

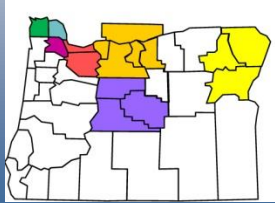
**MISSION STATEMENT:**

“Working Together to Reduce Unintentional Preventable Injury and Death in Oregon’s Children Ages 0 – 19.”

Winter 2016

# Safe Kids Oregon

## News From Around the State



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### Safe Kids Portland Metro Home Safety Efforts

“Every parent wants to protect their children, and we found that parents consider their own home to be safer than most,” said Lucie Drum, Coordinator, Safe Kids Portland Metro. “Sadly, 2,200 kids die from an injury in the home every year. The good news is, we know how to prevent these injuries.

Safe Kids Portland Metro (SKPM) received a Home Safety grant from Safe Kids Worldwide in Fall 2015. SKPM worked with Grace Saad and the teen parent students in her PACE class at Sabin Schellenburg Skill Center to share home safety messages. First they met with the students and spoke of the importance of home safety. At that class they distributed a list of available safety products the students could request. The products were free to the students through grant funds and by working with the Doernbecher Tom Sargent Safety Center. The lists were collected and Marianne Bidwell- Chapman from Doernbecher and Lucie Drum and Dea Bolt from American Medical Response went back to distribute **cabinet locks, smoke alarms, baby gates, tub thermometers and the GRACO Packn' Play**. The students had these products before winter break. What wonderful presents!



Additionally, SKPM provided a voucher worth \$5 at the Randal Children’s Hospital Safety Center and the Doernbecher Tom Sargent Safety Center for parents and caregivers who completed the Home Safety Challenge game during the promotion week. Those vouchers are redeemable until Feb. 1<sup>st</sup>.



### VISION

“Injury Prevention as Every Oregonian’s Approach to Life.”

### 2016 Strategic Planning Effort

The Safe Kids Advisory Board, four Safe Kids Coalition Coordinators and OCDC staff met on December 8<sup>th</sup> to update the strategic plan for 2016. This roadmap for the coming year will support the ongoing efforts to prevent childhood injuries around the state.

## Become A Certified CPST

Join thousands of nationally certified Child Passenger Safety Technicians (CPST) and help parents and caregivers properly secure their children in the correct car seats and booster seats. As a CPS technician, you will put your knowledge to work through a variety of activities, including community presentations and/or child safety seat checks where parents and caregivers receive education and hands-on assistance with the proper use of child restraint systems and seat belts. A majority of parents still misuse their child restraints and need help to get it right.

During the extensive course you will learn about crash dynamics, injury prevention strategies, child restraint selection and installation and vehicle occupant protection. The course, generally held over three days, is taught through a combination of hands-on activities, lectures and discussion with a wide variety of child restraint and vehicle belt systems. Quick paced and interactive, you can dive right in and learn.

Since October 1, 2015, 44 new CPS technicians became certified. 13 in the Lebanon class, 15 in the Forest Grove class and 16 in the Hillsboro class. They join the over 440 CPS Technicians in Oregon.

### **UPCOMING CLASSES:**

Warrenton – 1/25/16 – 1/27/16

Eugene – 2/24/16 – 2/26/16

Coos Bay – 4/21/16 – 4/23/16

Klamath Falls – 5/11/16 -5/13/16

Canby – 6/1/16 – 6/3/16

La Grande – 6/14/16 – 6/16/16

Portland – 7/20/16 – 7/22/16

**For information & registration:** <http://cert.safekids.org/>, click on **Find a Course** and search for **Oregon**.



Lebanon Graduates



Forest Grove Graduates



Hillsboro Graduates

## Going sledding? Don't Forget Your Helmet!

With winter coming on, your kids may be looking forward to pulling sleds out of the garage and hitting the local hills. Before they do, be sure they're wearing a protective helmet to prevent significant head injuries. That's what the American Academy of Pediatrics recommends and what a Consumer Product Safety study urges.

The investigation reviewed hospitalizations related to sledding injuries at the University of Michigan Health System between 2003 and 2011. During that time period, 52 children were hospitalized for those injuries. Hitting a tree was the most common cause. Of these children, 37 percent suffered head injuries, 70 percent were admitted to the intensive care unit, and nearly 10 percent ended up with permanent disabilities, including cognitive impairments.



"Our recommendation is that kids wear helmets to prevent head injuries, have safer sled courses and be properly supervised," said Dr. Herman.

## Safe Winter Transportation of Children

The winter season is upon us. Snow and wintery weather can be great fun for kids but can also lead to unpredictable and dangerous road conditions for drivers. Here are a few things to remember when driving with little ones this winter.



