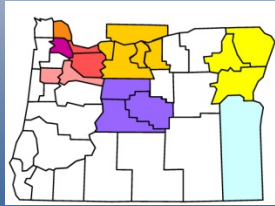


MISSION STATEMENT:

"Working Together to Reduce Unintentional Preventable Injury and Death in Oregon's Children Ages 0 – 19."



Summer 2014

Safe Kids Oregon

News From Around the State

Safe Kids Day at the Zoo

On May 3rd, Safe Kids Portland Metro hosted Safe Kids Day at the Zoo, a "passport-driven" safety event free with zoo admission. Approximately 2,000 children received passport. They earned stamps by visiting 10 safety stations to learn important safety information. Over 345 bike helmets were distributed along with thousands of other safety related prizes. Safe Kids Portland Metro partners hosted 12 safety stations with interactive displays.



Event sponsors included: Alpha Broadcasting—KINK Radio, American Medical Response, Clackamas County Peace Officers' Benevolent Foundation, Clackamas County Safe Communities, ColTab Revolution Publishing, D'Amore Law Group, Doernbecher Children's Hospital, Nocturnal I, Operation Lifesaver Oregon, Think First Oregon and Trauma Nurses Talk Tough.

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U.S. Army Corps of Engineers Water Safety Poster Contest



Safe Kids Columbia Gorge and the U.S. Army Corps of Engineers sponsors an annual water safety poster contest at The Dalles Middle School. This year, all school health students participated, submitting more than 230 posters. Park rangers visit the classrooms throughout the year teaching about cold water safety, *Reach, Throw, Don't Go*, and river hazards. Students created a poster about what they learned on brown grocery bags.

After the contest, bags are used at the local farmer's market and the food bank to share safety messages with the community. The top three winners received gift certificates for life jackets. This year's grand prize winner will have their poster showcased on a billboard on Highway 30.



VISION

"Injury Prevention as Every Oregonian's Approach to Life."

Traveling with Houdini – Tips for Parents and Caregivers

Child passenger safety technicians hear from parents about their child who won't stay buckled in their car seat. The most important tip is to always wear your seatbelt! Make sure every person in the car is always buckled. Make sure others transporting your child are buckled in their cars, too. When it comes to child passenger safety, children need consistency and want to be just like those they love and admire.

- Make sure your child is sitting in a car seat that fits. Seats that are too small are cramped and those that are too large are hard to correctly adjust. Make sure straps are snug, but not cutting off circulation and the buckle is not pinching. Sometimes trying a different seat helps because the chest clip may be harder to open or push down.
- Include breaks when traveling. Stop in a safe place and let your child run around for 20 minutes. He may vent some of that energy and get back in his car seat and fall asleep.
- Provide distractions. Today there are many options to choose from including in-vehicle DVD players, travel books and soft toys. You can also sing, play ABC games or guessing games.
- Provide a reward to your child for staying buckled. Suggestions are with fruit, stickers, or using a point system to earn a special privilege.
- Provide a companion. If you have room, install an old car seat next to your child and have him buckle in a favorite stuffed animal or doll.
- Have a parent or older sibling as a seat mate. Most often adults sit up front but if you have another adult riding with you, ask them to sit in the back. An older child can also entertain your child and even provide small rewards for staying buckled.
- Safe Kids Oregon cautions families on using products that say they are escape-proof. Add on products that look as if they would work are never recommended by the child seat manufacturer. In fact, using any product not specifically approved by a manufacturer is not allowed. Use of such products voids the warranty and may impact the car seat's ability to perform properly in a crash.



These tips were adapted from the Car Seat Technician at Primary Children's Hospital in Utah.

Child Passenger Safety Technician Training

Do you know someone interested in becoming a Child Passenger Safety Technician? Please help us to promote the upcoming courses.

Portland	August 6 - 9, 2014
Roseburg	August 11 - 13, 2014
Hillsboro	October 9 - 11, 2014

You must be at least 18 years old at the time the course starts. The standardized child passenger safety technician (CPST) certification course combines classroom instruction, hands-on work with car seats and vehicles, and a community safety seat checkup. Attendance is required for the entire course.

