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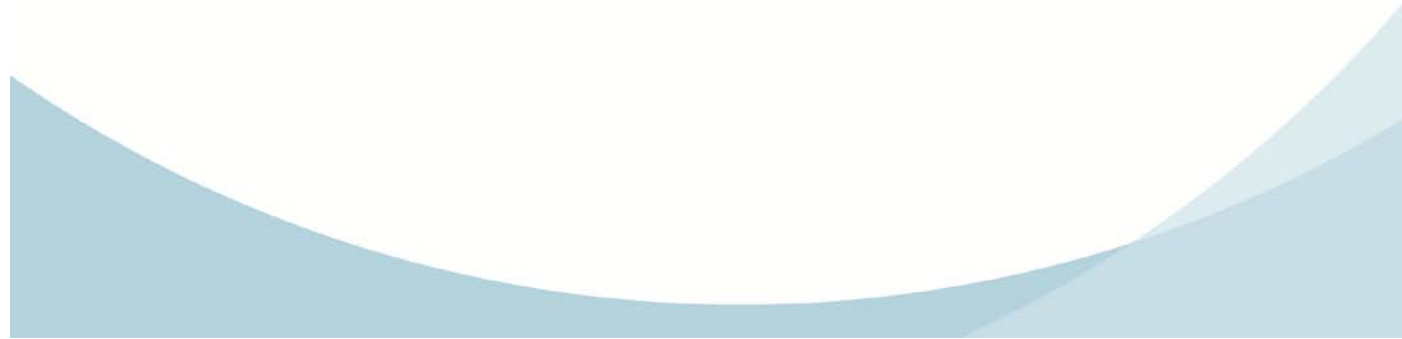
## **SAFE KIDS IN THE NEWS**

**Bike Helmet Use Could Prevent 45,000 Head Injuries to Kids (Kansas City infoZine, Kansas) [TOP](#)**

May 6 / Staff infoZine

Safe Kids Kansas offers bike safety tips to celebrate May's National Bike Month

Topeka, KS - infoZine - 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 Kansas 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.

“A bike helmet is essential safety gear,” says Cherie Sage, State Director for Safe Kids Kansas. “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 they don’t need to wear helmets when they’re riding near home. Unfortunately, about 53 percent of children vehicle-related bike deaths occur 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 they always follow the rules,” says Sage.

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

Safe Kids Kansas 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 785-296-0351 or visit [www.safekids.org](http://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](http://www.bikeleague.org).

<http://www.infozine.com/news/stories/op/storiesView/sid/41058/>

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### **St. Joseph's Children's Hospital Opens the First Hospital-based Safety Store in Florida (Digital Journal, Florida) | [TOP](#)**

May 5 / PR Newswire

*Families in the Tampa Bay area now have an easier way to keep their children safe in and around their home.*

TAMPA, Fla., May 5 /PRNewswire-USNewswire/ -- As a first aid and CPR instructor, Jane Cook understands the important role prevention plays when it comes to safety. When her granddaughter outgrew her child passenger safety seat, she went in search of a booster seat that would protect her precious cargo while also fitting her budget. Her efforts led her to [The Safety Store](#), the first hospital-based safety store in the state of Florida.

Located in the lobby of [St. Joseph's Children's Hospital](#), The Safety Store provides a comfortable environment for families to shop, learn and ask questions about how to keep children safe. Low-cost injury-prevention products available include safety gates, bike helmets, child passenger safety seats, cabinet locks, fire extinguishers, smoke alarms and window blind cord wraps.

"I was impressed to find a store with an injury prevention expert who helped me select the right booster seat for my granddaughter's size," said Cook. "Not only does the store have a wide-range of products, but the items are available at a reduced price, which means keeping kids safe doesn't have to cost a lot of money."





While most parents strive to protect their families, many are simply unaware of the risks around the home and on the road that present a danger to children. According to Safe Kids USA, every year more than 3 million children ages 14 and under are treated in emergency centers for accidental injuries that occur in the home, and more than 2,000 of these children die as a result of their injuries.

