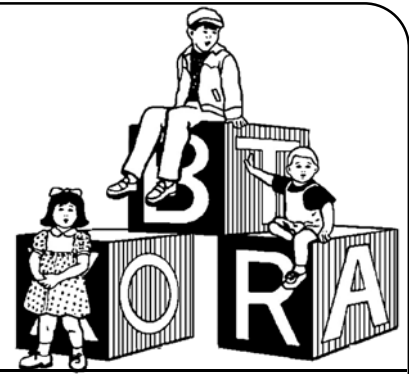


Building Blocks to Safety

A newsletter for prevention of childhood injuries



North Dakota Department of Health Summer 2006 Division of Injury Prevention and Control

Which Helmet for Which Activity?

For many recreational activities, wearing a helmet can reduce the risk of a serious head injury and even save a life. During a fall or collision, most of the impact energy is absorbed by the helmet, rather than your head and brain. The U.S. Consumer Product Safety Commission (CPSC) offers the following information in determining which helmet for which activity.

Are all helmets the same?

No. There are different helmets for different activities. Each type of helmet is made to protect the head from the impacts common to a particular activity or sport. Helmets need to be appropriate for the activity a participant is involved in. Other helmets may not protect the head as effectively.

How can I tell which helmet is the right helmet?

Bicycle and motorcycle helmets must comply with mandatory federal safety standards. Many other recreational helmets are subject to voluntary safety standards. Helmets certified to a safety standard are designed and tested to protect the user from serious head injury while wearing the helmet. For example, all bicycle helmets manufactured after 1999 must meet the CPSC bicycle helmet standard. Helmets meeting this standard provide substantial head protection when the helmet is used properly. The standard requires that chin straps be strong enough to keep the helmet on the head and in the proper position during a fall or collision.



Helmets specifically marked for exclusive use in an activity other than bicycling (for example, go-karting, horseback riding, lacrosse and skiing) do not have to meet the requirements of the CPSC bicycle helmet standard. However, these helmets should meet other federal and/or voluntary safety standards. See the table on the next page for more information about what to look for.

Are there helmets that can be worn for more than one activity?

Yes, but only a few. A person can wear a CPSC-compliant bicycle helmet while bicycling, recreational roller or in-line skating and riding a non-powered scooter.

Are there any activities for which one shouldn't wear a helmet?

Yes. Make sure children take off their helmets before playing on playgrounds or climbing trees. If a child wears a helmet during these activities, the helmet's chin strap can get caught on the equipment or tree and pose a risk of strangulation. The helmet itself may present an entrapment hazard.

For more information, please contact the CPSC at www.cpsc.gov or 800.638.2772.

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Which Helmet for Which Activity? (continued)

① Activity	② Helmet Type	③ Applicable Standards
Individual Activities - Wheeled		
Bicycling (including low speed, motor assisted) Roller & In-line Skating - Recreational Scooter Riding (including low speed, motor assisted)	Bicycle	CPSC, ASTM F-1447, Snell B-90/95, Snell N-94⊗
BMX Cycling	BMX	CPSC, ASTM F2032
Downhill Mountain Bike Racing	Downhill	CPSC, ASTM F1952
Roller & In-line Skating - Aggressive/Trick Skateboarding	Skateboard	ASTM F1492⊗, Snell N-94⊗
Individual Activities - Wheeled Large Motor		
ATV Riding Dirt- & Mini-Bike Riding Motocrossing	Motocross or Motorcycle	DOT FMVSS 218, Snell M-2005
Karting/Go-Karting	Karting or Motorcycle	DOT FMVSS 218, Snell K-98, Snell M-2005
Moped Riding Powered Scooter Riding	Moped or Motorcycle	DOT FMVSS 218, Snell L-98, Snell M-2005
Individual Activities - Non-Wheeled		
Horseback Riding	Equestrian	ASTM F1163, Snell E-2001
Rock- & Wall-Climbing	Mountaineering	EN 12492⊗, Snell N-94⊗
Team Sport Activities⊗⊗		
Baseball, Softball & T-Ball	Baseball Batter's	NOCSAE ND022
	Baseball Catcher's	NOCSAE ND024
Football	Football	NOCSAE ND002, ASTM F717
Ice Hockey	Hockey	NOCSAE ND030, ASTM F1045
Lacrosse	Lacrosse	NOCSAE ND041
Winter Activities		
Skiing	Ski	ASTM F2040, CEN 1077, Snell RS-98 or S-98
Snowboarding		
Snowmobiling	Snowmobile	DOT FMVSS 218, Snell M-2000
Although a helmet has not yet been designed for the following two activities, until such helmets exist, wearing one of the three listed types of helmets may be preferable to wearing no helmet at all.		
Ice Skating, Sledding	Bicycle	CPSC, ASTM F-1447, Snell B-90/95, Snell N-94⊗
	Skateboard	ASTM F1492⊗, Snell N-94⊗
	Ski	ASTM F2040, CEN 1077, Snell RS-98 or S-98

