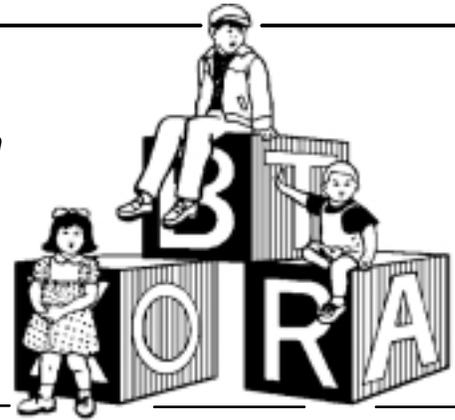


# Building Blocks to Safety

*A newsletter for prevention of childhood injuries.*



North Dakota Department of Health

Winter 2000

Division of Maternal and Child Health

## WINTER TIME QUIZ

- In cold, wet, windy weather, a good choice for outer clothing would be:
  - Goose-down insulation
  - Wool
  - Synthetic fleece
- Frostbite is most similar to:
  - A bruise
  - A burn
  - A scrape
- Dehydration is a common physical problem in cold weather.
  - True
  - False
- First aid for frostbite includes vigorously rubbing affected areas:
  - True
  - False
- In extremely cold weather, one of the most important items is a:
  - Pair of gloves
  - Coat
  - Hat



### Quiz Answers

- B. Wool.** Goose down loses its loft and warmth when wet, and most synthetic fleeces offer poor wind resistance. Down can be covered with waterproof materials, and fleece can be backed with a wind-proof liner — but natural wool retains warmth when wet and, if close-woven, offers good wind resistance.
- B. Burn.** Frostbite and burns are very similar, including the degrees to which they occur. Treatment is also similar, except that gradual, never sudden warming is essential for the frostbite-affected area.
- True.** In cold weather, people tend not to feel thirsty and dehydration can be a severe problem — just as severe as in extreme heat and just as dangerous. Concentrate on drinking plenty of fluids whether you feel thirsty or not. Eating snow is only a partial answer, for it takes surprising quantities of snow to offer significant amounts of water.
- False.** Frostbite is freezing of the affected area. While rubbing may bring back circulation to chilled hands, feet or face before frostbite actually sets in, it will only cause more tissue damage if actual frostbite has occurred.
- C. Hat.** A tremendous amount of heat loss takes place from the head and neck. A well-insulated hat goes a long way toward keeping the whole body warm. A smart trick is a muffler or even a bandanna tied around the neck.

# COLD INJURIES

Frostbite develops when skin tissues and blood vessels are damaged by being in temperatures below 32 degrees Fahrenheit. Areas of the body most likely to suffer frostbite include the nose, ears, cheeks, fingers and toes.

The three stages of frostbite are:

- \* Frostnip
- \* Superficial frostbite
- \* Deep frostbite

Frostnip results in a pins-and-needles feeling, and the skin turns unusually white and soft. No blisters appear and there is no permanent tissue damage. Frostnip can be treated at home by blowing warm air on the frost-nipped area or soaking it in warm water.

Superficial frostbite causes the skin to feel waxy, frozen and numb, and it could possibly blister. The skin freezes and ice crystals form inside the skin cells, but the tissue underneath remains flexible.

When frostbite happens, prompt medical attention is needed to prevent infection and possible loss of a limb. The person should go to the nearest doctor or emergency clinic for treatment. If medical care is not available, re-warming the injured area should begin right away by following these steps:

- \* Return indoors immediately.
- \* Once inside, warm the skin by applying warm towels or placing the area in lukewarm water for 20 minutes. Do not use hot water, as it will burn the skin.

- \* If warm water is not available, cover the area with a warm hand or warm object. However, do not use dry heat, such as a heating pad, to re-warm a frostbitten area, and do not rub the area with snow or your hands or try to pop the blisters. Do not hold the area next to a fire because the frostbitten area has lost the ability to feel and the flesh may be burned.

- \* Drink a hot beverage like coffee or tea, but never add alcohol.

- \* Keep the frostbitten area raised.

To prevent frostbite, use caution in extreme cold weather and keep in mind the following tips:

- \* Bundle up, wearing a hat or scarf and mittens.

Goose down or natural materials such as cotton or wool are the best insulators.

- \* Keep dry. Wet clothing is 20 times less warm than dry clothing.

- \* If you know that you are going to be out in the cold for any length of time, always carry extra clothing with you.

- \* Keep a handkerchief on hand to wipe away moisture, which can steal body heat.

- \* Wear a waterproof moisturizer to insulate exposed areas of the skin.

- \* Don't take a hot bath before participating in heavy outdoor exercise.

- \* Pay attention to the warning signs of frostbite so you can prevent it or treat it promptly.

