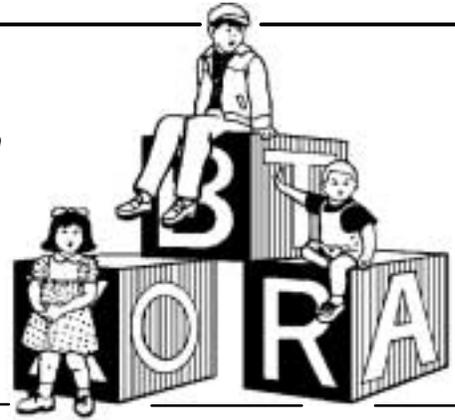


Building Blocks to Safety

A newsletter for prevention of childhood injuries.



North Dakota Department of Health

Spring 2002

Division of Maternal and Child Health

Bicycle-Related Injuries

The Problem: According to the Centers for Disease Control and Prevention, more than 500,000 people are nonfatally injured while riding bicycles each year in the United States.

- In 1999, 750 bicyclists died in crashes. More than one-fourth were children ages 5 to 15.
- More than 95 percent of bicyclists killed were not wearing helmets.
- An estimated 140,000 children are treated each year in emergency departments for head injuries sustained while bicycling.



The U.S. Consumer Product Safety Commission (CPSC) offers the following safety tips when shopping for a new bike or taking care of an old one:

Selecting a Bicycle

- Choose a bicycle to fit the child's size today, not one he or she will "grow into" later.
- Select a bicycle that suits the rider's ability and type of riding.
- Check hand and foot brakes for fast, easy stops without instability or jamming.
- Avoid slippery plastic pedals. Look instead for rubber-treated pedals or metal pedals with serrated edges or with firmly attached toe clips.

Using the Bicycle

- Always wear a helmet to help prevent head injuries. CPSC has set a mandatory standard for bike helmets. Buy only CPSC-certified helmets.
- Observe all traffic laws and signals, just as automobiles must do.
- Don't ride double or attempt stunts.
- Ride near the curb in the same direction as traffic.

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Mark Your Calendar!

The North Dakota Department of Health and the North Dakota Department of Transportation will sponsor an injury prevention and traffic safety conference Nov. 4 through 6, 2002, at the Doublewood Inn, Bismarck, N.D.

Bicycle-Related Injuries continued

- Find alternate routes, rather than ride through busy intersections and heavy or high-speed traffic.
 - Walk — don't ride — your bicycle across busy intersections and left-turn corners.
 - Avoid riding in wet weather. When wet, hand-brakes may require a long distance to stop.
 - Avoid riding in the dark. If you do, be sure the bike is equipped with a headlight, a taillight and reflectors. Apply retro-reflective trim to clothing, or wear reflective vests and jackets.
 - Avoid loose clothing or long coats that can catch in pedals or wheels. Leg clips or bands keep pants legs from tangling in the chain.
 - Avoid crossing raised sewer grates.
- Maintaining the Bicycle**
- Refer to the owner's manual for the manufacturer's maintenance recommendations. An experienced repair technician should do complicated work. Regular maintenance is essential for safe riding.
 - Align wobbly wheels for better control. Spokes also may need adjustment.
 - Replace all missing, damaged or worn parts; for example, brake pads, chain guards, chain links, spokes, screws and bolts, and handlebar grips.
 - Tighten and/or adjust loose parts.
 - Periodically inspect frame, fork, spindles and other components for cracking.
 - Parts should be adjusted to manufacturer's torque specifications.
 - Inflate tires to recommended pressure and replace worn tires.
 - Lightly oil and clean moving parts. Keep oil off rubber.
 - Keep bicycle indoors when not in use — moisture may cause rust and weaken metal parts.

Children's Computer Mouse Recalled

The CPSC and KB Gear are recalling about 49,000 computer mouse sets for children. The mouse ball can separate from the mouse and pose a choking hazard to young children.



The Cozy Coupe Computer Mouse was distributed by KB Gear under license from Little Tikes Co. The mouse is shaped like a toy car with a red body and yellow roof. A sticker shaped like a license plate on the back of the car says "Cool Car."

The mouse was sold separately and with two software packages: Junior Net and Jump*Start Pre-school. Toy, electronics and discount stores and

Internet retailers nationwide sold these computer mouse sets from September 1999 to August 2001.

Consumers should take the computer mouse sets away from children immediately and contact Little Tikes at www.littletikes.com or at 800.321.0183 to obtain a \$10 coupon towards a Little Tikes product.

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This newsletter can be accessed at
www.health.state.nd.us/ndhd/pubs/index.htm#Building Blocks



Kitchen Booster Seats Recalled

CPSC and Safety 1st are recalling 1.5 million fold-up booster seats. The top half of the seat inserts can separate, and a child can fall from the chair and be injured.



Only Safety 1st fold-up boosters with model numbers 173, 173A and 173B are included in this recall. The model number is located on the back of the booster seat, inside the left arm panel. The booster seat is made of blue plastic with green and red arms and includes a yellow feeding tray.

