



Fall Safety Tips

Fall safety for kids at home

At home, fall safety for kids hinges on basic precautions. Follow these simple tips:

- **Beware of heights.** Never leave a baby alone on a bed, changing table or piece of furniture. Use the safety strap on highchairs and other infant seats. Don't allow a young child to play alone on a fire escape, high porch or balcony. Safety netting also may help prevent falls.
- **Keep stairs safe.** Make sure stairs have handrails on both sides that go from the top step to the bottom step. Keep stairs clear of clutter and well lit.
- **Install safety gates.** Block a toddler's access to stairs with safety gates. If you're putting a safety gate at the top of a staircase, attach it to the wall.
- **Keep windows locked and screens in place.** A young child may squeeze through a window opened as little as 5 inches (12.7 centimeters). Although all windows that open should have guards or screens, screens aren't strong enough to keep a child inside. Discourage play near windows and patio doors, which could lead to a fall through glass. Don't store or display anything a child could climb near a window.
- **Prevent access to extension cords and ladders.** It's easy to trip on extension cords. Store ladders on their sides in a shed or garage.
- **Address slippery or uneven surfaces.** Use a rubber pad in the bathtub to help prevent slipping and clean kitchen spills quickly. Use foam carpet padding, double-sided tape or a rubber pad under area rugs to keep them from sliding. Fix chipped or broken steps and walkways as soon as possible.
- **Avoid baby walkers.** A young child may trip over a baby walker, fall out of the walker or fall down the stairs while using a walker.
- **Use night lights.** Consider using them in your child's bedroom, the bathroom and hallways to prevent falls at night.

Despite your best attempts to promote child safety at home, falls are still possible. To reduce the risk of injury, cover sharp furniture and fireplace corners with corner or edge bumpers.

For more information about safety call 1-800-994-GROW(4769) or visit www.safekids.org.

Inside this Issue:

Message from the Coordinator	2
Victoria's Connection Section	2
Fall Season Safety Tips	2
Texting & Teens	3
New Faces	4
Lifesavers	4
In the Spotlight	5
Coalitions and Partners	6

MESSAGE FROM THE COORDINATOR



Each of our children are important but this month specifically our teens!

October is not only a month for tricks and treats, it is also a time to talk to young drivers about behind-the-wheel safety. According to the Center for Disease Control and Prevention, motor vehicle crashes are the leading cause of death for U.S. teens. Approximately 2,700 teens in the United States aged 16 to 19 were killed and nearly 282,000 were treated and released from emergency departments for injuries sustained in motor-vehicle crashes in 2010. Safe Kids Wyoming strongly encourages parents and other trusted adults, in conjunction with their young drivers, to participate in **National Teen Driver Safety Week, October 20-26**. It is important for parents to set a good example and to make sure not to add to the temptation by calling, texting or emailing when their teen might be on the road.

Stephanie

If you or someone you know would like to be a part of this worthwhile effort, please contact the Cheyenne office at:
307-633-7525 or
stephanie.heitsch@crmcwy.org

Victoria's Connection Section



Check out these websites for more great information:

<http://www.safekidswyoming.org/>

This was a great tip shared by someone who visited our website .

Insure your Home- Fire Safety Basics

<http://www.kanetix.ca/insure-your-home-fire-safety-basics>

<http://www.safekids.org/>

Fall Season Safety Tips

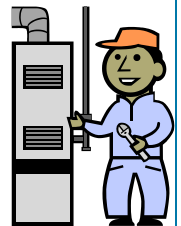
As the air turns cooler and leaves drop from the trees, it's important to keep a few important fall safety tips in mind. With proper precautions and safety awareness, your family can enjoy that crisp autumn whether while avoiding some of the dangers that come with the season.

Fire Safety Tips for Fall

When the weather turns cold most people spend more time inside their homes using fireplaces, furnaces, and heaters to keep warm. There's nothing quite as cozy as a fire, but it presents some safety hazards. Keep these tips in mind.

