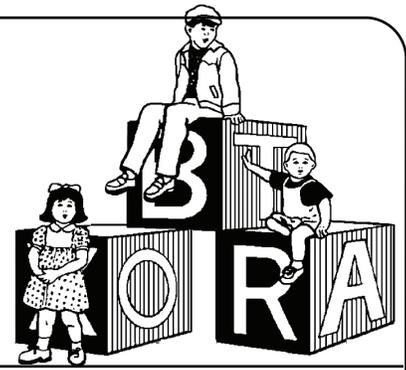


Building Blocks to Safety

*A newsletter for prevention of
childhood injuries*



 North Dakota Department of Health

Winter 2005

Division of Injury Prevention and Control

Injury Prevention Advocate Retires

After 34 years of service and dedication to the North Dakota Department of Health, Carol Meidinger, a.k.a. “the car seat lady,” has announced her retirement for December 2005.

Carol is mainly recognized for her energy and passion towards child passenger safety (CPS). She has been an advocate for child passenger safety since 1978. Carol’s love affair with child passenger safety began when Dr. Robert Wentz, then director of the Division of Maternal and Child Health, introduced her to the Child Safe Project. Since 1978, North Dakota has benefited greatly from Carol’s energy. Carol has been the leader for many passenger safety initiatives taken up during legislative sessions. She was active with passing the seat belt law and is the author of North Dakota’s child passenger safety law.

Carol’s passions do not stop at child passenger safety. She is an advocate for all injury prevention and believes in promoting the concept that injuries are simply not accidents. Carol has been involved with many different “missions” with her job. To name a few, she has coordinated the adolescent suicide prevention task force, served as the North Dakota commissioner for the U.S. Consumer Product Safety Commission, assisted with poison control efforts in North Dakota, coordinated child passenger safety activities in North Dakota and more.



During her career, Carol has earned many awards for her accomplishments, including a Public Service Award from the National Highway Traffic Safety Administration, the Peter O’Rourke Special Achievement Award from the National Governor’s Highway Safety Association, and the Healthy Mothers, Healthy Babies Coalition Achievement Award. In 2005, she was selected for the North Dakota Traffic Safety Hall of Fame. In December 2005, Carol was recognized by the American Public Health Association with a Public Health Practice Award for North Dakota’s Adolescent Suicide Prevention Project.

Carol will be greatly missed. She is so deserving of a happy retirement. Please help us congratulate Carol on her retirement.

Dawn Mayer
Health Educator

Children and Mouthguards

Each year, more than 3.5 million children age 14 and younger are injured while playing sports or participating in recreational activities. The American Dental Association (ADA) and the American Academy of Pediatrics (AAP) recommends children use mouthguards, as they can help protect from mouth injuries.

Mouthguards help cushion blows that might otherwise cause broken teeth and injuries to the lips, tongue, face or jaw. They also may reduce the severity and incidence of concussions. Mouthguards commonly are used in sports such as football, hockey, boxing, lacrosse and field hockey. The ADA says that findings in sports medicine show that even in non-contact sports such as gymnastics, mouthguards will help protect participants. Many experts recommend that everyone—from children to adults—wear a mouthguard during any recreational activity that might pose a risk of injury to the mouth.

ADA's List of Sports for Which You May Need a Mouthguard:

If you participate in these or other sports, consult your dentist about getting a mouthguard.

- Acrobatics
- Basketball
- Bicycling
- Boxing
- Equestrian events
- Extreme sports
- Field events
- Field hockey
- Football
- Gymnastics
- Handball
- Ice hockey
- Inline skating
- Lacrosse
- Martial arts
- Racquetball
- Rugby
- Shot putting
- Skateboarding
- Skiing
- Skydiving
- Soccer
- Softball
- Squash
- Surfing
- Volleyball
- Water polo
- Weightlifting
- Wrestling

There are three types of mouthguards:

- The ready-made, or stock, mouthguard
- The mouth-formed “boil-and-bite” mouthguard
- The custom-made mouthguard, made by your dentist

All three mouthguards provide protection, but they vary in comfort and cost.

The most effective mouthguard should be resilient, tear resistant and comfortable. It should fit properly, be durable and easy to clean and not restrict your speech or breathing. Generally, a mouthguard covers only the upper teeth, but in some cases the dentist will make a mouthguard for the lower teeth as well. A dentist can suggest the right mouthguard.



Caring for your mouthguard:

- Before and after each use, rinse it with cold water or with a mouth rinse. You can clean it with toothpaste and a toothbrush.
- Occasionally, clean the mouthguard in cool, soapy water and rinse it thoroughly.
- Place the mouthguard in a firm, perforated container to store or transport it. This permits air circulation and helps to prevent damage.
- To minimize distortion, avoid exposing it to high temperatures, such as hot water, hot surfaces or direct sunlight.

Like any other sports gear, a mouthguard will wear out, making it less effective. If your mouthguard has holes or tears or becomes loose, it can irritate the teeth and oral tissues. Check the mouthguard's condition and replace it as necessary.