**Avoid Bulky Winter Clothes.** We know you want little ones to be warm this winter season, but please don't strap your child into a car seat with a bulky coat as it can affect the ability of your car seat to do its job. A bulky coat can compress in a crash and create a loose car seat harness, putting your child at greater risk of injury in the unlikely event of a crash.



**Take the Pinch Test.** Make sure your child's harness is adjusted correctly year-round by using the "pinch test" - the best way to make sure the harness straps are snug and close to the body. First, remove bulky clothing and blankets. Make sure the harness straps are adjusted to the correct height - they should be at, or just below, the child's shoulders when the child rides rear-facing, and at, or just above, the child's shoulders when a child is forward-facing. Then buckle and tighten the harness straps. Place the chest clip at armpit level. Now pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

**Ensure Comfort and Safety at the Same Time.** To keep your child warm and toasty after you remove the bulky coat, place a blanket (or even the coat) over the tightened car seat harness.

**Prepare for Mother Nature.** Always have an emergency bag stocked in your car. Be sure to include necessities like baby food or formula, water, diapers, extra blankets and a spare set of warm clothing. You'll probably never need it but it's nice to have just in case.

**Watch Out for Sleds.** One of the great things about snow is the chance to go sledding. Kids will do it anywhere, and anytime which creates one more thing to look for when driving. Be prepared by slowing down and being alert in residential neighborhoods and school zones. As always, reduce distractions inside your car so you can concentrate on the road and your surroundings.

**Buckle Up.** This is an "all-weather" tip. We know that when adults wear seat belts, kids wear seat belts. So be a good example and buckle up for every trip. Your kids are safer in a crash when everyone in the vehicle is buckled up.

## Prepare for National TV Safety Day

"Nationally, every 3 weeks a child dies from a television tipping over," said Karen Ayers, Safe Kids Oregon coordinator. "We don't want any parent to have to endure the loss of a child due to a TV tip-over. Safe Kids Oregon is encouraging participation in [National TV Safety Day](#), February 6, 2016. To prepare, families could conduct a quick TV safety check and learn what to do with TVs that can be dangerous for young kids."



Safe Kids encourages families to include furniture and TV safety as part of a child proofing plan. Place old tube TVs on low, stable furniture. If an old tube TV is no longer used, consider recycling it. For families with flat panel televisions, mount the TVs to the wall to reduce the risk of TV tip-overs.

Prevent furniture climbing-related injuries by removing desired items, such as toys or remote controls, from high places, such as the top of the television or a shelf. Manufacturers and parents can reduce the risk of dresser-related tip-over injuries by installing stops on all drawers to prevent them from being pulled more than two-thirds of the way out.



For more information, visit <http://www.safekids.org/tv>



## Marijuana: Your Health and Safety

Check out the Oregon Health Authority, Public Health Division website for the most current information - <https://public.health.oregon.gov/PreventionWellness/marijuana/Pages/health.aspx>

With the legalization of marijuana, learn about it's impact on health and safety. It's important to share this information with communities, family members, teens and friends.

For families with children, the [Children and Marijuana Don't Mix](#) brochure is available to download and distribute.



*This marijuana universal symbol means a product contains marijuana and should be kept in its original packaging, out of the reach of children.*

**CHILDREN  
AND MARIJUANA  
DON'T MIX.**

You can keep your child safe and healthy by not using marijuana while you are pregnant or breastfeeding.

## Tammy Franks Named to National Child Passenger Safety Board

Safe Kids Oregon is proud to announce that the National Child Passenger Safety Board (NCPSB) has appointed Tammy Franks to the Board, as *CPS Advocate*, during the 2016-2018 term. Franks is the Child Passenger Safety (CPS) Coordinator at Randall Children's Hospital at Legacy Emanuel. Tammy is also the Safe Kids Oregon Advisory Board Chair.



Franks has worked to expand Randall Children's Hospital's CPS program. The program currently provides in-patient and out-patient services and also coordinates the state's CPS training grant. In 2015, Randall Children's Hospital CPS team conducted over 900 car seat checks and demonstrations and is on-track to do the same this year. Franks finds providing services to children with special transportation needs especially rewarding and also instructs the *Safe Travel for All Children* course throughout the U.S.

Safe Kids Oregon is housed at the Oregon Child Development Coalition.



**Oregon  
Child  
Development  
Coalition**

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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 Burn Awareness Week](#) February 1-7

[National TV Safety Day](#), February 6

[Brain Injury Awareness Month](#) (Sports) March

[National Poison Prevention Week](#), March 20-26, 2016

## Conference and Training

[Safe Infant Sleep: Innovative National and State Efforts to Protect Our Youngest](#) – Children's Safety Network webinar  
January 28, 2016, 12:00pm, PST

[2016 Oregon Safe Routes To School](#) Conference is June 20-21 and Training is June 22-23 in Eugene,