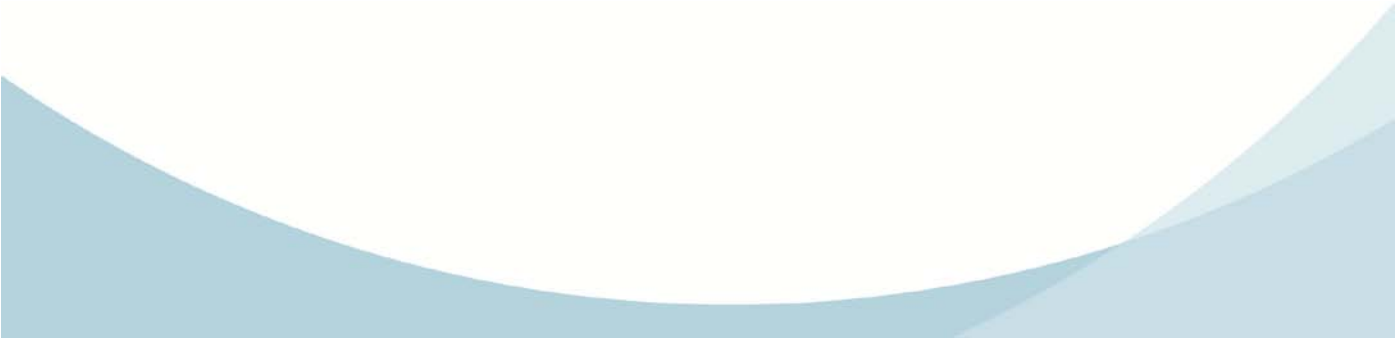
The Wilkes Health Foundation allowed use of the West Park parking area for the event.

<http://www.journalpatriot.com/fullstory.asp?id=2233>

Summer Adds to Children's Heat Risk in Cars (The Augusta Chronicle, Georgia) | [TOP](#)

May 9 / Kyle Martin

It takes between 20 and 30 minutes for a car to get hot enough to bake cookies on the dashboard. In that same span of time, a child's core temperature can reach a fatal 108 degrees Fahrenheit.





As spring slides into summer, safety experts are reminding parents to take extra precautions against leaving children in cars.

"Never do it, not even for a minute," said Rene Hopkins, a registered nurse and coordinator of the Safe Kids East Central Coalition in Augusta. "Cars heat up very quickly."

Biologically, children are much more susceptible to hyperthermia, better known as heat stroke. Their developing brains are more sensitive to high temperatures and heat up faster; a high ratio of surface area to weight causes them to overheat quicker.

As the minutes pass, the car's windows act like a greenhouse and trap the heat.

Cars "are literally ovens," Hopkins said.

Depending on a variety of factors, including the child's hydration levels and the length of heat exposure, the child will first act sluggish. Then the heart rate speeds up and blood pressure changes. Eventually the body's organs shut down, and the child dies. Even if a child is rescued from the heat, the child might still suffer permanent brain damage.

Sometimes parents intentionally leave their kids in cars so they can make a quick dash into the supermarket. But there's no guarantee the trip will be quick. The lines could be long, the paper jammed at the register or any number of delays, Hopkins said.

Then there are instances of forgetfulness, when a distracted parent simply forgets to pull the child out of the back seat.

When this happens, the question is always "Why?" How could an otherwise devoted, doting parent forget a baby?

Hopkins gives the scenario of a parent who is taking on the duties of an out-of-town spouse. Dad has to break his routine and take the child to day care on his way to work. But the minute he gets behind the wheel he goes into an autopilot of sorts and drives straight to work, then leaves the child behind.

Science has an explanation.

The millions of tasks given to the brain on a daily basis are handled by both sophisticated and basic parts of the organ.





For instance, decision-making happens in the prefrontal cortex, and short-term memories are stored in the hippocampus. Dad's "autopilot" is actually the basal ganglia, which controls the most basic, voluntary functions, according to an article in *The Washington Post* .