Visit the following websites for more information about product safety and injury prevention:

www.cpsc.gov
www.ndhealth.gov

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This newsletter can be accessed at
www.ndhealth.gov



Costume Jewelry Recalled



CPSC and Dollar General Corp. are recalling 455,000 necklace and earring sets. The recalled jewelry contains high levels of lead that is toxic if ingested by young children.

The sets pictured here were sold at Dollar General stores nationwide from May 2005 through August 2005. Consumers should take the recalled jewelry away from children and return it to Dollar General stores for a refund. For more information, consumers can call Dollar General at 800.678.9258.

Ride-On Vehicles Recalled

The CPSC and Doral Juvenile groups USA are recalling 141,000 battery-powered ride-on vehicles. An electronic malfunction can occur in the ride-on vehicle's circuit board and/or battery connector, resulting in smoking and melting of components. This poses a vehicle fire hazard and a burn hazard to consumers if components are touched while malfunctioning.

The ride-on vehicles include a pink corvette, red corvette, yellow corvette, fire engine and Batmobile. They were sold under the names Safety 1st and Kid Trax by Safety 1st. The vehicles were manufactured January 2004 through August 2005. The model numbers are located on the underside of the vehicles near the date code.

<u>Ride-On Vehicle Name</u>	<u>Model Number</u>
Safety 1st Pink Corvette	50503/50503A
Safety 1st Torch Red Corvette	50504/50504A
Safety 1st Yellow Race Car Corvette	50505/50505A
Safety 1st Red Electroplate Corvette	50521/50521A
Kid Trax Fire Engine	50506/50506A
Safety 1st Batmobile	50527

The vehicles were sold at major toy stores and mass merchandise outlets nationwide. Consumers should take the recalled ride-on vehicles away from children and contact the company for a free repair at 866.611.3022.

Bean Bags Recalled

Design Ideas Ltd. and CPSC are recalling 1,100 Lily Chair and Lily Ottoman Bean Bag Sets. The chair and ottoman do not have locking zippers or warning labels. CPSC is aware of children who have died from suffocation when they unzipped, inhaled and ingested small pellets in similar beanbag furniture.



The chair and ottoman were sold together as a beanbag furniture set. The sets were sold in ivory/white (model 170001), ivory/blue (model 170003), ivory/black (model 170004) and ivory/orange (model 170009). Model numbers can be found on a label affixed to the bottom of the furniture.

Specialty gift and furniture stores nationwide sold the sets from January 2004 through July 2005. Consumers should stop using the set and contact Design Ideas at 800.426.6394 to arrange to return the product for a full refund.

Disney Bracelet Key Rings Recalled

Monogram International and CPSC are recalling 145,000 Disney bracelets. The recalled jewelry contains high levels of lead. Lead is toxic if ingested by young children and can cause health problems.

The bracelet key ring is a pink plastic key ring attached to a bracelet, which consists of pink-and-white or red-and-white beads, a metal pendant and metal dividers between the beads. It was sold under the brand Disney Princess. Item #24405 is printed on the back of the packaging.

Various retailers including Walgreens and Wal-Mart sold the bracelets from November 2003 through June 2005. Consumers should call Monogram International at 800.736.1941 for instructions about returning the bracelets.

Harley-Davidson BMX Bicycles Unsafe



World Wide Cycle Supply Inc. and CPSC are recalling about 25,000 Harley-Davidson 16-inch BMX bicycles. The fork that holds the front wheel can separate at the weld, causing the rider to fall and suffer injuries.

The bicycle has a yellow-and-red painted flame pattern with a yellow fork and a sticker containing the words "Harley-Davidson" on the fork leg. The recalled bikes have the following serial numbers:

02F0026155 - 02F0032454	03A0007772 - 03A0013271
03A0018849 - 03A0027348	03B0004011- 03B0007460
03C0019597 - 03C0023496	03D0006431 - 03D0008030
03E0022835 - 03E0023134	03F0027500 - 03F0031059
03F0037194 - 03F0040493	03F0026276 - 03F0033275
03F0040194 - 03F0045493	

The serial number can be found on the bottom bracket shell underneath the pedals.

Toys "R" Us stores nationwide sold these bikes from July 2002 through June 2005. Consumers should stop riding the bicycle and return it to a Toys "R" Us store for store credit in the amount of the purchase price. For more information about this recall, call World Wide Cycle Supply at 800.944.9951.

Jumbo Pencil With Sharpener Unsafe

The U.S. Consumer Product Safety Commission (CPSC) and Target voluntarily are recalling 176,000 jumbo pencils with sharpeners. The



sharpener's razor blade is exposed when the cover is removed. Also, the pencil sharpener hole is large enough to allow a finger to fit inside, posing a laceration hazard to children and adults.

Target has received 12 reports involving children who received cuts to their fingers from the sharpener's razor blade. The jumbo pencil has a red eraser on the end and comes with a pencil sharpener. The pencils are blue, red or striped and have model number 70505 printed on the pouch of the pencil/sharpener.

