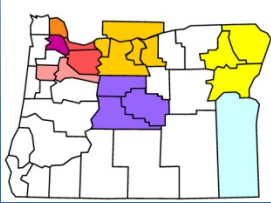


**MISSION STATEMENT:**

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

# Safe Kids Oregon

## News From Around the State



**Inside**

- Safe Kids Oregon Coalition Leadership Annual Meeting.....P. 2**
- Smoke-Free Cars For Kids.....P. 3**
- Fact or Fiction.....P. 3**
- Snow Sport Safety .....P. 4**
- Safety Observance Calendar..... P. 4**

### Car Seat Safety in Washington County

Safe Kids Washington County and its affiliated members have checked 1,394 child safety seats so far in 2013 and still have two clinics to go. They counseled 1,452 parents and caregivers on proper seat installation and use. Additionally, Child Passenger Safety Technicians provided 153 car seats and booster seats to needy parents in the county.



Over a dozen agencies in Washington County participate in these events providing access for families throughout the county. Partners include Beaverton, Sherwood and Tualatin Police Depts., Washington Co. Sheriff's Office, Kohl's, Doernbecher Bethany, Tuality Health Education, Cornelius Fire and Forest Grove Fire & Rescue. Forest Grove Fire & Rescue hosted 11 check-up events and checked 120 car seats - 80% (96 car seats) of those checked needed correction.

**Great work keeping kids safe!**



### Recognized for Water Safety Efforts

The National Water Safety Congress Award of Merit was presented to Safe Kids Columbia Gorge for outstanding efforts, accomplishments and contributions to water safety. Safe Kids Columbia Gorge promotes water safety outreach through events such as the Children's Safety Fair and Cherry Festival. Working with the US Army Corps of Engineers and other partners, they construct and maintain Life Jacket Loaner Boards at eleven locations. Based on visitation estimates from these locations, over 700,000 people have access to a life jacket while on or around rivers in the Columbia Gorge.



The coalition has been a vital partner in helping to reduce injuries and drowning related fatalities.

**Congratulations Safe Kids Columbia Gorge!**



**VISION**

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

# Safe Kids Oregon Coalition Leadership Annual Meeting

Safe Kids Coalition members and the Safe Kids Oregon Advisory Board joined together in Wilsonville on November 15<sup>th</sup> for workshops, recognition, networking and sharing successes. Coalition members came from Central Oregon, the Columbia Gorge, Harney County, Northeast Oregon, Portland Metro, Washington County, the Willamette Valley and Clark County Washington.

Guest presenters included Lisa Millet, MSH, Injury and Violence Prevention Program Manager, talking about *Safe and Nurturing Environments* and the launch of the *National Child Death Review Data System* in Oregon. Lari Peterson, RN, Maternal and Child Health, spoke on *Safe Sleep and Suffocation Prevention*. Our last guest was John Campbell, Safe Kids Worldwide Director of Development and Strategic Relationships who provided guidance on *Fund Development* and encouragement for participation in *Safe Kids Day 2014*. Lari and John's presentations are available on-line at <http://www.safekidsoregon.org/training/>

Coalition Local Hero Awards were presented to:

- Angie Treadwell for her efforts with Walking & Biking and Pedestrian Advocacy in Hermiston from Safe Kids Umatilla Morrow.
- Kelly Owen for her work as chair of Safe Kids Willamette Valley since 2009 and her work to protect children and teens in Marion and Polk Counties.
- Dale DeLong, Mayor of Island City for his support of Safe Kids Union County since 2001. He has always been the first to volunteer.
- Brenda Tevis, a true volunteer for Safe Kids Washington County working at child safety seat check-up events, bike safety events and more.
- Becca and Jason Cunningham from Safe Kids Portland Metro for their work promoting safety and education on the hazards of window falls.
- Shelley Ena who served as co-chair of the Safe Kids Umatilla Morrow chapter since 1999. She is an asset to the children in these counties.

A highlight of the day was when each coalition shared stories about their successes in 2013. It was great hearing about how they promoted injury prevention by hosting car seat check-up events, distributing life jackets and building/maintaining life jacket loaner stations, holding bike safety activities and providing helmets to kids, sharing window guards and locks along with information on Window Fall Prevention. This activity generated new ideas and provided motivation to work on different issues.

Thank you to our sponsors: Emergency Services for Children, Kaplan Law LLC and Oregon Child Development Coalition.

Also a big thank you to the Safe Kids Oregon Conference and Training Committee for their planning and all of the Safe Kids Oregon Advisory Board members for their participation and support of this day.



Nubia Contreras, Safe Kids Columbia Gorge



Mayor Dale DeLong  
Safe Kids NE Oregon



Tammy Franks and Lisa Millet, MSH,



Lari Peterson, RN and Jan Berichon



Tammy Franks, John Campbell and Lucie Drum



Tonya Draden and Kelly Owen



Brenda Tevis



Lucie Drum, Becca and Jason Cunningham



Kari Nelson, Safe Kids Harney County

# Smoke-Free Cars For Kids

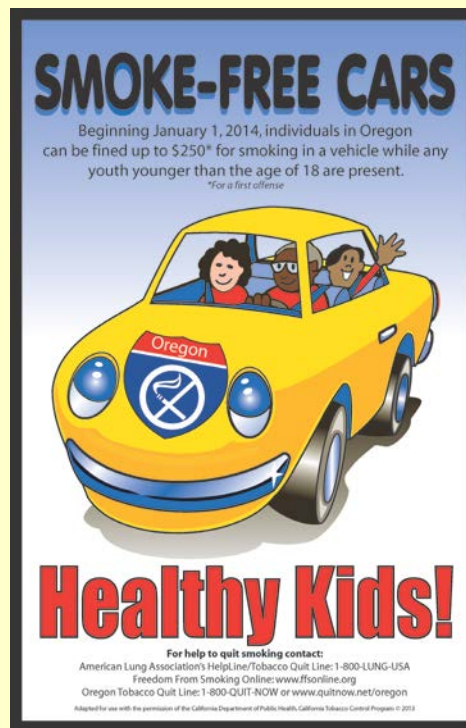
New law goes into effect January 1, 2014, making smoking with minors in car illegal

Oregon drivers caught smoking cigarettes with kids in the car may now face a fine of up to \$250 under a new state law. Effective January 1, 2014, smoking in a motor vehicle with a person under the age of 18 present will be a secondary traffic violation.

