

Prevention Pipeline

NC DEPARTMENT OF INSURANCE
OSFM INJURY PREVENTION DIVISION
and SAFE KIDS NORTH CAROLINA
888-347-3737 • safekidsnc.org

newsletter

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

IT'S HAPPENING IN OUR COMMUNITIES KANNAPOLIS, NC

NFPA's 2020 Fire and Life Safety Educator of the Year is none other than Maria Bostian of the Kannapolis Fire Department. Maria is a staple in the North Carolina Fire Safety community and is more than deserving of this national honor. Here is an excerpt from NFPA's Award announcement – "In 2019, Bostian visited a preschool classroom with NFPA's Fire Prevention Week (FPW) theme, 'Not every hero wears a cape. Plan and practice your escape.' During the lesson, she emphasized the importance of knowing two ways out of every room in the event of a fire and customized handouts to send home with students. For one student, her work proved lifesaving. Shortly after the classroom lesson, Maria learned of a fire that had started in the home of a student. Because of that particular FPW lesson, the preschooler knew to use a secondary means of escape and helped her two siblings get out through the window to safety." According to Rick Barndardt, Interim Fire Chief of the Kannapolis Fire Department, Bostian's primary role in the department is to serve as educator to their district's preschool and elementary students and, because of her efforts, a great working relationship has been established.



Bostian reaches nearly 4,000 children with fire safety education each month during the school year. When Bostian is not on duty at Kannapolis Fire Department, she can be found promoting fire safety through the two children's picture books that she has authored. Congratulations to Maria Bostian of the Kannapolis Fire Department, the 2020 winner of NFPA's Educator of the Year.

WEBSITE OF THE MONTH

www.healthychildren.org

A website by the American Academy of Pediatrics dedicated to the health and well-being of all children. Here, you'll find programs, activities, guidelines, publications and other child health resources.

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

Email injury.prevention@ncdoi.gov

And follow us on Facebook at facebook.com/NCSafeKids

RIP-ROARING RIP CURRENTS

Many families will head out this summer for a fun-filled day at the beach. Don't let the rip-roaring rip currents ruin your day! Rip currents are powerful -- with many experienced and unexperienced swimmers getting caught with the feeling of being pulled out to sea. Rip currents

are channeled currents of water flowing away from shore. They typically extend from the shoreline, through the surf zone, and past the line of breaking waves. North Carolina's beaches post flags to help educate beachgoers on the danger level.

Green Flag – Calm conditions, life threatening rip currents are low.

Yellow Flag – Moderate conditions, life threatening rip currents are possible.

Red flag – High/Strong conditions, life threatening rip currents are likely.

If you get caught in a rip current, DON'T PANIC. Try to float or swim with the current. Once out of the current, swim safely back to shore. According to the US Lifesaving Association, the chances of drowning at a beach with lifeguards are 1 in 18 million. Stay safe this summer by checking rip current conditions and by swimming near a lifeguard station.

WEEKEND GETAWAYS AND CAMPING

The summer season is upon us along with time for summer vacations, weekend getaways and camping! Camping is loved for its simplicity and for taking oneself off the grid. However, being ill-prepared can turn a peaceful outing with nature into a dangerous situation. When packing for your next camping trip, make sure you take safety seriously.

LOCATION, LOCATION, LOCATION

- The location of your campsite should be chosen based on safety, availability of support and your camping experience. Never camp in an area that puts you and your campmates at risk of injury.
- Always camp with a buddy. Being off the grid is great, but the risk of injury from the terrain, wildlife, or even getting lost on the trail is high. Having a camping buddy ensures that you have someone to help you if something were to go wrong.
- Know your location. It is always safer to camp at state or private campgrounds so that there is always someone to help.
- Practice water safety. If your campsite has water nearby, never swim alone, and only swim in designated swimming areas. Wildlife lives in the water too!

CAMPSITE FIRES

Having a fire at your campsite will probably be a necessity for cooking, warmth and light. Be sure to check and follow the rules of the campground or state park on campsite fires. In general:

- Keep fire contained in a fire ring, pit or mobile fire bowl.
- Keep a five-foot area around fire and clear of debris.
- Keep a shovel and bucket of water near the fire in the event of cinder flare-ups.
- Keep the area around fire moist.
- Supervise children around a fire pit. No horseplay or reaching for items around the fire.
- When finished with your fire pit, drown the fire with water and stir the ashes with a shovel, soaking any remaining hot embers. Turn the ground to cover remaining ash and wet all areas of the pit.

Camping is a great way to relax, reconnect and have fun. Always be aware of your surroundings, your actions and how you leave the area you use. Being sure to leave the area the way you found it, and most importantly, have fun!





THE SUN IS OUT: STAY COOL, HYDRATED & INFORMED

Each year, heat kills more than 600 people in the United States, according to the Centers for Disease Control (CDC). Preventing heat-related illnesses, including heat stroke and heat exhaustion, is important for people of all ages, but extreme heat poses the greatest risk for people under age 4 and over 65, and anyone who has a pre-existing medical condition or who lives in a home without air conditioning. The best ways to protect yourself from heat include staying cool, hydrated, and informed. Here are some tips for preventing heat-related illness:

STAY COOL

- Wear appropriate clothing: Choose lightweight, light-colored, loose-fitting clothing.
- Stay cool indoors: Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, consider going to the library, mall, or other public facilities.
- Schedule outdoor activities carefully: Limit your outdoor activity to when it is the coolest, such as the morning and evening hours.
- Pace yourself: If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.
- Wear Sunscreen: Sunburn affects your body's ability to cool down and can make you dehydrated.
- Do not leave children in cars: Cars can quickly heat up to dangerous temperatures, even with a window cracked.
- Avoid hot and heavy meals – they add heat to your body.