## CPSE Votes to Develop Safety Standards for Portable Bed Rails

The United States Consumer Product Safety Commission (CPSC) voted unanimously in September to develop mandatory safety standards for portable bed rails. The CPSC will publish rules to require that bed rails not present entrapment and strangulation hazards to young children. Portable bed rails are intended for use on adult beds to help prevent children from falling out of bed.

Since 1990, CPSC has learned of 14 deaths to children, most of whom were younger than 2, who became entrapped in a space between the bed rail and the mattress. CPSC also is aware of 40 "near-miss" incidents. Although most manufacturers label their bed rails for children ages 2 through 5, and while the CPSC warns against placing young children to sleep on adult beds, parents sometimes put children younger than 2 on beds when a crib is not available. If the bed rail is pushed out from the mattress, a young child can fall into the space and suffocate or strangle.

CPSC staff believes a change in the design of portable bed rails could eliminate the danger. CPSC will need to take more steps before a standard becomes final.

*Building Blocks to Safety* is published quarterly by the Injury Prevention Program, Division of Maternal and Child Health.



North Dakota  
Department of Health

600 E. Boulevard Ave., Dept 301  
Bismarck, N.D. 58505-0200  
1.800.472.2286

Murray G. Sagsveen  
State Health Officer

Darleen Bartz  
Preventive Health Section Chief

Sandy Anseth  
Division of MCH Director

Dawn Mayer  
Editor



# Kmart Recalls Children's Swim Masks

Kmart Corporation is recalling about 86,000 "Splash Club" swim masks for children. The mask's glass lens can break into sharp pieces, causing lacerations to a child's face, eyes or hands.

The Splash Club aquatic child's swim mask is made of purple, aqua or lime-green plastic. It has a clear glass lens and an adjustable head strap.



"Tempered Splash Club Glass" is written on the mask. The mask was made in China and the following UPC code is on the package: 072000 72970 0. Kmart stores nationwide sold the masks from February 2000 to July 2000.

Consumers should stop using the masks immediately and return them to the nearest Kmart Store for a refund. For more information, consumers should call Kmart at 800.63KMART.

# LeCradle Bassinets Recalled

Kids Line is recalling for repair about 46,000 Le Cradle bassinets. Infants can become entrapped in an opening between the bassinet's side and mattress platform and suffocate. Additionally, fabric can separate from the metal frame. Infants can be injured when they scrape against or become caught in the frame. Kids Line has received one report of a 3-month old boy who died when he suffocated after becoming trapped between the bassinet's side and mattress platform.

The bassinet has a white metal base with wheels and a removable canopy. The oval bassinet itself is made up of a metal wire frame and a wooden baseboard that rests on the metal base. A sticker on the mattress platform gives instructions for use of the bassinet and says "Le Cradle, Kids Line, Los Angeles, California." Children's products stores nationwide sold the bassinets from January 1989 through May 2000.

Consumers should stop using the bassinets immediately and contact Kids Line. Kids Line is offering a free in-home repair kit, designed to secure the fabric around the bassinet to prevent entrapments and exposure to the metal frame. For a free in-home repair kit, consumers should call 866.532.7235 (toll free).

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# Fisher-Price Recalls Swings

Fisher-Price is recalling about 2.5 million Lift & Lock Swings. The Lift & Lock Swing is an outdoor swing for children ages 9 months to 3 years. The swing has a plastic "T"-shaped restraint shield to hold a child in the seat. Children can get out of the restraints and fall out of the swings, resulting in serious injuries.

Fisher-Price has received 110 reports of children falling out of the swings and 38 children suffering injuries.

Lift & Lock Swings have red or purple plastic seats, yellow "T"-shaped restraint shields and blue ropes. "Fisher-Price" is written on the front of the restraint shield. The swings have model numbers 2092, 75960, 75970, 75973 or 75980 molded into the back part of the seat.

Consumers should stop using the swings immediately. Fisher-Price will provide a free repair kit with a supplemental waist and crotch restraint belt. For a free repair kit, call Fisher-Price at 800.343.1502.



# Hop, Skip, Jumpers Recalled

Fisher-Price is recalling about 882,000 Hop, Skip, Jumper seats. The Hop, Skip, Jumper is an activity seat for babies to sit in while suspended from a doorway. A spring is attached to a suspension strap, allowing a baby to use his or her feet to bounce up and down while being supported by the seat. The spring that suspends the jumper seat from the doorway can break. Babies can fall to the ground and suffer serious injuries. Twenty babies have been injured.

Model numbers 9144 and 9146 are being recalled. The model number is molded into the underside of the plastic tray attached to the soft seat. The jumper is red and blue, or all blue, with a bright yellow propeller decoration on the front of the seat. The jumpers were sold by mass merchandise, juvenile products and discount stores from January 1987 through January 1994.

Consumers should stop using the jumpers immediately. For a free repair kit, call Fisher-Price at 888.821.0077.



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