

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

KEEP YOUR THANKSGIVING FLAME FREE

On the fourth Thursday in November, most Americans will gather around the dinner table to enjoy the yearly meal of turkey with all the fixings. But, before the feasting begins, the BIRD must be prepared. Any way you choose to cook the holiday beast, follow these safety tips to ensure your Thanksgiving holiday does not go up in flames.

FRYING

- Hot oil can spill or splash onto the flame, igniting a fire.
- Fryers designed for outdoor use, with or without a stand, are prone to collapse.
- Cooking oil, if heated beyond its cooking temperature of 375°, can ignite.
- Oil inside a turkey cooker pot can stay dangerously hot for hours after use.
- Fryers shouldn't be used under a garage, deck, breezeway, porch, barn or any structure that can catch fire.
- Frozen, or partially frozen turkeys, will cause hot oil to splatter or produce hot steam, which can burn.
- NEVER use water to extinguish a grease fire.



IN OR ON THE STOVE

- Stay in the kitchen when frying, grilling, or broiling food and set a timer to remind you of cooking times.
- Keep anything that can catch fire away from your stovetop.
- Ensure a 3-foot kid-free zone around your cooking area.
- Turn pot handles away from the stove's edge and use the back burners when possible.
- When cooking, wear short, close-fitting or tightly rolled sleeves.
- If your clothes do catch on fire, stop, drop, and roll.
- If you have a fire in your microwave, turn it off immediately and keep the door closed.
- Small grease fires should be extinguished by smothering the flames.
- For oven fires, turn off the oven and leave the door closed.
- Do not cook if you are sleepy, have taken medication, drugs, or consumed alcohol.
- Plug the microwave directly into an outlet and don't use an extension cord that can overload the circuit.

GRILLING

- Only use grills outdoors, away from siding and deck railings.
- Clean grills often and remove grease and/or fat buildup.
- Make sure your gas, grill lid is open before lighting.
- Have a 3-foot safe-zone around grills and campfires.
- Keep kids and pets away from the grilling area.
- Dispose of coals, after they have cooled, in a metal can.
- Never leave grills, fire pits and/or patio torches unattended.



CHANGE YOUR CLOCKS CHECK YOUR BATTERIES

The main purpose of Daylight Savings Time is to make better use of daylight hours. Daylight Savings Time has been observed in some states as early as 1918, but it did not become a federal policy in the United

States until 1966 when the federal government enacted the policy but left it to the states to enforce. As such, North Carolina did not observe the time change until 1970.

The idea for the time change was that people would spend more time outside and less time inside with the lights on at night. Because of the focus on the “time to change,” those working in injury prevention have used this seasonal event to serve as a reminder for families to change their clocks and check their smoke alarm batteries. As such, keep these key tips in mind regarding smoke alarms in your home:

- To ensure your smoke alarms are working properly, you must check your alarms monthly.
- The placement of smoke alarms should include:
 - One in each bedroom or sleeping area, and
 - One outside of every bedroom, and
 - One on each level of your home.
- Some of the smoke alarms on the market still use 9-volt batteries.
 - Replace the battery if you have a regular 9-volt (non-lithium) battery smoke alarm at least once every year.
- The most common smoke alarms use 10-year lithium batteries.
- Replace the entire smoke alarm every 10 years (no matter the type of alarm).

Daylight Savings Time ends on Sunday, November 1, 2020, at 2:00 A.M. On Saturday night, set your clocks back one hour and check your alarm batteries!



WORLD DAY OF REMEMBRANCE FOR ROAD TRAFFIC VICTIMS

The World Day of Remembrance for Road Traffic Victims (WDR), commemorates on the third Sunday of November each year. This year marks the 25th year since this day was first observed internationally.

WDR is a high-profile, global event to remember the many millions who have been killed and seriously injured on the world’s roads, and to acknowledge the suffering of all affected victims, families, and communities. Each year millions are added to the countless millions who are already suffering.

This day has also become an important tool for all those whose work involves crash prevention or response to the aftermath of crashes, since it offers the opportunity to demonstrate the enormous scale and impact of road deaths and injuries. The objectives of WDR 2020 are to provide a platform for road traffic victims and their families to do the following:

- remember all people killed and seriously injured on the roads;
- acknowledge the crucial work of emergency services;
- advocate for better support for road traffic victims and victim families; and
- promote evidence-based actions to prevent and eventually stop further road traffic deaths and injuries.

On November 15, we pay tribute to those who have lost their lives, and to the dedicated first responders, law enforcement, and medical professionals who deal daily with the traumatic aftermath of road crashes. For more information on WDR, visit www.worlddayofremembrance.org.