“Although there is no substitute for active supervision, using injury-prevention products provides an extra layer of protection and added peace of mind,” said St. Joseph’s Children’s Advocate Rebecca Kynes. “As the primary provider for children’s health needs in this area, we know firsthand how devastating injuries can be, as well as how easily they can be prevented with some simple prevention measures.”

The store is staffed by trained [Child Advocates](#) who help families determine their safety needs and select appropriate products. The specialists also provide free education on how to use and maintain the safety products, including demonstrations on how to install a child passenger seat and the correct way to wear a bike helmet.

The Safety Store is open Monday – Friday. For more information, please call (813) 443-3057 or visit [www.stjosephschildrens.com](http://www.stjosephschildrens.com).

SOURCE St. Joseph’s Children’s Hospital

<http://www.digitaljournal.com/pr/27607>

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## **Drug Turn-In Day May 22 (Times-Georgian.com, Georgia) | [TOP](#)**

May 1 / Helen McCoy, Douglas County Sentinel Staff Writer

The Douglas County Sheriff’s Office (DCSO), the Drug Enforcement Administration and Safe Kids Douglas County, will conduct an unused drug take-back day on May 22.

The event will be held from 10 a.m. to 4 p.m. at the Cobb & Douglas Public Health Center, 6770 Selman Dr.

Besides providing a safe way to dispose of medication, one of the program’s main goals is to keep drugs out of the hands of children, according to DCSO Sgt. Jesse Hambrick, who is working with Harry Thornton, public affairs specialist in DEA’s Atlanta office, and Terri Miller, coordinator of the Safe Kids Douglas program.

“We’re collecting any type drugs at all that some kid might get their hands on,” said Hambrick. “We want to get these drugs off the streets.”

A decorative graphic at the bottom of the page consisting of overlapping, semi-transparent blue shapes that form a wave-like pattern.



They will be collecting unused prescription and over-the-counter drugs in pills, powder or liquid form.

That may include current, outdated or unmarked medications, such as cold medicine, antibiotics and painkillers.

People can even bring medication they've purchased for their pets, Hambrick said.

Coordinators will accept medications only, however. Syringes, needles and like items will not be taken, according to Hambrick.

The DCSO and Safe Kids coordinated a drug take-back day March 20, which netted about 7,300 tablets — prescription and over-the-counter, Hambrick said.

It was a trial run, according to Miller, and wasn't highly publicized.

Information obtained from Thornton, of the DEA office, said that disposal of unused prescription drugs and controlled substances is complicated. A take-back program like this one is a strategy being used across the country to reduce drug abuse, accidental poisoning and flushing drugs into the water supply, according to the information.

It could also eliminate the amount of drugs stolen or sold, given that some young people's entry into drug abuse comes from the medicine cabinet at home, Hambrick said.

Current laws and regulations limit these types of programs from accepting all drugs without strict oversight from law enforcement, hence the DEA and DCSO involvement, according to the DEA information.

Hambrick emphasized that donors will be anonymous, adding that no one will be taking names of those who drop off medication.

"We're not looking to record any names," Hambrick said.

Goodie bags will be given out as an incentive, he said.

According to Hambrick, as much as 50 percent of all poisoning in children under six is due to medications.

Miller concurred, saying that On the national level, about 51 percent of cases involving poisoning by medication to children is under age 5.

Douglas County has a higher rate of poisoning than the state and national rates, according to Miller, who





holds a masters degree in public health.

“When we compared Douglas County to Georgia, as well as the nation, we had a higher rate of poisoning injury and death in the state and the nation as a whole,” she said.

The majority of cases here was between one and four years of age, Miller said.

“Nothing has been conclusively proven that we have more injury in the 1-4 age range, but it’s not too hard to extrapolate that some of it could be from poisoning,” she said. “For three years, we have had data that said we were at a higher rate.”

Miller said that when looking at the numbers, it doesn’t seem that high, but when one determines it by rate of incidence, it is.

“If you compare 10 poisonings in Douglas County to 10 in Cobb, it’ll be higher here because of the smaller population,” she explained.

