

# KIDS



# SAFETY

Jan/Feb/Mar 2012



Nebraska

Poison Prevention,  
Cell Phone Ban,  
Car Seats and Coats,  
and more!



On a personal note...

# Growing and Serving

The new year will see many changes at the National Safety Council, Nebraska. That's right, the Greater Omaha Chapter has become the only Safety Council chapter in Nebraska. It's more than just a name change. It is an opportunity for us to serve the entire state.

This is particularly exciting to me as I am a native of central Nebraska. I grew up in Arnold and went to college in Kearney. I'm happy to be able to share the mission of the Safety Council with the wonderful folks in Omaha, Lincoln, Columbus, Norfolk, Chadron, Grand Island, Hastings, Kearney, North Platte, Ogallala, Scottsbluff and everywhere in between! Even the smaller towns like Thedford, Broken Bow, St. Paul and Curtis.

It is my experience that the smaller cities and towns in Nebraska are home to survivors. There are so many hardworking people trying to keep their towns alive and pass on a great way of life to their children and grandchildren. They are an innovative group, using technology to keep jobs and improve existing industries. We want to help them do that in the safest way possible.

The mission of our non-profit organization is to reduce the personal and economic losses associated with unintentional injuries. Why? According to the CDC (Centers for Disease Control and Prevention),

"Among persons aged 1-34 years, unintentional injuries alone claim more lives than any other cause. For those aged 5-34 in the United States, motor vehicle crashes are the leading cause of death, claiming the lives of 18,266 Americans each year."

These unintentional injuries are preventable! Defensive driving courses, safety belt campaigns, distracted driving prevention coalition and child passenger safety checks and training are all aimed at reducing the

number of lives claimed by motor vehicle crashes.

Reducing on the job injuries and deaths was the original goal of our Safety Council

ing classes in First Aid, CPR and AED (Automated External Defibrillator) use. Some business like daycares are required to have certified staff, but it is a good idea for everyone to know these techniques that are proven to save lives.

Community safety programs and outreach are a special part of what we do. Closest to my heart are child safety programs like child passenger safety, bike safety (wear those helmets!), water safety, poison prevention and fire prevention. We cover all ages though, we offer excellent courses for teen drivers, distracted driving awareness campaign, safety belt promotion, elderly fall prevention, prescription drug drop-offs, and much more.

We have the opportunity to form new partnerships with local groups throughout Nebraska. Through these new partnerships we will recruit volunteers to help save lives in Nebraska.

Thank you to all our Nebraska friends, we look forward to serving you and your safety needs!

Visit our website at [www.SafeNebraska.org](http://www.SafeNebraska.org), friend us on Facebook, or email me at [mmitera@SafeNebraska.org](mailto:mmitera@SafeNebraska.org). We would love to hear from you!

Melanie Mitera  
Editor



when it was formed in 1924. Data from the National Safety Council from 1933 through 1997 indicate that deaths from unintentional work-related injuries declined 90% and have continued to decline. The most recent statistics show that only eight percent of workers in the United States will die on the job from unintentional injuries, a huge improvement from the number of work-related deaths at the beginning of the twentieth century.

Our safety experts also help businesses stay compliant with OSHA (Occupation Safety and Health Administration), Department of Transportation and the Environmental Protection Agency by offering safety courses in topics such as confined space, lockout/tagout, machine guarding and more.

We have instructors who teach lifesav-



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# The Poison Prevention Week Council is 50 Years Old

## What is a poisoning?

A poison exposure occurs when a person swallows, breathes, touches, or gets splashed in the eye with something that can cause sickness or death. Poisoning is a matter of dose- too much of anything can be dangerous. Products such as pain medicines and household cleaning products are common causes of poison exposures in the U.S. Most consumer products are safe if label directions are followed, but some can be poisonous if used incorrectly.

## Who gets poisoned?

In 2007, 2.5 million people were exposed to poisons. Almost 1.3 million of these occurred in children 5 years or younger. In the same year, almost 860,000 adults (20 years and older) called Poison Centers.

## How do people get poisoned?

Most poisoning exposures are unintentional. About 13% are on purpose, due either to a suicide attempt or intentional misuse.