Service Your Furnace

Before the cold autumn and winter weather sets in, be sure to call your heating and cooling company to service your furnace. A specialist should inspect the furnace to make sure everything is in working order and that there are no leaks.



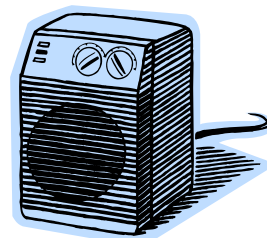
Use Fireplaces Safely



Keep that fire in its proper place by using a fireplace screen to keep sparks from flying out of the fireplace. Never leave a burning fire unattended, and make sure a fire in a fireplace is completely out before going to bed.

Use Caution with Space Heaters

A space heater can be an effective way to warm up a chilly room, but it's essential that you read the instructions on the unit before you use it. If your space heater requires venting, make sure you have vented it to the outdoors. Never use your stove or oven to heat your home; only use space heaters that are approved for this purpose. Always allow at least three feet of empty area around space heaters.





Texting & Teens: What's the big deal?

Texting and moving

What's the Big Deal?

The problem is multitasking. No matter how young and agile we are, the human brain just isn't capable of doing several things at once and giving full attention to all of them. So you can get into some major danger if you try to text in situations that require your full focus.

When you text you're thinking about what to say, concentrating on what your thumbs are doing, and reading constantly incoming messages rather than paying attention to what you're doing or where you're going. And that significantly ups your risk of getting hurt or injuring others.

It doesn't matter if you can text without looking at the keypad. Even if texting feels like second nature, your brain is still trying to do two things at once — and one of them is bound to get less attention.

5 Ways to Get Drivers to Stop Texting

More and more passengers are speaking up about texting and driving. If a texting driver is making you nervous but you're not sure how to bring the topic up, here are some ideas:

1. **The direct approach.**

Say, "I'm sorry, but I get really nervous when people text and drive." Wait to see how the person responds. Most people will admit it's probably not a good idea or they'll at least put down the phone.

2. **The subtle approach.** If you don't feel comfortable telling a driver to quit texting outright, try hinting: "Would you like me to type for you since you're driving?" Or, since more states are handing out tickets for texting and driving, you could say, "I've seen a lot of cops out today, you might not want to text right now." Or point out things the driver has missed seeing (or narrowly missed hitting). As in, "Did you see that dog/kid/overturned bank truck?" If you know the person your driver is texting, ask the driver to hand over the phone so you can say something. Then send a message that says, "Driving, talk to you later." If your



driver teases you about being nervous, it's the perfect opener to say, "Yeah, texting and driving freaks me out. You never know if the person in front or behind is doing it too."

3. **The "Wow, look at that bad driver!" approach.** Point out drivers who wander into the next lane, drive 45 on the highway, run a stop sign, or stop at a green light. Then make guesses about who they're texting. Or make up a variation on the punch buggy game, awarding points each time you see a driver who seems to be texting (this has the added benefit of forcing your own driver to focus on the surroundings, not the screen).

4. **The group approach.** If your whole group thinks a driver is a hazard, make a plan together. Take away the driver's car keys: It's what you're supposed to do with drunk drivers, and studies show that texting drivers are even more dangerous. Or agree not to ride with that person. If several people boycott a driver, he or she will get the message.

5. **The life-saving approach.** If someone continues to text and drive or mocks you for worrying about it, avoid riding with that person. Let texting drivers know you're cutting them off (if you feel comfortable doing so) — a little shame makes people think twice about bad habits. Or say something like, "My dad told me I can't ride with you because he says you text and drive." Speaking of parents: As we all know, it's not just young drivers who text. If you're stuck in a car with an adult who is texting (or tweeting or emailing) behind the wheel, be direct and tell them to stop. Most adults know that parents are constantly telling kids not to text and drive, so they should feel embarrassed enough to put down the phone.

If a driver absolutely won't stop texting or laughs at you for being nervous, don't argue. The last thing anyone needs is a road-raging, texting driver. Get out the car as soon as you can. Next time that driver offers to give you a ride, say, "no, thanks."