Registration is simple. Visit <http://cert.safekids.org> and find the training of choice. The Safe Kids fee for the training is \$85; there is no additional local fee. Registration scholarships may be available for community volunteers in underserved areas.

Contact TFranks@LHS.ORG for additional information.



What are the health benefits for children who walk or bicycle to school?

Two recent studies have found that children who walk and bike to school have higher overall physical activity throughout the day. (1) There are many potential benefits of physical activity for youth including:

- Weight and blood pressure control
- Bone, muscle, and joint health and maintenance
- Reduction in the risk of diabetes
- Improved psychological welfare
- Better academic performance



Walking and bicycling to school also may help contribute to the social development of children. Some children today have less independence than their parents did and this lack of independence can negatively impact their social behavior development. Driving a child from home to school limits the child's opportunities to interact with their neighborhood and other children. Children who spend more time in supervised structured activities have fewer opportunities to explore their neighborhoods and may lose some relatively "safe" opportunities to make decisions independently. They miss some of the lessons gained from learning from mistakes and the confidence that comes with success. Questions also have been raised regarding how children who spend all their travel time in motor vehicles will master fundamental pedestrian and bicycling skills and what kind of drivers they will become because of their lack of experience negotiating traffic as walkers or bicyclists.



50%

of vehicle trips to school are at a distance easily covered on foot or bike

As families gear up for the coming school year, we want to encourage parents to actively plan for their children to walk or bike to school. Now would be a good time to practice the route with them and begin talking about this option.

For families who live over 1½ miles from school, it is also a good time to consider having children ride the school bus.(2) When you realize that each school bus takes about 36 cars off the road, the effect they have on congestion becomes very clear. Multiply 36 cars by an average of 9,600 school buses per state and that's a lot of extra traffic added to the morning commute. In addition, school buses are much safer than passenger vehicles. And riding the school bus increases a child's opportunity to interact with other children and be active before and after school.



- (1) <http://www.saferoutesinfo.org/program-tools/what-are-health-benefits-children-who-walk-or-bicycle-school/>
- (2) <http://www.blue-bird.com/benefits-of-school-buses.aspx#.U9LffeNdW-k>

Backpack Safety Facts

As kids prepare to go back to school, it is a good time to think about using a backpack safely. The U.S. Consumer Product Safety Commission estimates there are more than 7,300 backpack-related injuries are treated by hospitals and doctors annually. Injuries include bruises, sprains, fractures and strains to the back and shoulders.

The American Academy of Pediatrics recommends that a child's backpack should weigh no more than 10 to 20 percent of the child's body weight. This figure may vary, however, depending on the child's body strength and fitness.

Warning signs a backpack is too heavy

- Change in posture when wearing the backpack
- Struggling when putting on or taking off the backpack
- Pain when wearing the backpack
- Tingling or numbness
- Red marks

Tips for safe backpack use

- Lighten the load
- Wear both straps
- Wear the backpack over the strongest mid-back muscles
- Use proper lifting techniques



Tips for selecting a backpack

- Choose ergonomically designed features that enhance safety and comfort.
- A padded back reduces pressure on the back, shoulders and under arms and enhances comfort.
- Multiple compartments distribute the weight, can keep items secure and ease access to contents.
- Reflective material enhances the child's visibility to drivers at night.

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



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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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Safety Observance Calendar



National Stop on Red Week
August 3 - 9, 2014



National Child Passenger
Safety Week 2014
September 14 - 20



National Seat Check Saturday
September 20, 2014

Upcoming Training

Ahead of the Game:

What you should know about youth concussions.

Sept. 25, 2014 at Bend Parks & Recreation, River Bend Community Rm, 6:30 – 8:30p.m. FREE

Achieving best practices in youth concussion management and return to play.

Sept. 27, 2014, Riverhouse Hotel & Convention Ctr., Bend

For information contact the Center Foundation -

www.centerfoundation.org/events/