## What are the leading causes of poisoning for children and adults?

### Children

- Cosmetics such as perfume or nail pol-

## Poison Prevention Week March 18-24, 2012



ish, and personal care products such as deodorant and soap.

- Cleaning products such as laundry detergent and floor cleaners.
- Pain killers such as acetaminophen and similar medications.

### Adults

- Pain killers

- Sedatives (drugs used to reduce anxiety), hypnotics (sleeping pills) and anti-psychotics (drugs used to treat mental illness)
- Household cleaning products.

## Where do people get poisoned?

Approximately 90% of poisonings occur in the home.

## Where can people get help for poisonings?

Poison centers can be reached at 1-800-222-1222. Dialing this number will connect you to your local Poison Center. Poison Centers are staffed by nurses, pharmacists and physicians. Here you can get help with poisoning emergencies and obtain information on ways to keep your family safe. Poison Centers are open 24 hours a day, seven days a week. Service is available throughout the entire U.S. and its territories. The call is free and confidential.

## Why call a poison center?

Almost 90% of the public who call a local Poison Center get the help they need over the telephone without having to go to a doctor or the hospital.

From the Poison Prevention Week Council

## Training Dates for Babysitting Course

Prepare your Teen/Pre-Teen to care for Infants and Children!

Babysitting Training teaches students:

- How to best handle an illness or injury
- How to evaluate an emergency
- How to call 911 and give vital and necessary information
- Diaper changing, feeding, burping, bathing safety and more (cost includes lunch)

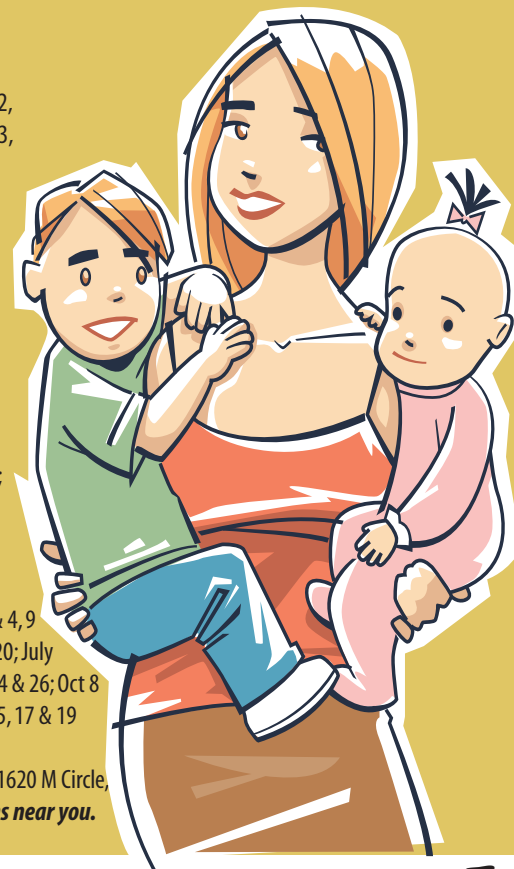
Time	Cost
8:00-4:00	\$65

### 2012 Saturday Dates:

January 14, February 11, March 10, April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8

Register Online: [www.SafeNebraska.org](http://www.SafeNebraska.org) or call 402-898-7369.

Earn Certificate of Completion (good for two years)



## Training Dates for Pediatric FA/CPR/AED

Saturday Daytime Classes	Time	Cost
First Aid Training:	8:00 - 11:00	\$52
CPR Training	11:30 - 2:30	\$60
First Aid and CPR Training	8:00 - 2:30	\$65

Evening Classes	Time	Cost
First Aid Training (Mondays)	6:00 - 9:00	\$52
CPR Training (Wednesdays)	6:00 - 9:00	\$60
First Aid and CPR Training (Mon. & Wed.)	6:00 - 9:00	\$65

**2012 Saturday Class Dates:** Jan 7, 28; Feb 4, 25; March 3, 24, 31; April 7, 28; May 5, 19; June 2, 16, 30; July 7, 21, 28; Aug 4, 25; Sept 15, 22, 29; Oct 13, 27; Nov 3, 17; Dec 1, 15, 22