Major toy, hardware and department stores nationwide sold these seats from January 1994 through August 1999. Consumers should stop using these seats immediately and contact Safety 1st at 888.579.1730 to receive a free repair kit with instructions.

Children's Clothing Recalled

CPSC and Kid Cool LLC are voluntarily recalling about 5,100 Baby Cool and Kid Cool girls' jackets and sleeveless vests. The zipper pull and metal ring on these can detach, posing a choking hazard to young children.

The garments are 100 percent polyester polar fleece and are pink or violet in color. Both were sold in infant sizes 9 through 24 months and toddler sizes 2T through 4T. The garments have a zipper front with a rubber zipper pull attached by a metal ring. Sears department stores nationwide exclusively sold these garments from September 2001 through October 2001.

Consumers should remove the zipper pull and the metal ring from these garments immediately and dispose of them. Consumers can return the garment to any Sears store to receive a replacement garment. For more information, contact Kid Cool LLC at 800.315.2376 ext. 183.

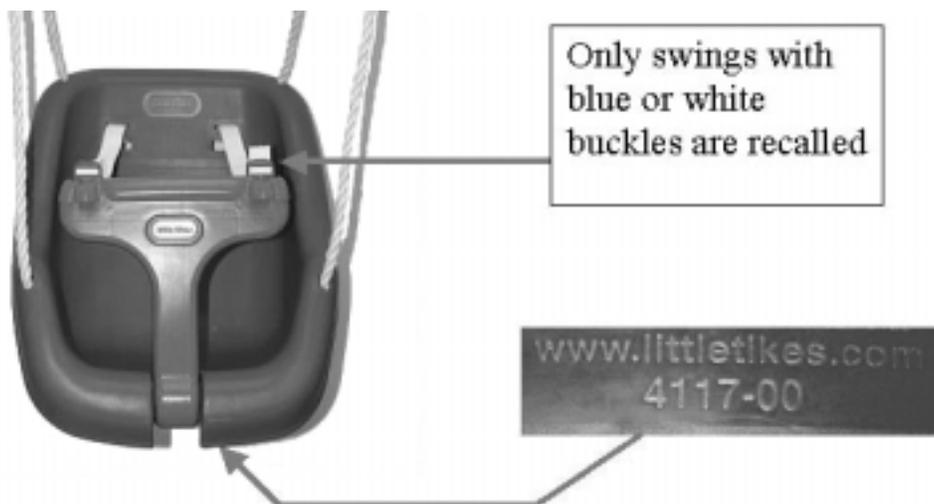
Swings Recalled

CPSC and Little Tikes are recalling about 250,000 2-in-1 Snug 'n Secure swings. The buckles on the swings can break and the shoulder restraint straps can pull out of the back of the seats, causing young children to fall.

The swing is made of molded plastic and has a blue seat with a red T-shaped restraint front. The model number 4117-00 is molded underneath the seat, and the "Little Tikes" logo is written on the T-shaped

restraint bar on the front of the swing. The swing is suspended with four yellow ropes. Swings with blue or white buckles only are included in this recall.

Juvenile product and toy stores nationwide sold the swings from December 2000 through September 2001. Consumers should stop using the swings immediately and contact Little Tikes at 800.815.4820 to receive a repair kit.



Rattles Recalled

Sassy and CPSC are recalling about 455,000 soft rattles. The sewn-on, spherical-shaped fabric eyes on the rattles can detach, posing a choking hazard to small children.

Rattles included in the recall are Lily Pad Rattle, Bitty Kitty Rattle, This Little Piggy Rattle, Goo Goo Goldfish Rattle and Crinkly Crown Dragon Rattle. A caretag attached to the head of each rattle reads in part “Sassy” and “1999 Made in China.”



Toy and mass merchandise stores nationwide sold these rattles from August 1999 through October 2001. Consumers should take these toys away from young children immediately and call 800.781.1080 for information about how to receive a free replacement toy.

Cosco Playpens Recalled

Dorel and CPSC are recalling about 102,000 Cosco Zip n Go, Okie Dokie and Carters playpens. The plastic tabs on the playpen that lock the rails into the corners can break or loosen over time, allowing the rails to turn inward, collapse and entrap an infant. In June 2001, an 11-month old baby died when his chest was caught in the V-shape created by the collapsed sides of his playpen.

The 28-inch by 40-inch playpens have four mesh sides on a folding metal frame. The padded floor-board forms a carrying case for the playpen.

Department, toy and juvenile specialty stores nationwide sold the Zip n Go and Carters playpens. J.C. Penney stores nationwide exclusively sold the Okie Dokie brand playpens. The playpens were sold from May 1995 through December 1999. Consumers should stop using these playpens immediately and call Dorel Juvenile Group to receive a refund or replacement product at 800.314.9327.