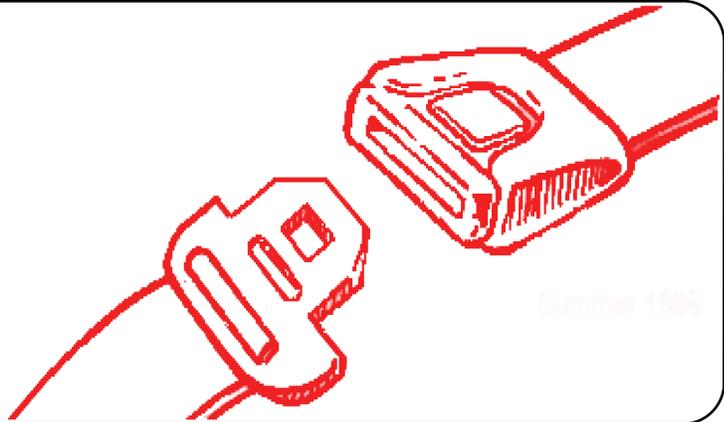
The pencils were sold at Target stores nationwide from July 2005 through August 2005. Consumers should take the recalled pencil/sharpener away from children and return them to the nearest Target store for a gift card. For additional information, contact Target at 800.440.0680.

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The Buckle Update



Evenflo Tribute Car Seat Recalled

Evenflo Company Inc. has announced a voluntary recall of a limited number of Tribute convertible car safety seats. The car seats were manufactured between Sept. 8, 2005, and Sept. 22, 2005, and have model numbers beginning with “378” or “379.”

According to Evenflo, these seats may be susceptible to increased damage in certain motor vehicle collisions due to a tooling-related issue that now has been corrected. There have been no reports of injury related to the recall.

Consumers who own the recalled seat should contact Evenflo at 800.233.5921 or visit www.tributecarseat.com. They will be provided a free, easy-to-install kit to correct the problem.

Occupant Protection Facts

- As of August 2005, 22 states, the District of Columbia and Puerto Rico have primary enforcement safety belt use laws.
- Research conducted by NHTSA shows a strong correlation between restraint use by adult drivers and restraint use by young children in that vehicle. Among fatally injured children from birth to age 15, the research showed that when drivers were unrestrained, 68 percent of children to age 3 also were unrestrained. When a driver was wearing a seat belt, 62 percent of children to age 3 were restrained.
- According to the 2005 North Dakota Youth Risk Behavior Survey, 17.4 percent of high school students reported they never or rarely wore a seat belt when riding in a car driven by someone else. This compares to 31.9 percent in 1999.

2005 Child Safety Seat Ease of Use Ratings

Now in its fourth year, the National Highway Traffic Safety Administration’s (NHTSA) Ease of Use ratings program continues to prompt child restraint manufacturers to improve their products and make them easier for consumers to use.

The purpose of the ratings program is to educate parents and caregivers about child safety seat features and to assist them in finding the appropriate car safety seat for their needs. The seats are rated “A” through “C” on the following categories:

- Whether the restraint is pre-assembled or requires assembly after purchase
- Clarity of labeling attached to the restraint
- Clarity of written instructions on the restraint’s proper use
- Ease of securing a child correctly in the restraint
- Whether the seat has features that make it easier to install in a vehicle

The rating system does not compare the performance of child restraints in a crash. However, seats that are easier to use should have lower misuse rates and indirectly be related to safety.

In 2005, NHTSA rated 92 different child restraint systems from 14 different manufacturers. Results can be viewed at www.nhtsa.dot.gov/CPS/CSSRating/Index.

Apex 65 Car Seat Now Available

Dorel Juvenile group has introduced the new Apex 65 car seat with a harness that can be used for children from 20 to 65 pounds. The seat has a removable harness system that allows it to be used as a high-back booster for children from 30 to 100 pounds.

The new Apex provides a safe alternative for children weighing more than 40 pounds who have outgrown their convertible car seats. Most children who weigh more than 40 pounds graduate to a booster seat, but because of special circumstances, a booster seat may not be the best option. Special circumstances would

seats must be used with a lap and shoulder belt); a child being too young or immature for a booster seat; or simple preference by the parents that their child ride in a harnessed car seat.

The Apex 65 seat is available through Mercury Distributing at 800.815.6330 or www.mercurydistributing.com.

As with all car seats, owners should read and follow the manufacturer's instructions carefully to learn about the unique features of the Apex.

Websites

www.boosterseat.gov - Provides information about booster seat use for parents, teachers and kids.

www.kidsandcars.org - The mission of Kids and Cars is to ensure that no child dies or is injured in a non-traffic, non-crash motor vehicle-related event.

www.carseat.org - SafetyBeltSafe USA, a national nonprofit organization dedicated to child passenger safety.

MARK YOUR CALENDAR!

February 2006 - Child Passenger Safety Month

April 9-11, 2006 - National Lifesavers Conference on Highway Safety Priorities
www.lifesaversconference.org