The federal CPSC Safety Standard for Bicycle Helmets is mandatory for those helmets indicated by CPSC.

⊗ This helmet is designed to withstand more than one moderate impact, but protection is provided for only a limited number of impacts. Replace if visibly damaged (e.g., a cracked shell or crushed liner) and/or when directed by the manufacturer.

⊗⊗ Team sport helmets are designed to protect against multiple head impacts typically occurring in the sport (e.g., ball, puck, or stick impacts; player contact; etc.), and, generally, can continue to be used after such impacts. Follow manufacturer's recommendations for replacement or reconditioning.

Definitions: ASTM - ASTM International; CEN - European Committee for Standardization; DOT - Dept. of Transportation; EN - Euro-norm or European Standard; NOCSAE - National Operating Committee on Standards in Athletic Equipment; Snell - Snell Memorial Foundation.

Radio Shack Toy Pliers Unsafe

The U.S. Consumer Product Safety Commission (CPSC) and RadioShack are recalling about 25,000 toy pliers. The pliers' sliding yellow knob can detach, posing a choking hazard to young children.



The recall involves the "Busy Baby Activity Tool Pliers" which are about 6-inches long. The plastic toy has an orange handle, a red center knob and a yellow sliding knob on the side. The battery-operated toy makes various electronic sounds, plays music and

Continued on next page

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.



Radio Shack Toy Pliers Unsafe (continued)

has flashing lights. The pliers also contain multicolored beads. A label on the back reads "RadioShack."

RadioShack stores and the RadioShack website sold the pliers nationwide from August 2004 through February 2006. Consumers should take these toy pliers away from children and return them to any RadioShack store for a refund. For additional information, consumers can contact RadioShack at 800.843.7422.

Baby Suffocated in Recalled Crib

After the death of a 19-month-old baby, the CPSC and Simplicity Inc. (with Graco label) are renewing the search for recalled Aspen 3 in 1 cribs. The child died in January 2006 after two of the mattress support slats came out of his recalled crib. He became entrapped between the mattress and the footboard of the crib and suffocated.

The first recall was announced in December 2005 and included 104,000 cribs. The recall was conducted because the screw on the wooden mattress supports can come loose, allowing a portion of the mattress to fall. This poses a suffocation hazard to young children who can slide down and become entrapped between the unsupported mattress and the end of the crib.

Prior to the report of this death, the company had received 14 reports of the mattress supports coming loose, including eight reports of entrapment. Five injuries were reported, including scratches and bruises to the face and head, a strained neck and a report of a child turning blue.



The recalled cribs are made of wood and have wooden mattress supports. Only cribs with wooden mattress supports and with model number 8740KCWSC and serial number 2803 SC to

1605 SC are included in this recall. The model and serial number are printed on the envelope attached to the mattress support.

The recalled cribs were sold in department and children's product stores from August 2003 through May 2005. Consumers should not use the recalled crib and should call Simplicity Inc. at 800.784.1982 for a free repair kit or more information.

Animal-Shaped Flashlights Recalled



The CPSC and Little Tikes are recalling about 21,000 Glowin' Doggy Animal Flashlights. The light green paint on the dinosaur-shaped flashlight and the brown paint on the dog-shaped flashlight could contain

excess levels of lead. Lead is toxic if ingested by young children and can cause adverse health effects.