Anyone who would like additional information may contact Hambrick at 770-577-5106.

[http://www.times-georgian.com/view/full\\_story/7261968/article-Drug-turn-in-day-May-22?instance=west\\_ga\\_news](http://www.times-georgian.com/view/full_story/7261968/article-Drug-turn-in-day-May-22?instance=west_ga_news)

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## **Child Bike, Helmet Safety in Spotlight (YumaSun.com, Arizona) | [TOP](#)**

April 28 / Chris McDaniel


National Safe Kids Week continues Thursday with bike and helmet safety day.

Each year in the U.S., about 135 children die from bicycle-related injuries, and more than 267,000 nonfatal bicycle injuries occur.

According to the Yuma Fire Department, helmets can reduce the risk of severe brain injuries by 88 percent. However, only an estimated 15 to 25 percent of children 14 and under wear bicycle helmets.

“There is a lot of room for improvement there that could save even more lives and prevent more injuries,” said Ryan Butcher, Yuma County SafeKids Coalition coordinator.

“A bike helmet is essential safety gear. 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.”





According to YFD, in the city of Yuma, children under age 18 are required by law to wear a helmet at all times while riding a bicycle, scooter or skateboard.

Butcher said not wearing a helmet can lead to fines.

"More than likely the first time the cops will lecture them and educate them about why wearing a helmet is important and why to get one. If they see them a second time, they may give them a referral ...

"Fines can go up to as much as \$150, and mom and dad are responsible for paying that ticket. I don't think they will be too happy about that."

Sometimes children mistakenly believe that they don't need to wear helmets when they're riding near home, Butcher said, adding about 53 percent of vehicle-related child bike deaths happen on minor roads and residential streets.

Butcher believes parents need to take responsibility for ensuring their children's safety on the streets.

"Parents are great role models for their kids. We try to teach parents to lead by example. If they are riding their bikes with a helmet, then the kids are going to want to as well.

"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."

Kids should wear the right gear when bicycling, Butcher said.

"Whenever they are riding, the best thing is to be seen. The best way to do that is to wear bright clothing during the daytime, something the cars are going to see. At night, reflective clothing is a great idea.

"Another thing that goes overlooked is some type of eyewear or sunglasses. If something gets blown into their eyes, adults have the knowledge to stop and get it out, but kids will often start rubbing their eyes as they continue riding, which causes them to more or less ride blind and can often lead to accidents."

According to YFD, a helmet should be labeled to indicate 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" Butcher said. "If they think a helmet looks cool, they'll be more likely to wear it when you're not around."

YFD said parents should make sure the helmet fits and that their 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.





It is important a child's bike is the right size for each kid, Butcher said, adding if a kid can't touch the ground with their feet while on the bike, it is too big.

"One of the overlooked things is the right-sized bicycle for the child. There is a system used which measures the diameter of the wheel. When the kid is off the bike, off the seat straddling the bicycle, they should be able to tilt the bike slightly to the side and then be able to get on the seat. They shouldn't have to use the pedals to jump up onto the seat."

Butcher said if people want a professional to look at the size ratio of a kid to their bike, they should contact a local bike dealership.

According to YFD, a simple way for kids to stay safe is to conduct an ABC bike check (Air in tires, Brakes and Chain).

"It's something quick they can do," Butcher said. "Make sure the air is where it should be, otherwise it could cause them to tip over. Without brakes, you can't stop, and it is a law to have brakes on bikes. Also, make sure the chain is not too loose where things can easily get caught in it."

For more information about bicycle safety, call 317-4667, visit [www.safekids.org](http://www.safekids.org) or Yuma County SafeKids Coalition's website for upcoming events and meetings at [www.yumasafekids.org](http://www.yumasafekids.org).

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#### HELMET SAFETY 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.

<http://www.yumasun.com/news/injuries-58091-bicycle-percent.html>

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## RISK AREA NEWS

### **\$3 million Devoted to California Child Car-Seat Campaign (Inside Bay Area, California) | [TOP](#)**

April 28 / Gary Richards

As part of a \$3 million state campaign to improve the safety of kids riding in cars, a free car-seat checkup will be held Thursday from 2 p.m. to 6 p.m. at the Kmart parking lot on 491 Tres Pinos Road in Hollister.