For more information you can on teen texting please see the sites below:

Teen Safety Site= <http://kidshealth.org/teen/safety/>

<http://kidshealth.org/teen/safety/safebasics/texting.html#cat20019>

http://kidshealth.org/teen/your_mind/problems/no_texting.html?tracking=T_RelatedArticle#cat20019

New Faces

Safe Kids Wyoming would like to introduce Joe Mathews the new Coordinator in Albany County. He has been a Laramie Firefighter for 3 years. As Laramie Firefighters they provide EMS transport for all of Albany County; approximately 4400 square miles. With I-80 running through their area they see a lot of Motor Vehicle Accidents. One advantage to living in a small community is that when we respond to a MVA we feel a definite reward when we respond to a crash and we see a Car Seat your team installed and the child is safe.

I enjoy motorcycle racing, mountain biking, rock crawling, and (of course) firefighting. I recently started the transition to the Safe Kids Albany County Coordinator and I have some big shoes to fill. I look forward to expanding our services to the bike helmet program and a Fire Fit Kids program in the future. Thanks for all the support!

New to Leadership Team

New to the Leadership Team is Jim Harper with the Cheyenne Police Department. He focuses on providing gun safety to people of all ages but is trying to get the word out to the schools so children will think about safety when they find a gun or come across one in their home or someone else's home. We gladly welcome Jim with his insight and enthusiasm.

Upcoming Safety Observations

October 6-12: Fire Prevention Week

<http://www.sparky.org/parentpage/fpwkids.htm>

November 18-24: National Teens Don't Text & Drive Week

<http://www.textinganddrivingsafety.com>

December: Safe Toys & Gift Month

<http://www.cpsc.gov/en/Safety-Education/Safety-Guides/Toys/>



Want to become or stay a CPST?

Certification, Renewal and Update courses happen regularly around the state. If you are interested in attending, please contact:

Stephanie at

(307) 633-7525 or

stephanie.hetisch@crmcwy.org.

Or visit safekidswyoming.org.

Upcoming classes

January 6 in Casper (Update)

January 6 in Casper (Renewal)

Casper January 7-10 (Full Certification Class)

Renewal classes are for technicians with their certification expired. Update classes are for currently certified technicians.



April 27-29, 2014

Gaylord Opryland

Nashville, TN

What is Lifesavers? Celebrating 32 Years of Delivering Solutions to Today's Critical Highway Safety Problems

Lifesavers is the premier national highway safety meeting in the United States dedicated to reducing the tragic toll of deaths and injuries on our nation's roadways. Drawing over 1,700 participants in 2013, Lifesavers continues to be the essential conference since its start in the early 1980s. Each year, the Lifesavers Conference provides a forum that delivers relevant and timely common-sense solutions to today's critical highway safety problems.

Lifesavers is a non-profit organization with no single sponsor and relies on the involvement of diverse private and public groups who share the common goal of improving highway safety.

In the Spotlight:

Converse County

Safe Kids Converse County was in the paper on September 25 after their Boost 'til 9 event that occurred on September 18. This is the picture that went with the article that gave the importance of using child safety seats. The coordinator for Converse County is April Klava who gave a great interview and pointed out the change in the recommendation that a child under the age of 2 should remain rear facing. She also pointed out that in Wyoming it is the law to keep children in the a proper fitting child safety seat until the age of 9.



Isbaella Wagner and Brody Wagner are strapped in their new car seats at Safe Kids Days Boost 'til 9 on Sept. 18. The Memorial Hospital of Converse County-sponsored event was designed to promote child safety and awareness.