Secondhand smoke is classified by the Environmental Protection Agency (EPA) as a Group A carcinogen and is shown to cause cancer in humans. According to the EPA, **secondhand smoke in cars is especially harmful to children** because of the small, confined space. Secondhand smoke levels are more concentrated, which is particularly damaging to developing lungs. Children in an estimated 50,000 Oregon families are currently exposed to secondhand smoke in motor vehicles, according to the Oregon Health Authority.

Once in effect, police officers will be able to ticket smokers for violating this law if they stop the driver for a separate traffic violation or other offense. Individuals can be fined up to \$250 for the first offense and up to \$500 for second or subsequent offenses.

If you or anyone you know is ready to quit using tobacco, the Oregon Tobacco Quit Line can help: [www.quitnow.net/Oregon](http://www.quitnow.net/Oregon).



## Fact or Fiction

**Fact or Fiction: Most drivers are not aware of the dangers that loose objects in a vehicle pose to them and their passengers?**

**FACT:** In an ongoing U.S. study of children involved in crashes, researchers found that of 12,513 children injured by something inside the vehicle, more than 3,000 collided with loose objects, other passengers or both. Even though some drivers are aware that loose objects in the vehicle may pose a danger to them, most find that it is more convenient to stow things in the cabin instead of the trunk. Loose objects can become lethal not only in a collision but even in emergency braking. During a collision, impact from a loose object will have a relative force equal to the object's weight multiplied by the speed in which it travels. Placing loose objects in the passenger or rear seat locations for easy access was cited as a key reason for placing it inside the cabin, followed by the desire to enter and leave the car quickly.

Child passenger safety technicians know that it is always important to point out potential missiles to families so that these items may be placed in the trunk or by securing backpacks, or brief cases with a locked seat belt.

Submitted by Kim Herrmann, Safe Kids Worldwide (Ft. Myers, FL)

The National Child Passenger Safety Certification Training includes this information on Newton's Law of Motion. In addition to passengers, all of the objects in the vehicle will also be in motion.

### Newton's Law of Motion

- An object in motion continues in motion at the original speed until it connects with an outside force.
- The outside force...
  - Can be harmful (e.g., the steering wheel, windshield, pavement, etc.)
  - Can be designed to protect (e.g., seat belt or CRS)



Video  
Courtesy Insurance Institute for Highway Safety

## Snow Sport Safety

With the increasing popularity of helmets during the past few years the National Ski Areas Association (NSAA), with the help of many others in the ski industry, has developed [www.LIDSonKIDS.org](http://www.LIDSonKIDS.org). This website includes information on helmets as well as *Snow Sport Safety, Just for Kids and Resources* pages.



### Here are their TIPS FOR PARENTS:

- Learn and teach your child the 'Responsibility Code' and how to apply it to the slopes. The Code includes the seven rules of the slopes. Many accidents can be avoided by adhering to the Code.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. Dress kids in polypropylene underwear (top and bottoms) which feels good next to the skin, dries quickly, absorbs sweat and keeps them warm. Kids should also wear a turtleneck, sweater and waterproof jacket. When buying skiwear, look for fabric that is water and wind-resistant, has wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and deep pockets.
- Be prepared. Kids should wear gloves or mittens (mittens are usually better for kids who are susceptible to cold hands). Also, 80 percent of heat-loss is through the head, a helmet is warm and many models cover the ears, Be sure kids wear sun protection, even on cloudy days. The sun reflects off the snow and is stronger than you think! Kids should wear eye protection - sunglasses and goggles. Skiing is a lot more fun when you can see.
- Put your kids in ski school to get them on the right track.
- Make sure your child knows when to stop skiing, for example if the clothing layer next to their skin stays wet and they're chilled, if they're injured, have a problem with equipment or even if they're simply worn out. Educate them that it's all right to stop before the end of the day and breaks are fun.
- Make a meeting place in case you get separated, for example, at the bottom of chairlift #2.

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

800 NE Oregon St., Suite 730  
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:

Ruth Harshfield  
Safe Kids Oregon Director  
Phone: 971-673-1028  
email: [ruth.harshfield@state.or.us](mailto:ruth.harshfield@state.or.us)  
Fax: 971-673-0990

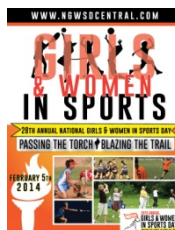
## Safety Observance Calendar



National Safety Month-  
January  
National Ski Area  
Association  
<http://nsaa.org/safety-programs/national-safety-month/>



National Poison  
Prevention Week -  
March 16-22, 2014  
<http://ohsu.edu/xd/outreach/oregon-poison-center/>



National Girls & Women In  
Sports Day  
February 5, 2014  
<http://northnet.org/stlawrenceaaauw/sportday.htm>



Burn Awareness Week  
February 2-8, 2014  
<http://www.ameriburn.org/preventionBurnAwareness.php>