California kids must be properly restrained in an appropriate child safety or booster seat in the rear of a motor vehicle until they are at least 6 years of age or weigh at least 60 pounds.

In the upcoming year, the California Office of Traffic Safety has allocated nearly \$3 million in grants for checkups, public awareness presentations and distribution of child safety seats to low-income families at reduced prices. The programs are run by the California Highway Patrol.

Motor vehicle crashes are one of the leading killers in California for children 14 and under, with unrestrained or improperly restrained children being the top contributing factor.

Of the 148 passenger deaths among children under 6 from 2005 to 2007, nearly 90 percent were not strapped in a car or booster seat.

When properly used, child restraint systems reduce traffic fatalities by 71 percent for infants and 54 percent for toddlers.

[http://www.insidebayarea.com/trivalleyherald/localnews/ci\\_14969953](http://www.insidebayarea.com/trivalleyherald/localnews/ci_14969953)

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### **Playground Safety Week Puts Focus on Injury Prevention (The Salt Lake Tribune, Utah) | [TOP](#)**

May 5 / Natalie Dicou

Calvin Smith Elementary » School's playground is put to the test.

Bruised knees, twisted ankles, and concussed brains. Recess is supposed to be carefree and safe, but each year 2,300 injuries are reported from public school playgrounds to the Utah Department of Health (UDOH). That's enough children to fill 100 average-sized classrooms.





To keep playground safety in the public mind, Gov. Gary Herbert declared April 26-30 as Playground Safety Week in Utah.

Across Utah, responsibility for playground safety is shared by health and school officials.

"We have a safety commissioner on all of our PTAs, and they work with the principals to keep playgrounds safe," said Rhonda Bromley, Alpine School District's spokesperson. The district also employs two staffers who comprehensively inspect each playground at least once a year.

Playground inspections cover everything from handrails to gravel. During a recent inspection at Calvin Smith Elementary in Taylorsville, Greg Langfeld, environmental health specialist for the Salt Lake Valley Health Department, pointed out potential problems.

Standing on a climbing structure, he gave a handrail a firm tug. It was sturdy.

Satisfied, Langfeld moved to a plastic, yellow slide. He noticed a hole about halfway down the slide, caused by vandalism.

"[Children] can get their pinky finger or something caught in that hole," Langfeld said. "Then here comes another child behind them, runs into the back of them while their hand's still in there."

The hole needs to be filled, he said.

Next he examined the swing set, deeming the gravel beneath it too shallow. "There probably needs to be another five or six inches here," he said.

Every year, local health department staff throughout Utah check school playgrounds for flaws that could injure children.

"Common hazards we look for include inadequate surfaces beneath playground equipment, loose nuts and bolts, cracked slides and worn swings," Langfeld said.

Once-popular playground equipment, such as seesaws and geodesic domes, are no longer common on school playgrounds because they're less safe, he said. Who hasn't come crashing down after a teeter-totter companion bailed? Some school districts, including Salt Lake City School District, have even abandoned swings, a former playground staple. Alpine is hanging onto its swings.

"We do still have swings," Bromley said, "but we do not have teeter-totters or merry-go-rounds."





Data from the UDOH Student Injury Reporting System show that, from 2005 to 2008, the most common activities during which injuries occurred were playing on bars (20.7 percent), running (18 percent), and walking (11 percent).

Falls were the No. 1 cause of playground injuries (30.7 percent), while tripping or slipping caused 26.9 percent of injuries. Collisions caused 21.3 percent of all playground injuries.

Inspections can eliminate loose screws and deepen gravel pits, but simply keeping an eye on kids is the best way to prevent injury, Langfeld said.

"Supervision is very important," Langfeld said. "I can't stress that enough."

[http://www.sltrib.com/closeup/ci\\_14999386](http://www.sltrib.com/closeup/ci_14999386)

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