In the Spotlight:

Johnson County

On September 30, 2013 from 6:15pm-7:15pm Tech Ann Jarvis was a guest speaker at the Absaroka Headstart Parent meeting. Tech Jarvis presented the important points of using a car seat correctly for the height and weight of the children in Headstart. Tech Jarvis explained what Johnson County Safe Kids can do for the parents of the HeadStart children-emphasizing the use of the different car/booster seats. She also reviewed the points of when and how to use different boosters. The Safe Kids banner was displayed and 3 different type of car seats were displayed and reviewed. The plastic bags labeled No Excuses-Buckle Up from WYDOT were filled with the following items and distributed to the parents who attended along with some packets were left for parents who could not attend. The packets included a coloring book-Buckle Up For Safety, Wyoming Child Restraint Guide/Hints For Booster Seat Use, Child Passenger Safety-Kids Can Live with It from Safe Kids Worldwide, and a 2014 magnetic calendar from Public Health. Each parent received a coupon for a Free Car Seat Check-up and new car seat if needed at the local Public Health Office. The sign in list showed 7 parents and 3 Head start staff attended. Thanks for your support Nurse Jarvis.

In the Spotlight:

Boost 'til 9

This year CPS week was another great success. The state office would like to point out that we had 14 events across the state. There were 106 seats checked and 68 seats distributed. We had two events each in Converse County and Fremont County. Each of the following counties held one event: Hot Springs County, Park County, Sheridan County, Laramie County, Natrona County, Campbell County, Uinta County, and Big Horn County. This year, joining in the fun, was Safe Communities Region 1 participant Prevention Management in Rawlins. All of the 44 car seat technicians and numerous volunteers were a large reason for the wonderful success of Boost 'til 9.





Safe Kids Wyoming
214 East 23rd Street
Cheyenne, WY 82001

NO. 38
Fall 2013

Wyoming Department of Health
Cheyenne Regional Medical Center

Remember Safety First!



Safe Kids Wyoming would like to send out the future newsletters by e-mail to as many individuals as possible. Please send your email address to Victoria.ingerle@crmcwy.org, so that we may update the list.

SAFE KIDS WY LEADERSHIP TEAM

Brad Carroll	Chair
Fire Prevention & Electrical Safety	
Duane Ellis	Vice-chair
Wyoming Highway Patrol	
Stephanie Heitsch	Coordinator
Cheyenne Regional Medical Center - Injury Prevention	
Members:	
Victoria Ingerle	Cheyenne Regional Medical Center - Injury Prevention
Sara Janes	Safe Routes to School -Wyoming Department of Transportation
Tamara Pacht	State Farm Insurance
Charla Ricciardi	Wyoming Department of Health
Diana Shannon	Campbell County Memorial Hospital
Anna Thompson	Highway Safety - Wyoming Department of Transportation
Susan Wilson	Cheyenne Regional Medical Center - Trauma Coordinator
April Klava	Memorial Hospital of Converse County
Lillian Brazelton	Park County Public Health
Jim Harper	Cheyenne Police Department

SAFE KIDS WYOMING COALITIONS AND PARTNERS

State Office

Cheyenne Regional Medical Center
Stephanie Heitsch (307) 633-7525

Coalitions

Albany County - Laramie Fire Department
Joe Mathews (307) 721-5332

Big Horn Basin
Big Horn County Healthier Families
Linda Boyce (307) 568-3500
Hot Springs County Public Health
Deb Gerharter (307) 864-3311

Converse County-Memorial Hospital
April Klava (307) 358-3947

Campbell County-Memorial Hospital
Diana Shannon (307) 688-SAFE (7233)

Fremont County-Injury Prevention Resources
Noel Cooper (307) 856-2821

Laramie County-Cheyenne Regional Medical Center
Victoria Ingerle (307) 432-2679

Safe Kids Central Wyoming (Natrona County)
Pam Evert (307) 577-2535

Park County-Park County Public Health
Lillian Brazelton (307) 527-8576

Sheridan County-Wellness Council
Danielle Bowers (307) 752-8009

Partners

Johnson County- Johnson County Public Health
Robin King (307) 684-2564

Lincoln County-South Lincoln Medical Center
Amanda Christensen (307) 877-4401

Platte County-Platte County Sheriff's Office
Samantha Twiford (307) 322-1345

Sweetwater County- Sweetwater Co. Fire District #1
Jacob Ribordy (307) 362-9390

Teton County- Jackson Hole Fire/EMS
Kathy Clay (307) 732-8506

Uinta County-Evanston Police Dept.
Sylvia Moore (307) 783-6402