

# Prevention Pipeline

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

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## CHILD PASSENGER SAFETY WEEK SEPTEMBER 20-26

Every day across the U.S., parents and caregivers drive young children to and from school, daycare, to the store, and around town in car seats or boosters. Yet, nearly half of all car seats are installed incorrectly, which means many children may not be traveling as safely as possible.



To help keep children safe on our roads, The National Highway Traffic Safety Administration (NHTSA) sponsors National Child Passenger Safety (CPS) Week each year. The goal is to make sure children are in the correct car seat, that it is properly installed, and that it is registered with its manufacturer to ensure owners receive important safety updates and/or recalls.

Car seats and boosters are one of the easiest ways to keep children safe in a vehicle and, when installed correctly, car seats can reduce the risk of fatal injury in a crash by 71% for infants and by 54% for toddlers. According to the Centers for Disease Control and Prevention (CDC), child restraint systems are often used incorrectly and an estimated 46% of car seats and booster seats (59% of car seats and 20% of booster seats) are misused in a way that could reduce their effectiveness.

Every time your family gets on the road, make sure everyone in the car is properly buckled, including the tiniest passengers. Help spread the message during CPS Week that children riding in vehicles are the safest when in a correctly installed car seat, booster or seatbelt.

### WEBSITE OF THE MONTH

[usfa.fema.gov/prevention/outreach/college](https://usfa.fema.gov/prevention/outreach/college)

This U.S. Fire Administration website is an incredible resource for campus fire safety information, materials and statistics.

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

Email [injury.prevention@ncdoi.gov](mailto:injury.prevention@ncdoi.gov)

And follow us on Facebook at [facebook.com/NCSafeKids](https://facebook.com/NCSafeKids)

# INTERNATIONAL RAIL SAFETY WEEK

Mexico will join the U.S. and Canada in observing **Rail Safety Week this year from September 21-27**. Operation Lifesaver, Inc., Operation

Lifesaver Canada and the Asociación Mexicana de Ferrocarriles (Mexican Association of Railroads, or AMF) will support this public awareness initiative to encourage drivers and pedestrians to practice safe behavior near railroad tracks. Rail Safety advocates such as North Carolina Operation Lifesaver and NCDOT's BeRailSafe work together all year to raise rail safety awareness throughout the state and will tackle a different theme every day this year during Rail Safety Week.

According to N.C. Operation Lifesaver, North Carolina is ranked 13th nationally in highway/rail crossing casualties and 6th in trespassing incidents. Alarmingly, every three hours in the U.S., a person or vehicle is hit by a train. Due to Covid-19, much of 2020's activities will be virtual. To find out more, check out the STOP Track Tragedies videos [HERE](#).



## SAFE GENERATOR USE IN ADVERSE WEATHER

Hurricane season is upon us. Hurricane Isaias, that made landfall in North Carolina this month, left many people without power and dependent upon generators to help them get through the day. Even if you don't live on the coast, you can be affected by a major storm or tropical event. During Hurricane Florence, many were without power for days or weeks. Generators can help lighten some of the discomfort from hot humid temperatures and protect medical supplies and food. Generators, while very helpful, can be deadly.

Following these safety tips can prevent serious injury or death while using a generator:

- Read the generator manual to know the limitations of the unit;
- Prevent carbon monoxide poisoning by keeping the generator outside the home;
- Plug appliances directly into the generator, or use a heavy-duty, outdoor-rated extension cord that is rated equal to the amps or watts of the connected appliance;
- Don't plug too many appliances into the generator at one time. Try to alternate appliances based on need and/or time of day;
- Never try to power the house with the generator (backfeeding). This can cause electrocution of your family, neighbors or utility workers;
- Avoid electrocution. If it is raining, place the generator on a dry surface, covered by a canopy-like structure. A tarp held up by poles, or an open tent structure works well;
- Store fuel in an approved fuel can. Make sure to use the correct type of fuel for your generator;
- Do not refuel the generator while it is running. This can cause an explosion;
- Store fuel for the generator outside the home.