HOLIDAY TRAVEL: KEEP COVID AND SAFETY IN MIND

Do you have travel plans this holiday season? While packing for that annual holiday trip is probably a priority for most families, it is important to think and prepare for travel to be as safe as possible. With COVID-19 on everyone's mind, there is a lot more to consider when preparing to leave the house.

Some families are still planning to travel by plane and should keep in mind the following tips in order to protect themselves from illness, or injury:

- Pack only the essentials. Limiting your essentials to a carry-on bag can reduce human contact with luggage.
- Remember the 3 W's – wear your mask, wait 6 feet apart, and wash/sanitize your hands frequently.
- Keep children close. Prevent them from wandering away in terminals or on planes.
- Use an approved car seat for your child, when possible, on the plane.
 - While many airlines allow children to sit on a caregiver's lap, turbulence can cause injury to unrestrained children. Here are a few tips on flying with children from the Federal Aviation Administration.
- If using a taxi or ride-share when traveling, ensure the vehicle you enter is an approved vehicle. Be sure to check that the vehicle license tag is the same as the tag given when you originally requested the ride.
- Be aware of any child passenger safety regulations that differ from those in your state. Be prepared accordingly when you rent a vehicle or request a taxi/ride-share.

In general, U.S. roads are the busiest during the months of November and December. In response to health concerns, many families have opted to travel by car for the holiday season. As families venture out on the road this year, keep in mind that while you cannot control what others do behind the wheel, you can control what you do and how you travel. Here are a few road tips:

- Always prepare your vehicle for the weather and keep an emergency kit in your vehicle.
- Avoid drowsy driving by getting enough rest the night before you drive or switch drivers if this is an option.
- Leave early to avoid heavy traffic.
- Make sure all persons in the vehicle are appropriately restrained in either a car seat, booster seat or seat belt.
- Avoid any distractions. The passengers in your car can be a distraction, but cell phones and vehicle display systems are the primary culprits of distracted driving related crashes.
- Never drive while impaired by alcohol or drugs.

By using these safety tips, you can help your holiday travels go smoother and safer. Happy Holidays from ours to yours!

WEBSITE OF THE MONTH

The National Carbon Monoxide Awareness Association (NCOAA) is dedicated to preventing senseless CO injuries and deaths while also focusing on improving the lives of people suffering from its debilitating effects through support, education, and advocacy. Visit www.ncoaa.us.

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

NATIONAL CARBON MONOXIDE AWARENESS WEEK

NOVEMBER 1 – 7, 2020

Do you have gas appliances, space heaters, a furnace, or fireplace in your home? Do you have an attached garage? If so, you need to make sure your home has working carbon monoxide (CO) detectors. It is important to remember that CO is an odorless, colorless, and tasteless gas that can kill you. Each year, more than 20,000 Americans visit the emergency room for CO related illness. More than 4,000 Americans are hospitalized, and over 400 Americans die from unintentional CO poisoning, not linked to fires (CDC). Take this opportunity to educate yourself and your loved ones on how to stay safe in and around their home. Below you will find some key facts and safety tips on CO.

KEY FACTS

- Red blood cells pick up CO quicker than they pick up oxygen.
- When you inhale CO, your body replaces the oxygen in the blood with CO.
- People who are sleeping or who have been drinking alcohol, can die from CO poisoning before ever having symptoms.

SAFETY TIPS

- Have your gas, oil, or coal-burning heating/air system, water heater, and any other appliance serviced by a qualified technician every year.
- Install a battery-operated or battery back-up CO detector in your home on each floor, including the basement.
- Check or replace the batteries when you change the time on your clocks each spring and fall.
- Make sure gas appliances are vented properly.
- Have your chimney checked and cleaned every year.
- Never burn charcoal indoors.
- Never use a generator inside your home, basement, or garage.
- Keep the generator outside the home, and 20 feet or more from any window, door, or vent.
- Never run your car or truck inside a garage that is attached to a house; even with the garage door open.
- If you suspect you are being exposed to carbon monoxide, contact your local fire department, natural gas/propane provider, or a certified CO technician for help. DON'T WAIT!

CPS TECHNICIAN CERTIFICATION CLASSES

NOVEMBER 16 – 19	Jacksonville, Onslow County
NOV. 30 – DEC 3	Reidsville, Rockingham County
MARCH 1 – 4	Raeford, Hoke County
MARCH 15 – 18	Kenansville, Duplin County
APRIL 6 – 9	Rockingham, Randolph County
APRIL 13 – 16	Wilmington, New Hanover County
APRIL 27 – 30	West Jefferson, Ashe County
MAY 3 – 6	Selma, Johnston County

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

SCHEDULED RISK AREAS

DECEMBER 2020
Toy Dangers

Christmas Tree Fire Dangers