



SAFE KIDS GRAND FORKS

Keeping kids safe at **HOME**, at **SCHOOL**, at **PLAY** and **ON** the **WAY**.

To access our safety information, donate or volunteer in our efforts to keep kids safe from preventable injuries, visit www.safekidsgf.com or call 701.780.1489.



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks. For more information, LIKE us on Facebook or follow us on Twitter.



Winter Weather Driving & Pedestrian Tips

While Driving:

- ⇒ Assure that teens that are driving alone are comfortable with winter snow and ice conditions. As the snow arrives in our part of the country, take your teen driver out and see if they are making good decisions based on the winter road condition. Remind them to slow down and to not make quick directional changes as that often results in sliding out of control.
- ⇒ Remind teen drivers to leave a bit earlier for school or their destination (and adults do that too) so they have time to drive slowly and for the road conditions that present themselves in the winter months.
- ⇒ Make sure that vehicles are equipped with a winter survival kit, especially if teens or adults will be driving in rural areas, further away from help if it should be needed. That winter survival kit should also include a shovel that can be used to dig out the car should it get stuck.
- ⇒ Remind teens that if they do get stuck in a ditch that is filled with snow, they need to assure that the exhaust pipe is not covered with snow before they run the vehicle to stay warm. This can lead to a build up of carbon monoxide, a colorless and odorless gas that is very dangerous.



While Walking:

- ⇒ Remind walkers to cross only at street corners and assure that the approaching traffic is able to see them over the snowbanks. Assure that the driver has stopped before stepping out into the crosswalk because slippery road conditions may cause the vehicle to slide.
- ⇒ Teach kids to avoid playing on snowbanks along the roadways and in parking lots where traffic drives. It is easy to slip into the path of an on-coming vehicle that is not able to stop.
- ⇒ If kids are walking home along after school, make sure they know what to do should their entry to the home not be accessible (door frozen, lock not working, etc.) Have a back up plan in place for what they should do if that happens.
- ⇒ Assure that kids have some type of reflective material on their coat, shoes or backpack when walking in low light conditions. For a free reflective zipper pull, email our office at safekids@altru.org



For both those driving and walking, assure that they have winter gear to keep warm for the duration of the walk and the drive (gloves, hat, boots, warm coat, etc.).