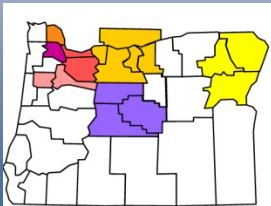


**MISSION  
STATEMENT:**

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



Winter 2015

# Safe Kids Oregon

## News From Around the State

### Revitalization of Safe Kids in Clatsop County



On January 21<sup>st</sup>, Medix Ambulance in Warrenton called a meeting to gauge interest in re-starting a Safe Kids Coalition in Clatsop County. The response was overwhelming. Over 24 people from agencies, organizations and service clubs throughout Clatsop County participated. There was a great discussion regarding child and youth injury prevention. People volunteered to serve on the Steering Committee.

Medix Ambulance is applying to Safe Kids Worldwide to be the Lead Agency and Michael Sahlberg Sr. will be Coalition Coordinator.

For additional information, contact Joyce Rangila at (503) 861-5554 or [joyce.rangila@medix.org](mailto:joyce.rangila@medix.org)

### Inside

**Increasing Safe  
Infant Sleep.....P. 2**

**Additional Safe  
Sleep  
Resources.....P. 2**

**News from the Safe  
Kids Oregon  
Advisory Board..P. 3**

**Child Passenger  
Safety Training...P. 3**

**Raising Awareness  
of Child Injury  
Prevention.....P. 4**

**Observation  
Calendar.....P. 4**

**Upcoming  
Conferences.....P. 4**



### VISION

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

### Water Safety on Haag Lake

[Safe Kids Washington County](#) is hosting coordination meetings with members, county agencies, and interested parties to improve water safety at Hagg Lake following a tragic drowning last summer. The county park staff have designed six new, moveable, personal floatation device (PFD) loaner kiosks and an Eagle Scout candidate is building a third fixed PFD kiosk. During the past few months, a park consulting firm has been collecting usage information on the entire park to enable staff to communicate better with over 933,000 visitors who flock to the lake for fishing, swimming, hiking, & picnicking.

Another coalition subcommittee has been working on a pilot project to teach water safety at apartment complexes with swimming pools. The project involves teaching water safety and life saving concepts to a larger group of residents, selecting families who most need swimming lessons and providing basic lessons free of charge.

The coalition is planning a day-long event in conjunction with the June free fishing day at the lake to provide an all-hazards safety fair focusing on water safety. Water safety will also be promoted through all coalition members' social media and news media outreach efforts this spring and summer.



# Increasing Safe Infant Sleep

The Oregon Child Development Coalition is leading a statewide initiative to increase safe infant sleep. To do this, they offer education to families, staff, and the greater community while providing safe sleep resources to families in need. Founded in 1998, the mission of Cribs for Kids® is to prevent infant death by educating parents and caregivers about the importance of practicing safe sleep and by providing portable cribs to families who otherwise cannot afford a safe place for their babies to sleep. Although the program has more than 500 partners, when searching for a partner in Oregon, they found that there were none. In 2014, less than a month after this discovery, OCDC had applied for and become the first Cribs for Kids® partner in Oregon.



OCDC receives Graco® portable cribs at a reduced rate. In turn, they provide the crib, a sheet, and a sleep sack (a safe alternative to blankets) to low-income families on a sliding scale, often for as little as \$14.00. In only four months, OCDC has provided more than 100 cribs to families who otherwise would go without.

In reality, there are thousands of infants across Oregon going to sleep each night in an unsafe environment. OCDC is searching for additional funding from private donors to pay for more cribs and is encouraging other agencies and institutions to become a Cribs for Kids® partner. OCDC would love to meet the need for every family, but they need the support of donors and partners statewide. With support, they can do more!



To learn about becoming a partner with Cribs for Kids® please visit: [www.cribsforkids.org](http://www.cribsforkids.org)

To support OCDC's Safe Sleep Resources Program please email: [safesleep@ocdc.net](mailto:safesleep@ocdc.net)

## Additional Safe Sleep Resources

The [Safe Sleep for Babies](#) brochures are available for free in English and Spanish. Sleep Safety Tips from Safe Kids Worldwide are also downloadable. These resources are posted on the [Safe Kids Oregon](#) website.