STAY HYDRATED

- Drink plenty of fluids: Do not wait until you're thirsty to drink and avoid sugary and alcoholic drinks. Avoid very cold drinks, because they can cause stomach cramps.
- Replace salt and minerals: Heavy sweating removes salt and minerals from the body that need to be replaced.

STAY INFORMED

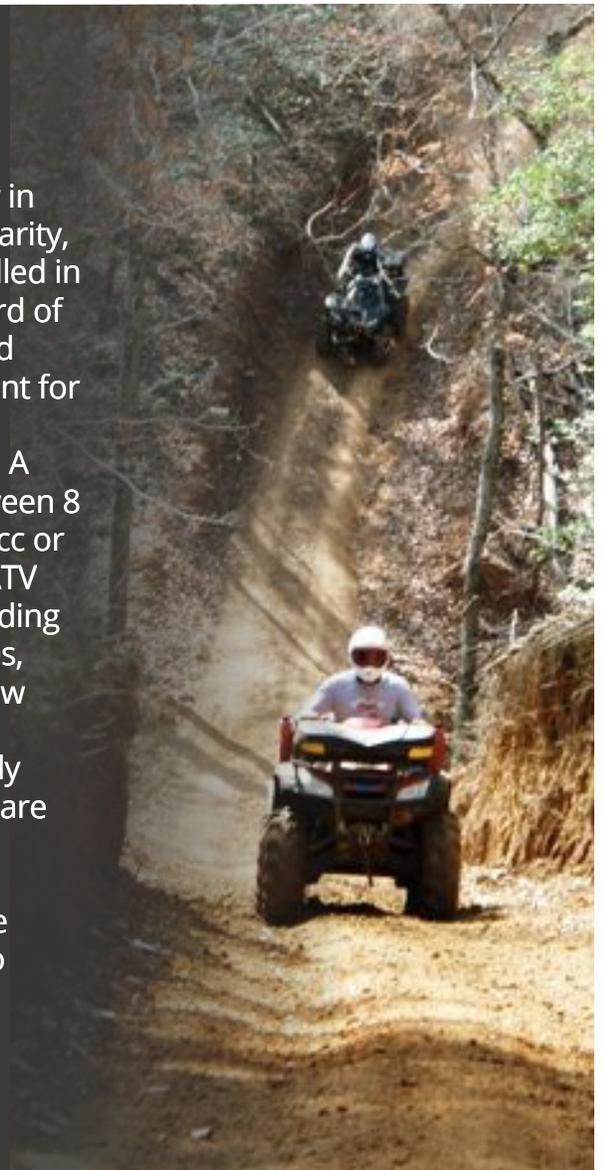
- Check for updates: Check local news for extreme heat alerts and safety tips.
- Know the signs: Learn the signs and symptoms of heat-related illnesses and how to treat them.
- Monitor those at high risk: Although anyone can suffer from heat-related illness, be sure to monitor infants and young children, people who are 65 years of age or older, and people who have underlying health conditions.

Remember heat-related illnesses are preventable. Be sure to learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness. Visit www.cdc.gov and search extreme heat for more tips.

THE OPEN OUTDOORS ATV AND TRAIL RIDING

There are many ATV trails all over the United States with many in North Carolina. ATV trail riding has recently increased in popularity, but all this fun comes with serious risk. Over 700 people are killed in ATV accidents every year in the US with approximately one-third of those being under the age of 16. Many of these accidents could have been prevented with proper safety training and equipment for the rider. North Carolina's law places age restrictions on ATV operation and on what types of vehicles a person can operate. A child under 8 years old cannot operate any ATV. Children between 8 and 11 years old can drive an ATV with an engine power of 70 cc or less. Lastly, children between 12 and 15 years old can use an ATV with power of 90 cc or less. As you head out for a day of trail riding make sure all ATV riders wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, gloves and follow these simple safety rules:

- Never ride on paved roads except to cross when done safely and permitted by law – another vehicle could hit you. ATVs are designed to be operated off-highway.
- Never ride under the influence of alcohol or drugs.
- Never carry a passenger on a single-rider ATV, and no more than one passenger on an ATV specifically designed for two people.
- Ride an ATV that is right for your age.
- Supervise riders younger than 16.
- Ride on designated trails and at a safe speed.



CPS TECHNICIAN CERTIFICATION CLASSES

August 17 – 20	Apex
September 8 – 11	Indian Trail
September 15 – 18	Morehead City
September 15 – 18	Elkin

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

SCHEDULED RISK AREAS

AUGUST 2020
Back to School Safety

Teen Driving Safety

School Bus Safety

Safe Kids NC and UNC Highway Safety Research Center are offering a series of **CEU ELIGIBLE WEBINARS** in July. Visit www.buckleupnc.org for dates and to register.