**2012 Evening Class Dates:** Jan 9 & 11, 23 & 25; Feb 13 & 15, 27 & 29; March 5 & 7, 19 & 21; April 2 & 4, 9 & 11, 23 & 25; May 7 & 9, 21 & 23; June 4 & 6, 18 & 20; July 9 & 11, 23 & 25; Aug 6 & 8, 20 & 22; Sept 10 & 12, 24 & 26; Oct 8 & 10, 22 & 24; Nov 5 & 7, 19 & 21, 26 & 28; Dec 3 & 5, 17 & 19

Call 402-896-0454 to register- you could save a life!

CPR - 3 year certificate, FA - 2 year certificate

**Exclusive for you - our site or yours (with minimum 10 people).**

Classes held at National Safety Council, Nebraska, 11620 M Circle, Omaha. **Watch for additional dates and locations near you.**

# Child Passenger

## Keeping Kids Warm & Safe

Cold weather brings new challenges for child passenger safety. While child restraints and seat belts are very effective at protecting children in crashes, anything bulky under the harness straps or behind the child may increase the child's risk of injury in a crash.

During car seat checks, child passenger safety technicians will watch for kids in thick jackets, blankets, bunnies, and snow-suits. Although a child may seem secure all bundled up in the child restraint, these thick layers make it very hard to get the harness tight enough to protect the child in a crash.

For parents and caregivers who want to know, "is this jacket okay to wear in the car seat?" Try this simple test to find out:

1. Put the jacket on the child.
2. Buckle the child into the child restraint.
3. Tighten the harness straps until they pass the pinch test. (See step 7.)
4. Unbuckle, but do not loosen, the harness straps.
5. Remove the jacket from the child.
6. Buckle the child into the child restraints, but do not tighten the harness.
7. Check the harness for proper fit. Can you pinch any excess webbing in the harness? If you can, the jacket allows too much slack and is not a safe option for staying warm in the car seat.

### Tips for Coats in Child Restraints

When cold weather requires coats or heavy clothing, try these options:

1. Wear a coat backwards. Take off the coat at the car, and buckle in the child. After the chest clip is positioned and the harness pulled snug, put the coat on the child backwards (if there is a hood, tuck it down inside), and tuck the edges behind the child's arms. This also makes it easy to remove the coat if the child gets too warm.
2. Zip around the straps. Place the child in the child restraints while he or she is wearing the coat. Open the front of the

coat, pull it out of the way on both sides, and position and buckle the straps and chest clip. Once the harness is tight, zip or snap the coat closed over the harness straps. It will be hard for the child to adjust the coat, so pay attention to how warm he or she gets in the car.

3. Cover with a bathrobe or poncho. A warm bathrobe, wearable blanket (a blanket with sleeves), or poncho (a blanket with a hole for the head) can be used to safely cover a properly restrained child. After the child is buckled in with the chest clip positioned and the harness pulled snug, cover the child and tuck in the sides.
4. Bulky child warmers designed to line the car seat under the child are potentially unsafe and should only be used if allowed by the car seat manufacturer.

### Especially for Babies

It is important for parents and caregivers to know how to safely keep their babies warm in their car seats.

First, buckle the baby into the car seat, position the chest clip, and pull the harness snug. Then, cover the baby's body with a blanket and tuck the edges in behind baby's arms and legs. (This is the closest thing to swaddling that can be done safely in the child restraint.)

Babies can have trouble breathing if there is padding behind their heads. Hats that are thick or too big, bulky clothes, and hoods that are not pulled up on the child's

head are all potential threats to a baby's airway. Hoods should be put on baby's head in such a way that they don't keep the head from lying against the back of the child restraints. Keeping the baby's chin off of his or her chest is the best way to keep the airway clear.

### Resources:

The 2010 National Child Passenger Safety Certification Training Program Student Manual.