# FALLS PREVENTION WEEK IS SEPTEMBER 21–25

One in four Americans, aged 65 and over, have accidental falls every year. Falls are the leading cause of fatal and non-fatal injuries in older adults. Accidental falls are costly—both in dollars and in quality of life. This year, Fall Prevention Week will be held September 21st – 25th. Our primary goal is to raise awareness in older adults in how to prevent falls.

There are many devices available on the market that can help aid senior adults when they fall. Let's explore a brief history on these devices: In 1972, Dr. Andrew Dibner, a gerontologist, was the first person to think of a life alert service that could call for emergency help when an elderly person is unable to get to their phone. It was known as the Automatic Alarm System. In 1987, Isaac Shepherd, created the Life Alert system. Life Alert is a medical alert pendant that can be worn as a necklace or a wristband. In 1992, the famous catch phrase was introduced "I've fallen, and I can't get up!" Here are some quick tips to help prevent falls for senior adults:

- **Clean up clutter.** It's necessary to remove clutter and keep your home clean. Keep areas, such as hallways and staircases, clear.
- **Repair or remove tripping hazards.** Examine every room and hallway, looking for items like loose carpet, slippery throw rugs, or wood floorboards that may have lifted over time.
- **Install grab bars and handrails.** These safety devices are crucial for going up and down stairs, getting on and off the toilet, and stepping in and out of the bathtub.
- **Avoid wearing loose clothing.** You want to feel comfortable at home, but baggy clothes can sometimes make you more likely to fall. It is important to wear better-fitting and properly hemmed clothing that doesn't bunch up or drag on the ground.
- **Light it right.** Inadequate lighting is another major hazard. To create a home that is more suitable, install brighter light bulbs, particularly in stairways and narrow hallways. Night lights help with early morning bathroom use.
- **Wear shoes or non-slip socks.** Socks may present a slipping risk. Preventing falls at home can be as simple as wearing proper fitted shoes with non-slip soles or non-slip socks that have grips on the soles of the feet.
- **Live on one level.** Even with precautions like guardrails, stairs can present a significant falling hazard. Live on one level of your home to avoid the stairs. If that's not possible, try to limit the trips you take up and down the stairs.
- **Move more carefully and take a pause.** Many people fall at home simply by moving too quickly from a sitting or standing position and vice versa. Pause before going from lying down to sitting up and from sitting to standing. Also, pause before using the railing on stairs, whether going up or down.



# COLLEGE CAMPUSES AND FIRE SAFETY

Going to college is an exciting time for students and their parents. As young men and women move into dorms and apartments of their own, fire safety needs to remain a top priority. September is Campus Fire Safety Month, and it's a great time to review best practices for fire prevention and put those practices into action.



Did you know that 94% of fatal fires around college campuses took place in off-campus housing, and 58% of those fatal fires occurred in residences that had no smoke alarms, or the installed smoke alarms did not have batteries? It is important to encourage college students to use safe practices when living on their own. Remember these few safety tips:

- Only working smoke alarms save lives;
- Know 2 ways out of each room;
- Make sure windows and doors open easily;
- Never remove batteries or disable the alarms;
- Use only surge protectors or power strips that have internal overload protection;
- Stay in the kitchen when cooking;
- Keep candles away from anything that can burn;
- Use flameless candles instead of wick candles;
- Check behind yourself and guests for burning cigarettes, candles, or left on appliances;
- Never cover lamps with clothes or materials;
- Follow school and/or apartment complex safety procedures to prevent fires and
- Living in a residence hall or dorm equipped with a residential sprinkler system is best.

## CPS TECHNICIAN CERTIFICATION CLASSES

SEPTEMBER 8 – 11	Indian Trail
SEPTEMBER 15 – 18	Jacksonville
SEPTEMBER 15 – 18	Elkin
SEPTEMBER 22 – 25	West Jefferson
OCTOBER 12 – 15	Plymouth
NOVEMBER 2 – 5	Lenoir
NOV. 30 – DEC. 3	Reidsville
DECEMBER 7 – 10	Wilson

For more information on how to register for a class, visit [buckleupnc.org](http://buckleupnc.org).

## SCHEDULED RISK AREAS

OCTOBER 4–10  
Fire Prevention Week

OCTOBER 10  
Home Fire Drill Day

OCTOBER 18–24  
National Teen Driver  
Safety Week

OCTOBER 19–23  
School Bus Safety Week