**Safe Sleep for Babies**

Always place your baby on his or her back for naps and at bedtime.

**Safe Kids Health**

**Sueño seguro para bebés**

Siempre acueste a su bebé de espaldas para dormir la siesta y a la noche.

**Safe Kids Health**

**ZZ Sleep Safety Tips**  
Everything you need to know to keep your baby safe while sleeping.

There is nothing more beautiful than a sleeping baby, especially for parents who are often exhausted themselves. By following a few simple tips, you can create a safer sleeping environment for your baby.

**Make Sure Your Crib Is Safe to Use**

- Check that your crib meets safety standards of the Consumer Product Safety Commission (CPSC) and the American Society of Public Health (ASPH).
- If you can fit a cup of socks between the slats of a crib, that means a child's head or foot could get stuck.
- If the sides go down, don't use the crib.
- We never use stuffed animals, bumpers and all those cute accessories make a baby's crib seem more and more comfortable. They can often do more harm than good. A few cushions covered with a tight-fitting cloth is all you need to make your baby sleep like a baby!
- Cover pieces of wood, should they stick up more than one centimeter or an inch. It doesn't seem like much, but anything more can be risky.
- Check to make sure there are no sharp corners in the mattress or foundation.
- If your crib doesn't meet CPSC standards, don't use it.
- If you are getting a mattress, check to make sure it has been recalled or www.recalls.gov.

**Help Your Baby Sleep Safely**

- Always put your baby on his back to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- If you're worried about keeping your baby warm, use a sleep sack designed for baby's weight and length. Avoid using heavy blankets or covers. They're too heavy.
- Babies should not sleep on beds, sofas, recliners, chairs, soft surfaces, bouncers, strollers or baby carriages. If this happens, make sure to return your baby to a safe sleep environment.
- We know that stuffed animals, bumpers and all those cute accessories make a baby's crib seem more and more comfortable. They can often do more harm than good. Soft bedding can block a baby's airway during sleep. A few cushions covered with a tight-fitting cloth is all you need to make your baby sleep like a baby!
- New parents have a million things to do, but ensuring a safe sleeping environment for their baby is one of the most important things to do. Get your loved ones involved to help - with their piece of mind you have as a parent, the better.

**SAFE KIDS WORLDWIDE**

## News from the Safe Kids Advisory Board

A BIG Thank You to Sue Riehl, ODOT Transportation Safety Division and Claire McGrew, Office of the State Fire Marshal for their contributions as members of the Advisory Board. We wish them the very best. We are please to welcome Krista Fischer, Office of the State Fire Marshal and thank her for stepping into Claire McGrew's position.

We also welcome Dianna Pickett as our newest member. Here is what Dianna has to say about joining the board:

"I am known in my family as the "safety monitor" because as our boys were growing up I was the voice of caution when they and my sometimes overly- enthusiastic and creative husband came up with a, "good idea." Since I have become a grandmother, I encourage and support my son's and their wives to take action to prevent injuries when I see an opportunity to protect my grandchildren. Working with the board to keep kids safe not only suits my natural interest, but also flows from a long career in public health nursing. I am particularly interested in safety in child care settings after spending 12-13 years at the Oregon Public Health working to improve health and safety in child care settings. I am very excited about the opportunity to work with the board."

### Interested in working with the Advisory Board?

Meetings are held on the second Tuesday of even months at Meridian Park Hospital Education Center in Tualatin. The three committees Are currently recruiting community members.

