

Prevention Pipeline

NC DEPARTMENT OF INSURANCE
OSFM INJURY PREVENTION DIVISION
and SAFE KIDS NORTH CAROLINA
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newsletter

June 2020

Mike Causey Insurance Commissioner • State Fire Marshal • Safe Kids NC Chair

IT'S HAPPENING IN OUR COMMUNITIES

JACKIE QUINLEY, CPS TECHNICIAN AND INSTRUCTOR



Jackie Quinley has been a Child Passenger Safety Technician (CPST) for nine years and an instructor for six. Jackie is being highlighted this month because she was just nominated for the National CPS Instructor of the Year award. To highlight Jackie, we asked her to tell us about her CPS world and time as a CPS Instructor. "As I reflect on the nine years since I became a part of CPS and Safe Kids, I realize my life has drastically changed due to the vast number of new friends I have made and that my world has grown far beyond my community. It is this community of extraordinary people that I am so grateful for becoming a part of. I am a Police Officer for the City of Gastonia for the past 15 years. In that role, I see the worst of humanity and try to help people during the most tragic days of their lives. What I cherish about CPS and being an instructor is that it allows me to see the best in people, make a positive difference in children's and parent's lives, and empower those around me. My favorite part is when you see the stress leave a parent's

body through their body language, and a student has that "ah-ha" moment when it all makes sense. Being a parent of a four and a nine-year-old, I understand the stress and frustration of making sure your child is safe in every aspect of their lives.

As a CPS Instructor, I also teach the National CPST Training. However, in typical fashion, I strive to go above and beyond. For my local and regional technicians, I try to host '6 CEU' (Continuing Education) sessions a year so they can stay current. I try to make the sessions fun because no one likes to sit and listen to me lecture for six hours! I also organize and lead a lot of public educational sessions. These sessions range from 20 minutes to six hours on CPS. Nurses, health departments, childcare providers, social services, and numerous non-profits that help children in Gaston and surrounding counties have all attended and benefitted from these sessions. Working and communicating with other SK Coalitions is something I adore and I would encourage everyone to get to know their neighboring SK Coalition coordinators and members. Work with them, talk with them, bounce ideas off each other, and you will discover there is so much to learn from one another. Not only does this make us better, but that knowledge also permeates throughout our communities. Safety does not end at the county line."

Safe Kids NC would like to thank you, Jackie, for all you do for families in North Carolina.

SAFETY STARTS AT HOME

Home safety is about creating a safe environment, supervising and teaching your child about what's safe and what's not around the home. During this time of social distancing and with most of us spending more time at home, this is a great opportunity to talk with family members about potential hazards that might cause harm.

You can do a lot to avoid common home injuries such as falls, burns, scalds, poisoning, drowning, strangulation and suffocation. Home safety checklists are a great way to get information. To get a check list on many of the risk areas listed above, click **HERE**.

Below are the 10 most common childhood accidents in the home, which are all preventable:

- Falling objects
- Trips and Falls
- Bruises
- Sprains
- Cuts
- Burns
- Choking
- Poisoning
- Glass-related injuries
- Drowning

LET'S GET GRILLING



June 21 is Father's Day, a time to honor the men we call dad. With so many family get-togethers, we think it's time to get serious about grilling safety! According to the U.S. Fire Administration, approximately 5700 grill fires take place on residential property every year, most caused by malfunctioning gas grills. Thousands of people visit emergency rooms every year due to burn injuries while barbecuing.

Here are some tips to make the most of your outdoor grilling without a trip to the ER:

- Only use your grill outside and keep it at least 3 feet from siding, deck rails, and eaves.
- Keep a 3-foot safety zone around the grill to keep kids and pets safe.
- Open your gas grill before lighting.
- Keep an eye on your grill, fire pit, or patio torches. Do not walk away when they are lit.
- Clean your grill after each use. This will remove grease that can start a fire.
- Place the coals from your grill in a metal can with a lid once they have cooled.

WEBSITE OF THE MONTH

Hosted by the UNC Highway Safety Research Center, the **Buckle Up NC** website is a comprehensive site for child passenger safety (CPS) initiatives in North Carolina. For more information on CPS trainings, locations of permanent checking stations, proper fitting of seats and laws visit buckleupnc.org.

Have an exciting story, photo, event or training that you'd like featured in our next newsletter?

Email injury.prevention@ncdoj.gov

And follow us on Facebook at facebook.com/NCSafeKids



SPLISH SPLASH

As the summer heat ramps up, so do our thoughts about heading to the pool and public swimming areas to cool off. Here are a few shocking facts about water safety:

- Drowning (among preventable injuries) is the leading cause of death for children 1-4 years of age.
- Children 1-4 are more likely to drown in a pool.
- Children 5 years and older are more likely to drown in natural water (ponds, lakes & rivers)
- The risk of drowning in open water increases with age. The average 10-year-old is three times more likely to drown in open water than a pool. (Source: Safe Kids Worldwide)
- In North Carolina, 5 children under the age of 15 died in 2019 in pool/spa drownings (Source: USA Swimming)

It is very important that children learn water survival skills. Without the basic five skills, their risk of water related injury or death increases. Know the skills:

1. Step or jump into water over their heads and return to the surface;
2. Float or tread water for one minute;
3. Turn around in a full circle and find an exit;
4. Swim 25 yards to exit the water; and
5. Exit the water. If in a pool, be able to exit without using a ladder.

Always encourage children to swim in pairs and make sure they are constantly being observed in and around the water by a lifeguard and/or an adult. Swimming lessons for children also reduces their risk of water related injury or death. One easy way to locate swim lessons in your area is by contacting your local parks and recreation department or swim club.

CPS TECHNICIAN CERTIFICATION CLASSES

July 13 – 16
July 20 – 23

Carteret County
Wilson County
New Hanover County

August 17 – 20
September 8 – 11
Sept 15 – 18

Wake County
Union County
Surry County

For more information on how to register for a class, visit buckleupnc.org.

HOT DOGS, FAMILY AND NO FIREWORKS

Celebrating the 4th of July is one of the most patriotic holidays each year, but due to the Covid-19 outbreak, most 4th of July public fireworks displays will not be happening in 2020. According to the Consumer Product Safety Commission, there were an estimated 9,100 fireworks-related, emergency department-treated injuries in 2018, with 62 percent of them occurring during the month surrounding the 4th of July (June 22-July 22). During that period, fireworks were the number one cause of injuries, accounting for 19 percent of the estimated injuries. For children under 5 years of age, sparklers accounted for more than half of the total estimated injuries. Consumer fireworks in NC are legal but are extremely dangerous for everyone, especially for children. This year, as we maneuver through this pandemic, let's pledge to say "no" to fireworks but "yes" to the hotdogs and family.

NATIONAL CPR & AED AWARENESS WEEK JUNE 1 - 7

The first week in June is National CPR and AED Awareness week. CPR – or Cardiopulmonary Resuscitation – is an emergency lifesaving procedure performed when the heart stops beating. An AED or automated external defibrillator is used to help those experiencing sudden cardiac arrest. According to the American Heart Association, 70 percent of out-of-hospital cardiac arrest happens in the home. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love, such as a parent, spouse, or child.

It is recommended that every American knows CPR. There are many classes available both with the American Heart Association and the American Red Cross. There is no perfect time than the present to get CPR certified and be prepared to help others. For more information on CPR classes and other resources visit cpr.heart.org or redcross.org.



SCHEDULED RISK AREAS

JULY 2020
Fireworks

Water Safety

National Heatstroke
Prevention Day