The flashlights are about 9 inches long and make an electronic sound when switched on. The green dinosaur roars and the white-and-brown dog barks. Only flashlights with the following date codes are included in the recall:

LC5H161 LC5H291 LC5I031 LC5I091
LC5I131 LC5J061 LC5J231 LC5J311

The date codes are found on the bottom of the flashlights.

The flashlights were sold nationwide only at Target stores from November 2005 through December 2005. Consumers should take the recalled flashlights away from young children immediately and contact Little Tikes for more information at 866.765.6729. Consumers will get a free replacement flashlight or refund.

Do you know of a child or teen without health coverage?

Confidential information, screening and applications are available for the following North Dakota coverage programs:

**The Caring Program for Children
SCHIP/Healthy Steps
Medicaid**

Additional health-related programs

Benefits include coverage for outpatient and inpatient medical and dental care, immunizations, substance abuse and therapy visits.

**For more information:
1-877 KIDS NOW (1.877.543.7669)
Covering Kids & Families in North Dakota**



Rose Art's Magnetix Building Sets Recalled



The CPSC and Rose Art Industries Inc. are recalling about 3.8 million Magnetix Magnetic Building Sets. Tiny magnets inside the plastic building pieces can fall out. Magnets found by young

children can be swallowed or aspirated. If more than one magnet is swallowed, the magnets can attract to each other and cause intestinal perforation or blockage, which can be fatal. This product is unsuitable for young children. CPSC is aware of 34 incidents involving small magnets, including one death and four serious injuries. A boy died after he swallowed magnets that twisted his small intestine and created a blockage.

All Magnetix magnetic building sets — including the X-treme Combo, Micro and Extreme sets — are included in this recall. The building pieces are red, yellow, blue and green and are shaped in 1 1/2 - inch squares, 1-inch triangles and cylinder rods.

The Magnetix's were sold at Wal-Mart, Target, Toys R Us, Fred Meyer, Design Science Toys Ltd., A.C. Moore and other toy and arts and crafts stores nationwide. The sets were sold from September 2003 through March 2006.

Consumers should immediately stop using the sets and call Rose Art at 800.779.7122 for replacement product information.

Reebok Recalls Bracelet Linked to Death

The CPSC and Reebok International are recalling about 300,000 heart-shaped charm bracelets. The recalled jewelry contains high levels of lead, posing a risk of lead poisoning and adverse health effects to young children. Reebok has received a report of a death caused by lead poisoning of a 4-year-old from Minnesota. The child reportedly swallowed a piece from one of these bracelets.



The metal charm bracelet is 8-inches long with a heart-shaped charm. The name Reebok is engraved on one side of the charm. The charm bracelet was provided as a free gift with the purchase of various styles of children's footwear.

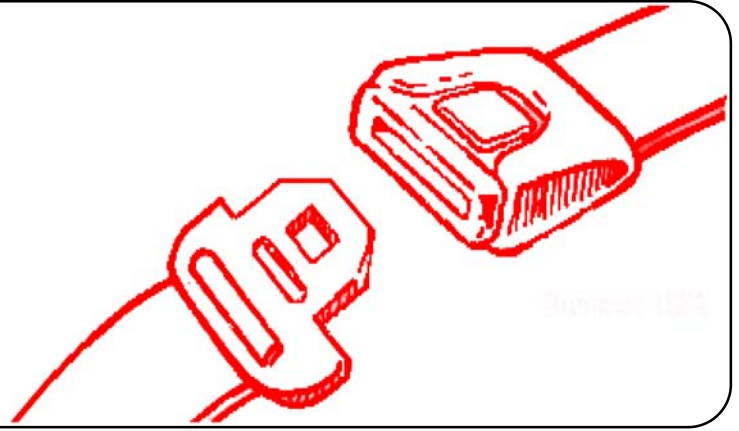
Major shoe stores nationwide sold shoes with the charm bracelets from May 2004 through March 2006. Consumers should take the bracelets away from children and dispose of the entire bracelet. For additional information, contact Reebok at 800.994.6260.

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The Buckle Update



“My Child Won’t Stay in the Car Seat”



The North Dakota Department of Health often receives phone calls from parents who are concerned because their child or grandchild fusses to get out of the car seat or manages to undo the straps and climb out of the seat.