For information on the committees, contact the committee chair:

- **Finance** – Sandy Giffin, [giffin@ohsu.edu](mailto:giffin@ohsu.edu)
- **Communication** – Lynne Mutrie, [lynnemutrie@comcast.net](mailto:lynnemutrie@comcast.net) or Lucie Drum, [lucie.drum@amr.net](mailto:lucie.drum@amr.net)
- **Conference & Training** – Shelley Campbell, [scampbel@lhs.org](mailto:scampbel@lhs.org)

Or contact Ruth Harshfield at [ruth.harshfield@state.or.us](mailto:ruth.harshfield@state.or.us)

### Advisory Board Members

- **Honorary Chair:** Karen Gunson, MD, State Medical Examiner
- **Chair:** Tammy Franks, Randall Children's Hospital at Legacy Emanuel
- **Vice Chair:** Shelley Campbell, Legacy Emanuel TNTT Program
- **Treasurer:** Sandy Giffin, OHSU, Oregon Poison Center

### Members

- Karen Ayers, Oregon Child Development Coalition
- Lucie Drum, American Medical Response
- Krista Fischer, Office of the State Fire Marshal
- Ben Hoffman, OHSU Pediatrician
- Matt Kaplan, Kaplan Law LLC
- Harmony Miller, D'Amore Law
- Heather Morrow-Almeida, Maternal and Child Health, Oregon Health Authority
- Lynne Mutrie, Oregon Safe Routes to School Program
- Dianna Pickett, Public Health Nurse (Retired)
- Kayt Zundel, ThinkFirst Oregon, OHSU

## Child Passenger Safety (CPS) Training

**CPS Technician Certification Courses** – for people interested in becoming a cps technician.

April 15-17, 2015 OCDC, Wilsonville

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

**General Technical Update** – 6 CEU credits

March 6, 2015 Sherwood Police Department, Sherwood

For the agenda and to register visit <http://www.safekidsoregon.org/training/workshops/>

**KIDZ IN MOTION Update** - 6 CEU credits

May 7, 2015 Sherwood Police Department, Sherwood

For agenda and to register contact Tammy Franks at [tfranks@lhs.org](mailto: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](mailto:tfranks@lhs.org)

**Safe Travel for All Children: Transporting Children with Special Health Care Needs**

July 8-9, 2015 Randall Children's Hospital, Portland

To register contact Tammy Franks at [tfranks@lhs.org](mailto:tfranks@lhs.org)

## Raising Awareness of Child Injury Prevention

The [Nationwide Super Bowl ad](#) generated a lot of buzz about injury prevention. Although Nationwide's creative approach was considered too strong by some, those of us dedicated to injury prevention can appreciate that the topic is now in the news. Whether you "liked" this commercial or hated it, this has been a huge opportunity for those of us dealing with child injury prevention to educate everyone around us about this important issue. You may be interested in Safe Kids Worldwide campaigns and the Nationwide Insurance [Make Safe Happen](#) campaign.

Kate Carr, Safe Kids Worldwide shared her thoughts in a blog on [Huffington Post](#). This comment summarizes the approach many of us support. "You see, injury prevention is not about watching your kids every minute of the day or wrapping them in bubble wrap. It's the opposite. Injury prevention is about creating an environment where kids can explore and take chances while minimizing the serious injuries and deaths that we can prevent." Additional responses included a segment on [Wall Street Journal Live](#) and a blog at the [Washington Post](#).

We know that unintentional injuries are preventable and predictable. However, many people do not realize the extent of the problem. Between 2010 – 2012, 271 children ages 0 – 19 in Oregon died and 4,580 were hospitalized because of injury.

Please join in the conversation. Check out Safe Kids Oregon [Injury Areas](#), encourage people to subscribe to the website and contact your local [Safe Kids Coalition](#) to become involved.



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)

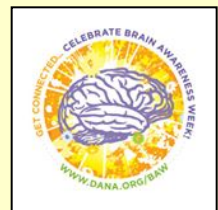
Fax: 971-673-0990

## Safety Observance Calendar

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



**Poison Prevention Week**  
March 15- 21, 2015



**Brain Injury Awareness Month**

## Upcoming Conferences



**2015 Oregon Active Transportation Summit**  
March 30-31st in Portland, Oregon.

**2015 Safe Kids Worldwide Prevention Convention**



**2015 National Walking Summit**  
October 28 - 30