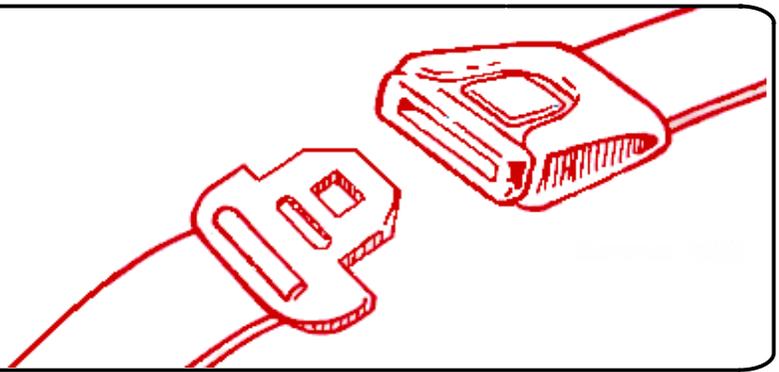


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The Buckle Update



Editor's Note: Beginning with this edition, the *Building Blocks to Safety* newsletter will be expanded to include a section about occupant protection issues. "The Buckle Update" section will provide current information about technical issues relating to the use of child restraints, seat belts and air bags, as well as state and national educational projects and legislative topics.

North Dakota Occupant Protection Laws Clarified

North Dakota has two laws that regulate the use of seat belts and child restraints by motor vehicle occupants. The laws can be confusing to motorists who are trying to ride safely and avoid getting a citation.

The state's child passenger safety law (NDCC 39-21-41.2) requires the use of child restraints by children younger than 4. The law also requires children ages 4 through 17 to ride in child restraints or seat belts. Child restraints and seat belts must be used correctly, according to the manufacturer's instructions. This law applies to all seating positions — front and back. The penalty for noncompliance is one point against the license of the driver. The law has "primary" or standard enforcement, meaning a peace officer may cite any driver who transports an unrestrained child younger than 18.

ND Century Code 39-21-41.4 requires the use of seat belts by front seat occupants age 18 and older. This law applies to vehicles designed for carrying

fewer than 11 passengers and that were originally manufactured with safety belts. Exemptions include drivers of implements of husbandry; operators of farm vehicles; rural mail carriers while on duty; or occupants with medical or physically disabling conditions (as prescribed by a physician). This law has a "secondary" enforcement clause, meaning an officer may not issue a citation unless the driver was stopped for another violation. The penalty for noncompliance is a fee not to exceed \$20.



Air Bag Deaths Declining

Nationally, child deaths due to air bag deployment dropped 90.3 percent from 1996 to 2000, according to the latest report from the National Highway Traffic Safety Administration (NHTSA). In 1996, 26 children died. Deaths rose to 34 in 1998, when the number of vehicles with passenger side air bags rose to nearly 50 million.



By 2000, child deaths had dropped to nine, despite 80 million vehicles with passenger air bags in use. Virtually all who died from air bag injuries were unrestrained or improperly restrained at the time of the crash.

NHTSA recommends that all children younger than 13 ride in the back seat. An infant in a rear-facing car safety seat should **never** be placed in front of an air bag.

2002 Child Passenger Safety Courses Scheduled

The North Dakota Department of Health has scheduled three 32-hour child passenger safety courses that allow participants to become certified as child passenger safety technicians. The dates and locations are:

May 14–17, 2002	Bismarck
June 18–21, 2002	Grand Forks
September 17–20, 2002	Minot

With 90 percent of car safety seats being used incorrectly, the course is vital for individuals who work with families of young children. Participants will learn the basics of child restraints and their proper installation in vehicles. They will learn “best practice” advice to share with families about safe transportation for their infants, toddlers and young children.

Target audiences for the course include health care providers, Safe Communities programs staff, child care providers, law enforcement officers, emergency medical personnel, automobile dealership personnel, Head Start program staff and others interested in safe transportation of children.

The registration fee is \$45, which includes a \$20 certification fee for participants who successfully complete all testing requirements to be certified as technicians.

For more information, contact Carol Holzer or Dawn Mayer, North Dakota Department of Health, at 1.800.472.2286 (press 1).

NHTSA Revises Booster Seat Recommendations

The National Highway Traffic Safety Administration (NHTSA) has revised its recommendations about when to use booster seats for young children. The revised recommendation is: “When your child outgrows his or her safety seat, use a booster seat until your child is at least eight years old or over 4-feet 9-inches tall. Seat belts alone are made for adults. A booster seat raises a child up so the seat belt fits, preventing the child from being thrown from the car in a crash.”

According to NHTSA, the recommendation replaces several guidelines currently in use with a single, clear, consistent message. Eight years of age is considered to be the minimum age at which children begin to attain stature to properly fit adult seat belt systems. Because of variations in both vehicle seat belt configurations and children, recommendations that rely only on weight or height can leave gaps in coverage.

Finding the Right Seat

How to Buckle Up a Child

Younger than 1 and less than 20 lbs.	Rear-facing infant seat
Older than 1 and between 20 lbs. and 40 lbs.	Forward-facing child safety seat
Approximately age 4 to at least age 8 or under 4-feet 9-inches tall.	Booster seat
At least age 8 or more than 4-feet 9-inches tall.	Seat belt

