Safe Kids Day at the Zoo!

Safe Kids Portland Metro is excited to again host Safe Kids Day at the Zoo. This event is now a tradition for many families. Everyone is invited to attend.

Partner Recognition in the Columbia Gorge

In 2010, Safe Kids Columbia Gorge (SKCG) and the U.S. Army Corps of Engineers partnered installing life jacket loaner kiosks along the Columbia River. Currently, there are loaner boards maintained at public beaches and boat launches in the region. There are life jacket kiosks in Corps parks, state parks, city parks, and a city-managed marina. Each kiosk is maintained with a variety of life jacket sizes for public use. Access to free life jackets helps to increase wear rates which reduces fatalities and injuries.

The International Order of the Blue Gavel, District 5 joined this partnership and is annually providing funds for the purchase 320 life jackets. Their support ensures the sustainability of the life jacket loaner board program by replenishing life jackets for all eleven life jacket loaner stations.

In April, the U.S. Army Corps of Engineers recognized Safe Kids Columbia Gorge, the International Order of the Blue Gavel, District 5 and Next Door for their contributions to this partnership.
Activity stations during Safe Kids Day events include this Hydration Station, developed in partnership with Johnson & Johnson and Safe Kids Worldwide.

The Sports Safety Game consists of three signs labeled **Bad**, **Good** and **Best**. Participants are asked to identify the types of beverages that are ideal for hydration while engaged in sports. Compare how you would rate soda, energy drinks, juice, sports drinks and water with Safe Kids Worldwide.

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Category</th>
<th>Why?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soda</td>
<td>Bad</td>
<td>Sodas contain a great amount of sugar. Sugar is not good for an athletes' energy. Caffeine, found in carbonized beverages should be considered an &quot;ergogenic aid&quot; so they should be used with caution as it can also negatively impact performance. They have a negative impact on the GI system and should be avoided.</td>
</tr>
<tr>
<td>Energy Drinks</td>
<td>Bad</td>
<td>Energy drinks are full of caffeine and have high carbohydrate concentrations, which slows the emptying of fluid from the stomach. Caffeine, found in energy drinks should be considered an &quot;ergogenic aid&quot;, therefore should be used with caution in this population as it can negatively impact performance. Some effects are increased heart rate and blood pressure, heart palpations, and tremors.</td>
</tr>
<tr>
<td>Juice</td>
<td>Good</td>
<td>All natural juice is a good source of energy because of the vitamins and minerals that can be found in them. However juice is not the best choice for hydration. A high sugar content can slow down fluid absorption, causing a negative impact on the athletes gastrointestinal system.</td>
</tr>
<tr>
<td>Sports Drinks</td>
<td>Good</td>
<td>Sports Drinks are more of a replenishing drink after a workout or during a rigorous activity where large amounts of fluids are lost. Most sports beverages are well-diluted and contain relatively few calories. If the flavor of a sports drink helps athletes drink up and maintain hydration, by all means encourage it. If parents are worried about the added calories, try diluting the sports drink with water or pouring it into a thermos packed with ice.</td>
</tr>
<tr>
<td>Water</td>
<td>Best</td>
<td>Water is the best option for Hydrating your body. Water regulated the body temperature through perspiration.</td>
</tr>
</tbody>
</table>

**REMEMBER:** Drinks with loads of sugar and caffeine are not good choices for staying hydrated.
Factors Influencing Pedestrian Safety
ODOT Pedestrian and Bicycle Program

Did you know that Driver Factors are 93% of the cause of injuries and fatalities to pedestrians? Human behavior, both driver and pedestrian, need to improve to increase safety for pedestrians. The design and engineering of roadways can only do so much.

Where do pedestrians get hit?
• Most vehicle/pedestrian collisions occur at signalized intersections.
• Of those that occur at signalized intersections, most occur while the pedestrian is in the crosswalk with the right of way.
• Most involve a turning vehicle, with approximately half of the vehicles turning left and half turning right.

Why does Speed Matter?
• Speed reduces a drivers’ field of vision and ability to see pedestrians and bicyclists.
• Speed reduces a drivers’ ability to react and avoid a crash.
• Speed increases the severity of a crash.
• Posted speeds above 35 MPH increase pedestrian crash risks.

You can make a difference!
• Practice looking right, left, right every time you are turning. This is good practice for pedestrians when crossing the street, too!
• Make a personal pledge to always drive the speed limit!

Child Passenger Safety (CPS) Training
CPS Technician Certification Courses – for people interested in becoming a cps technician.
June 22-24, 2015 Eugene Police Department, Eugene
July 22-24, 2015 Randall Children’s Hospital, Portland
For more information and to register visit http://cert.safekids.org/

Training for CPS Technicians
KIDZ IN MOTION Update - 6 CEU credits, FREE
April 27, 2015 8:30am–4:30pm Brookings Police Department seat sign off available
May 7, 2015 9:00am–4:00pm Sherwood Police Department no seat sign off
May 8, 2015 8:30am–4:30pm Hermiston Fire Department seat sign off available
June 8, 2015 8:30am–4:30pm Location Pending, Ontario seat sign off available
June 17, 2015 8:30am–3:30pm City Hall, Albany seat sign off available
June 30, 2015 8:30am–4:30pm Grants Pass DPS, Parkway Station seat sign off available
For class times, agenda and to register contact Tammy Franks at tfranks@lhs.org

Child Passenger Safety Restraint Systems on School Buses
May 13, 2015 Oregon Child Development Coalition, Wilsonville
To register contact Tammy Franks at tfranks@lhs.org
Each April, more than 150 Safe Kids Day events take place in local communities across the country to raise awareness for child injury prevention. These events engage families through interactive activities on ways to stay safe at home, at play and on the way. Through Safe Kids Day, we raise awareness about preventable injuries, and the little things we can all do to make sure kids grow up to do big things.

On April 4th, Safe Kids Oregon hosted Safe Kids Day in Albany. Partners included FedEx, Nationwide Insurance, Albany Fire and Kids in Car Albany - Child Passenger Safety Technicians. It was a great opportunity to share information regarding pedestrian, fire, home, laundry room and sports safety.

In addition to raising awareness for child injury prevention, Safe Kids Day is an opportunity to support injury prevention activities in Oregon. Please make a donation at https://give.safekids.org/Oregon.

Thank you for keeping kids safe.

Safe Kids Oregon is housed in the Oregon Public Health Division’s Injury and Violence Prevention Program.

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Portland, OR 97232
http://safekidsoregon.org

Safe Kids Oregon encourages readers to share their news. If you have an issue you would like to see covered in the statewide Safe Kids newsletter, or if you know of an article, event, or other item of interest, we would like to hear from you.

Contact:
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Fax: 971-673-0990

Safety Observance Calendar

Walk & Bike to School Day
May 6th

Fire Up Your Feet
Spring Walk or Bike Into Action
May 1 – 31, 2015

National Safe Boating Week
May 16 – 22

Global Youth Traffic Safety Month
May 1 – 31, 2015

Upcoming Conferences

2015 Safe Kids Worldwide Prevention Convention
July 29 – August 2

2015 Kidz in Motion
August 12 - 15