Alisa Baer, MD. The Car Seat Lady. Articles in Archive, Jan. 2011. [thecarseatlady.wordpress.com/2011/01/](http://thecarseatlady.wordpress.com/2011/01/)



# Child Passenger Safety

## Life When It's Cold Outside

### Dos & Don'ts



#### DO

- Warm up the car before putting the child in when possible. (Never start a vehicle in a closed garage!)
- Dress the child in a reasonable amount of warm clothing that is well-fitting and no thicker than polar fleece.
- Put a hat or hood, gloves, and socks on the child.
- Put a blanket, jacket, or poncho on the child over the harness straps after the straps are buckled and tightened.

#### DON'T

- Dress the child in snowsuits, buntings, or other bulky clothing.
- Put blankets, buntings, or other warm child restraint liners/ covers behind the child's back or head.
- Let the child wear thick, puffy jackets under the harness straps.
- Use heating pads or other heat sources between the child's body and the child restraints.

# How Thick? Safety on the Ice

*Information from Nebraska Game and Parks Commission*

How much and what kind of ice will safely support ice fishing or other recreation?

The safe load ice will bear is not dependent entirely on its thickness, but there are some reliable rules of thumb. A minimum of three inches of clear, blue lake ice, and preferably four inches, will support a single person, and five inches will hold several people in single file.

Eight inches is needed for safe operation

of a snowmobile. Slush ice is only about half as strong as clear lake ice, so double the minimum thickness figures when encountering such conditions.

Ice weakens with age, and late in the season, when it turns dark and gets “honeycombed,” it’s time to quit for the season. A cold snap sometimes halts the deterioration, but honeycombed ice will never refreeze to its original strength.

Any lake with moving water in it, whether from an inlet canal, springs,

groundwater seeping or an outlet, should be regarded with skepticism. Water movement, no matter how slight, retards freezing, often leaving hard-to-detect thin spots.

In general, be suspicious of any discolored ice. Imbedded materials, such as weeds or logs, also weaken ice, and large objects in or on the ice, such as abandoned duck blinds or ice shanties, can absorb the sun’s heat and weaken ice. Ice near shore may also be weakened by heat from the ground.



## Safe Skating

Ice skating is a fun winter activity, and also a great exercise! The National Safety Council offers these tips to help you and your family enjoy safe skating.

- Wear skates that fit comfortably and provide enough ankle support to keep you on your feet.
- Have the blades professionally sharpened at the beginning of each season.
- Skate only on specially prepared skating areas where you are sure the ice is strong enough to withstand your weight.
- Always check for cracks, holes and other debris.
- Before setting out on your skating expedition, learn basic skating skills, such as how to stop and fall safely.
- Wear warm clothing and rest when you become tired or cold.
- Never skate alone.

## ATV Safety Checklist

- Always wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.
- Never ride on paved roads except to cross when done safely and permitted by law - another vehicle could hit you. ATVs are designed to be operated off-highway.
- Never ride under the influence of alcohol or other drugs.
- Never carry a passenger on a single-rider ATV, and no more than one passenger on an ATV specifically designed for two people.
- Ride an ATV that’s right for your age.
- Supervise riders younger than 16; ATVs are not toys.
- Ride only on designated trails and at a safe speed.
- Take an ATV safety course.



# Community Safety and Wellness Festival Winners



The annual Festival was held at Embassy Suites LaVista in October. This successful and long standing free event is designed to bring families of all ages together to learn about safety and wellness and to interact with local police, fire, rescue and other community service organizations and local businesses.

Joel Neesen (far left) won a bike for his child from the Bike Way and Olivia Horbach (pictured left with sister, Mary Sue) won a AAA Emergency Road Kit for her parent's car. Olivia said, "Maybe I will win a bike at CycleFest in May. We go to that too."

## National Transportation Safety Board Calls for Cell Phone Ban

The National Transportation Safety Board (NTSB) called for the first-ever nationwide ban on driver use of personal electronic devices (PEDs) while operating a motor vehicle.

The safety recommendation specifically calls for the 50 states and the District of Columbia to ban the nonemergency use of portable electronic devices (other than those designed to support the driving task) for all drivers. The safety recommendation also urges use of the NHTSA (National Highway Traffic Safety Administration) model of high-visibility enforcement to support these bans and implementation of targeted communication campaigns to inform motorists of the new law and heightened enforcement.