SafetyBeltSafe USA, a national organization dedicated to safe transportation of children, offers the following tips to help keep children safely buckled in their car seats.

Ask these questions:

- Are the harness straps tight enough? You should not be able to pinch any slack in the harness. Keep the chest clip at armpit level.
- Has the child been riding too long without a break? Plan frequent stops to let children get out and exercise in a safe place.
- Are you buckled up? Set a good example and protect yourself by buckling up.
- Is someone else letting your child ride unbuckled when you’re not around? The whole family needs to agree that everyone buckles up for safety.

Encourage good behavior by:

- Keeping soft toys and cloth books in the car — nothing heavy or with sharp edges. Give out the toys one at a time.
- Singing songs together or playing music tapes the child enjoys.
- Letting the child buckle up a favorite teddy or doll.
- Rewarding the child for good behavior by giving gold stars, stickers or a small treat.

How to teach new safety habits:

- Plan extra time to work with the child. Every time the child “escapes” from the car seat, immediately pull over and stop the car. Act bored, not angry. Bored parents are boring, but a child may enjoy making you angry. Tell the child the car can’t go until everyone is buckled up again.
- When your child reaches the “me do it” stage, let him or her become the safety officer for the family. Teach your child to buckle up without your help, but check that the straps are snug and the buckle is securely latched.
- Enlist the support of a special person the child admires by arranging a visit with a firefighter, police officer, teacher, or older child to reinforce the buckle-up message.
- Cancel fun outings if your child won’t stay buckled up. If the child “escapes,” pull over, re-buckle, turn the car around and go home.
- Tell your child you will cancel other treats if necessary — then do it.

Why Should Babies Face the Rear?

The American Academy of Pediatrics recommends that babies face the rear of the vehicle until they are **at least one year of age, and preferably longer**. Why is this so important?



Babies have heavy heads and fragile necks. The neck bones are flexible and the ligaments are loose to allow for growth. If the baby is facing forward in a frontal crash, which is the most common and most severe type, the body is held back by the straps, but the head is not. As the head is thrust forward, the neck stretches and spinal cord injuries can occur. A baby's neck bones can actually separate, which can allow the spinal cord to be ripped apart. It is much like yanking an electrical plug out of a socket by the cord and breaking the wires.

When a baby faces the rear, the entire body — head, neck and torso — is cradled by the back of the safety seat in a frontal crash.

Most convertible car safety seats can be used rear-facing until the child weighs 30 to 35 pounds, so parents are encouraged to keep babies rear-facing until they reach this upper weight limit.

Source: *SafetyBeltSafe USA, www.carseat.org*

Secondhand Car Seats

The North Dakota Department of Health recommends against buying used car seats at garage sales or thrift shops. These seats often have been recalled, are in poor condition and may be missing parts and instructions.

If someone receives a car seat from a friend or relative, the following checklist will help them decide if the seat is safe to use:

- Is the seat more than six years old?

- Can they identify the seat with the manufacturer, model name/number and date of manufacturer? This information is needed to check for recalls.
- Are the manufacturer's instructions with the seat or can they be obtained from the seat manufacturer? With car seat misuse as high as 90 percent, the instructions are necessary to help with proper use.
- Are all parts present, including hardware, straps, and clips? They may need the manufacturer's instructions to check this and may be able to obtain replacement parts from the manufacturer.
- Has the seat been recalled? Check with the manufacturer or the state health department.
- Has the car seat been in a crash? If it has, the seat may not perform adequately in another crash.

When in doubt, don't use the seat. It may not be worth

'Tis the Season — For Car Seat Checkups



With summer upon us, the North Dakota Department of Health again will be supporting community-based car seat checkups. The checkups, which are usually sponsored by a local agency, assist parents in using their car seats correctly. Certified technicians and instructors

inspect seats to see if they are appropriate for the age and weight of the child, if the seat is in good condition and free from recalls, if it is installed in the vehicle correctly and if the child is secured correctly in the seat.

The Department of Health will assist with logistical details, will offer tips for promoting the event, and will provide a certified child passenger safety instructor to oversee the checkup. The instructor will bring the necessary forms and supplies to do the checkup. For information about sponsoring a car seat checkup, contact Dawn Mayer, North Dakota Department of Health, at 800.472.2286