Hopkins said it's important for parents to remember to take precautions any season of the year. Even when the outside temperature is 80 degrees, cars will quickly warm up to fatal temperatures.

"It's not just a summer issue," she said.

<http://chronicle.augusta.com/news/metro/2010-05-09/summer-adds-kids-heat-risk-cars?v=1273369584>

Safety Shoppe: New Place for Safety Resources (Inforum, North Dakota) | [TOP](#)

May 9 / Sherri Richards, INFORUM

Brianna Davis' baby is due June 1, so on Saturday, she and Mike Sullivan, both of Fargo, had their infant car seat installation inspected.

"Neither of us has done this before, so (we're) making sure we do it right," Davis said.

Sullivan pulled on the seatbelt strap in the two-door Honda Civic. "I don't know if it's tight enough," he said.

They expected the car seat check would be done at FM Ambulance, where monthly inspection dates have been scheduled for years, but Saturday was the grand opening of the Safety Shoppe in north Fargo, the new, permanent home for car seat inspections and other child safety resources.

The Safety Shoppe, 601 39th St. N., is a collaboration of Safe Kids Fargo/Moorhead, MeritCare and AAA. A grant from AAA funded the new site, which includes a cheerily decorated office and separate garage bay.

The Safety Shoppe will be open Monday and Thursday afternoon for scheduled car seat checks, as well as bike helmet inspections. Bike helmets are available for a \$10 donation. The site is also home to educational materials for parents and caregivers.

Car seat checks will no longer be done at FM Ambulance.





“It’s definitely going to be more customer friendly, meeting the customer needs,” said Bobbi Paper, Safe Kids coordinator.

Parents and caregivers will still need to make an appointment for car seat checks by calling (701) 234-5570, but Paper hopes that will reduce the one- to two-month wait time that many parents have faced.

Now, instead of inspecting an average of 30 car seats a month, the Safety Shoppe can inspect 16 a week, or 64 a month.

David Torpen of Fargo attended the grand opening because he and his wife, Amy, were updating car seats for their 20-month-old daughter, Allison, and their newborn son, Johnathan.

“It think it’s great that we have a new facility,” he said, but added the new site – just west of Interstate 29 and right off Seventh Avenue North – was tougher to get to.

Paper said having a centralized location for safety resources and inspections has been on her “wish list for many, many years.”

“We know this is something that’s needed,” she said. “The community needs are out there.”

If you go

- What: Safety Shoppe
- When: 3 to 6 p.m. Mondays and Thursdays
- Where: 601 39th St. N., Fargo
- Info: (701) 234-7233; to schedule a car seat check, call (701) 234-5570.

Online

- www.meritcare.com

http://www.inforum.com/event/article/id/278117/publisher_ID/1/

Sports Injury Prevention Clinic today in Snow Hill (Kinston.com, North Carolina) [LTOP](#)

May 8 / Joel Gerber





Hydration, stretching, and proper safety equipment to be covered

SNOW HILL — Youth sports are a fun part of spring and summer for many children, but keeping them safe while they play is a concern. An organization is putting on a clinic today to let parents and players know the best ways to stay safe in sports.

“Basically, what we are going to be covering today are T-ballers up to age 8 in our clinic,” Velvet Tyndall, Safe Kids of Lenoir County coordinator, said. “We are going to be covering sports injury prevention and hydration, and how important it is to them, for whatever sport they play. There are simple things they can do to prevent injury and possibly have to go to hospital emergency room.”

Greene County Farm Bureau Women’s Auxiliary and Safe Kids of Lenoir County are sponsoring the event. The clinic will be held at the Greene County Parks and Recreation soccer field in Snow Hill. Signups will start at 9:30 a.m., and the program will run until noon.

Spring brings baseball season and today’s clinic will be put on by health professionals and local baseball coaches for some fun, as well as information.