"According to NHTSA, more than 3,000 people lost their lives last year in distraction-related accidents," said Chairman Deborah A.P. Hersman. "It is time for all of us to stand up for safety by turning off electronic devices when driving."

***"No call, no text, no update, is worth a human life."***

On August 5, 2010, on a section of Interstate 44 in Gray Summit, Missouri, a pickup truck ran into the back of a truck-tractor that had slowed due to an active construction zone. The pickup truck, in turn, was struck from behind by a school bus. That school bus was then hit by a

second school bus that had been following. As a result, two people died and 38 others were injured.

The NTSB's investigation revealed that the pickup driver sent and received 11 text

**The National Safety Council called for a similar ban in January of 2009, seeking to involve law makers, businesses and the public. NSC applauds the actions of the NTSB.**

messages in the 11 minutes preceding the accident. The last text was received moments before the pickup struck the truck-tractor.

The Missouri accident is the most recent distraction accident the NTSB has investigated. However, the first investigation involving distraction from a wireless electronic device occurred in 2002, when a novice driver, distracted by a conversation on her cell phone, veered off the roadway in Largo, Maryland, crossed the median, flipped the car over, and killed five people.

Since then, the NTSB has seen the deadliness of distraction across all modes of transportation.

In 2004, an experienced motorcoach driver, distracted on his hands-free cell phone, failed to move to the center lane and struck the underside of an arched stone bridge on the George Washington Parkway in Alexandria, Virginia. Eleven of the 27 high school students were injured.

In the 2008 collision of a commuter train with a freight train in Chatsworth, California, the commuter train engineer, who had a history of using his cell phone for personal communications while on duty, ran a red signal while texting. That train collided head on with a freight train - killing 25 and injuring dozens.

In 2010, near Munfordville, Kentucky, a truck-tractor in combination with a 53-foot-long trailer, left its lane, crossed the median and collided with a 15-passenger van. The truck driver failed to maintain control of his vehicle because he was distracted by use of his cell-phone. The accident resulted in 11 fatalities.

In the last two decades, there has been exponential growth in the use of cell-phone and personal electronic devices. Globally, there are 5.3 billion mobile phone subscribers or 77 percent of the world population. In the United States, that percentage is even higher - it exceeds 100 percent.

Further, a Virginia Tech Transportation Institute study of commercial drivers found that a safety-critical event is 163 times more likely if a driver is texting, e-mailing, or accessing the Internet.

***"The data is clear; the time to act is now. How many more lives will be lost before we, as a society, change our attitudes about the deadliness of distractions?"*** Hersman said.

# FUN + GAMES

## Now That's Angelic! Did you know?

The record for the most people making snow angels simultaneously is 8,962 at the State Capitol Grounds in Bismarck, North Dakota on February 17 2007 - *Guinness Book of World Records*



## WINTER WORD FIND

Find words of the season and from articles in this issue—hidden horizontal, vertical and diagonal.

H	K	Y	O	R	N	I	T	F
F	I	R	E	P	L	A	C	E
D	J	S	X	C	F	A	B	E
E	A	K	S	A	R	B	E	N
A	H	A	N	N	G	U	H	C
G	M	T	E	D	O	C	Q	T
N	C	I	T	L	B	K	D	A
I	G	N	T	E	J	L	L	O
D	O	G	I	D	N	E	O	C
D	F	Z	M	M	X	U	V	I
E	L	J	E	R	S	P	F	Q
L	X	M	N	P	A	J	Y	G
S	H	D	S	N	O	W	L	A

1. SNOW
2. COAT
3. SKATING
4. SLEDDING
5. CANDLE
6. MITTENS
7. NEBRASKA
8. CAR
9. BUCKLE UP
10. ICE
11. WARM
12. FIREPLACE

Word Find Answer

F	E	E	E	C	A	O	L	Q	G
T	C	B	E	H	Q	D	L	O	V
A	A	S	J	U	C	K	L	E	P
N	L	F	F	G	O	B	J	N	X
O	R	P	C	A	N	D	L	E	D
O	L	X	C	N	E	T	M	E	N
Y	R	S	K	A	T	I	N	G	M
K	I	J	A	H	M	C	G	O	F
H	L	D	E	A	G	N	D	D	E

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