“We are also talking about the importance of needing to stretch, and we are going to be doing stretching exercises and playing a few games as far as exercises go,” Tyndall said. “Depending on how the weather goes, we will have some coaches out there that will do some proper hitting technique drills and teach the importance of hitting correctly.”

According to the Center for Disease Control, over 775,000 children under age 15 are treated in hospital emergency departments for sports-related injuries, with about 80 percent of these injuries from playing football, basketball, baseball or soccer.

Proper safety equipment is important to preventing injuries. Recommended equipment includes, when applicable, protective eyewear, mouth guards, proper footwear and athletic shoes, safety pads and guards, and helmets.

Heat exhaustion and heat stroke are conditions that can affect athletes during the warmer months of the year. Symptoms of heat exhaustion include paleness, muscle cramps, fatigue, weakness, dizziness, headache, nausea or vomiting, and fainting. To prevent heat stroke, make sure your child stays well-hydrated, takes frequent breaks to cool down and rest, if possible, wears lightweight, light-colored, loose-fitting clothing, and is supervised with personnel that have training in the prevention, recognition and treatment of heat exhaustion and heat stroke.

Also important for injury prevention in sports is to be aware of any preexisting conditions your child may have. Warning signs that a health issue may be present include having symptoms while exercising,





including chest pain, shortness of breath, fatigue or fainting, having a heart murmur or high blood pressure, or having relatives with a history of cardiovascular disease.

Joel Gerber can be reach at 252-559-1076 or jgerber@freedomenc.com

<http://www.kinston.com/news/hill-65233-snow-sports.html>

Kids Learn Fitness is Fun (WIBW.com, Kansas) [TOP](#)

May 7 / 13 News

At Cedar Crest event and local events at 33 additional sites across Kansas, more than 16,000 third graders, their teachers and parents participated took part in Kansas Kids Fitness Day.

Topeka (WIBW) - More than 700 third graders learned how to stay fit and still have fun Friday.

Gov. Mark Parkinson and his wife Stacy welcomed the students to Cedar Crest for Kansas Kids Fitness and Safety Day.

The event featured plenty of games designed to show kids that staying healthy can be fun and doesn't always have to be competitive. In addition, some of the games featured safety lessons, like stop, drop and roll.

The event is sponsored by the Governor's Council on Fitness, Safe Kids Kansas, Kansas Health Foundation and the Kansas Department of Health and Environment.

In addition to the Cedar Crest event, local events were hosted at 33 additional sites across Kansas. A total of more than 16,000 third graders, their teachers and [parents](#) participated.

Hayden High School athletes and WIBW-TV's Drew Switzer also were on hand for the Cedar Crest festivities.

"Safe Kids Kansas is excited to participate again in this statewide event which reinforces for children the fun and health benefits of non-competitive physical activities," said Cherie Sage, State Director of Safe Kids Kansas.





Accidental injury remains the leading cause of death and disability in children ages one to 14 in the United States and in Kansas.

“We want to encourage kids and their families to get moving, to play and be active,” Sage said. “And we also want them to understand how simple safety steps such as wearing appropriate safety gear and keeping hydrated can keep your kids from getting sidelined by an injury.”

Additional information:

Kansas Kids Fitness and Safety Day provides an opportunity to impress upon children the importance of being safe and active. A report released by the Institute of Medicine (IOM) on September 30, 2004, states that while “children’s health has made tremendous strides over the past century; we begin the 21st century with a shocking development - an epidemic of obesity in children and youth.” Studies conducted by Kansas Department of Health and Environment indicate that the percentage of Kansas youth who were overweight or obese was 25 percent in 2009 (YRBS 2009). At the same time, 51 percent of Kansas youth reported they did not participate in the recommended amount of physical activity (60 minutes/day for at least five days per week). Complete results from the 2009 Youth Risk Behavior Survey results can be found at www.kshealthykids.org.

<http://www.wibw.com/localnews/headlines/93172259.html>

