

Outdoor injury prevention starts in your own back yard

Most parents regard their home as one of the safest places for their children. However injuries can happen anywhere, even in your own backyard. Each of five major child injury hazards – motor vehicles, drowning, burns, falls and poison – can be found in the backyard during the summer. Riding mowers, inflatable pools, home playground equipment and even natural vegetation and sunlight require a few simple precautions.

“All of the safety guidelines that you apply to sports, playgrounds and swimming should also apply to those activities in your own back yard,” says Cherie Sage, State Director for Safe Kids Kansas. “An inflatable pool needs to be surrounded by a fence, just like any other pool. A home playground needs to be anchored ... just like equipment on a public playground.”

Kiddie pools, or wading pools, should be emptied when not in use. “Kiddie pools are just as dangerous to a small child as full-size pools – a child can drown in just a few inches of water,” says Sage. “Make sure that you store the pool upside down so that it cannot fill with rainwater.”

Safe Kids Kansas offers detailed guidelines about pool and playground safety at www.usa.safekids.org. In addition, they recommend these precautions for the back yard:

- Remove potential poisons from your yard, including poisonous plants, pesticides and pool chemicals. Teach kids not to handle or eat any part of a plant unless you know it is safe.
- Keep children away from the grill.
- Following the manufacturer’s instructions, apply insect repellent to a child’s clothing and exposed skin.
- Teach children not to disturb or feed any wild animals, no matter how harmless.
- Apply sunscreen rated SPF 15

or higher to your child’s exposed skin 15 to 30 minutes before going out, and reapplying frequently. (It is possible to get a sunburn in cloudy conditions.)

• Make sure your child drinks plenty of water. A child who seems tired or achy should rest in the shade or go inside for a while. Get immediate medical help any time a child’s skin is hot to the touch (with or without perspiration) or if a child has a seizure or becomes disoriented in hot weather.

Lawn Mowers

According to the American Academy of Pediatrics the power lawn mower is one of the most dangerous tools around the home. Each year, approximately 68,000 persons with injuries caused by power mowers were treated in emergency departments in the U.S. More than 9,000 of these were younger than 18 years. Older children and adolescents were most often hurt while cutting lawns as chores or as a way to earn money.

Lawn mower injuries include deep cuts, loss of fingers and toes, broken and dislocated bones, burns, and eye and other injuries. Both users of mowers and those who are nearby can be hurt.

To prevent lawn mower injuries to children:

Try to use a mower with a control that stops the mower from moving forward if the handle is let go.

Children younger than 16 years should not use ride-on mowers. Children younger than 12 should not use walk-behind mowers.

Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.

Prevent injuries from flying objects, such as stones or toys, by picking up objects before mowing begins. Use a collection bag for grass clippings or a plate that covers the opening where cut grass is released. Wear hearing and eye protection.

Make sure children are indoors

or at a safe distance from the area you plan to mow.

Start and refuel mowers outdoors, not in a garage or shed. Refuel with the motor turned off and cool.

Make sure blade settings to set the wheel height or dislodge debris are done by an adult, with the mower off and the spark plug removed or disconnected.

Do not pull the mower backward or mow in reverse unless absolutely necessary, and look for children behind you when you mow in reverse.

Always turn off the mower and wait for the blades to stop before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.

Do not allow children as passengers on ride-on mowers.

For information, call (785) 296-1223 or visit www.usa.safekids.org.

Model	List Price	Sales Price
Yamaha XVZ13TFSZ Venture S. 1300	\$19,850	\$17,900
Yamaha XV19CSZL Raider, S Blue	\$14,899	\$12,900
Yamaha XV19CZS Raider 1900, Silver	\$14,299	\$12,300
Yamaha XV19CSZB Raider S Black	\$14,899	\$12,900
Yamaha XV19CSZR Raider, Red	\$14,299	\$12,300
Yamaha FJR13AXB Cruiser	\$13,900	\$12,200
Yamaha V-Star 1100	\$9,299	\$7,400
Yamaha V-Star 950	\$8,100	\$6,400
Yamaha XVS65YL V-Star 650	\$6,499	\$5,200
Yamaha V-Star 250J	\$3,899	\$3,400
Yamaha XT225W Enduro	\$4,199	\$2,500
Yamaha YZ125S1 Dirt Bike	\$5,399	\$3,750
Yamaha WR250FX Dirt Bike	\$6,499	\$6,000
Yamaha TTR110EX Dirt Bike	\$2,799	\$2,500
Yamaha YW125YB Zuma Scooter	\$2,999	\$2,400
07 Yamaha V-Star 1300cc, Candy Red	\$7,500	\$7,000
06 Yamaha YZ250F 250cc, Blue/White	\$3,000	\$2,800
06 Yamaha YZ250F 250cc, Yellow/Black	\$3,850	\$3,500
01 Harley Davidson 1200cc, Blue	\$5,200	\$4,750
85 Yamaha Virago 1000cc, Purple Flame	\$1,500	\$1,250

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Register for classes soon!

Evening and Online Class Schedule August 2010

Class Title	Credits	Start Date & Time	Days
PE 120-1 Aerobics	1	August 24th 5:45-6:45am	T/TH
PE 105-1 Weight Lifting	1	August 26th 6:00-7:30pm	TH
HUM 110-1 Stained Glass	3	August 25th 6:00-9:00	W
AL 150-1 Certified Nurses Aid	6	Sept 8th 6:00-10:00pm	M/W
BA 100-1 Intro to Business	3	August 12th 8:00-9:00am	M/W/F
CF 101- Computer Fundamentals	3	August 23rd 7:05-8:25am or 9:05-10:25am or 10:35-11:55am	M/W
ENGL 105- Technical Writing	3	August 23rd 7:05-8:25am or 1:05-2:25pm	M/W
MATH 105- Tech Math	3	August 24th 9:05-10:25am or 10:35-11:55am	T/Th
PSY 176-1 Psychology	3	August 25th 12:00-3:00pm	W
HUM 105- Ethics	3	August 24th 9:05-10:25am or 1:05-2:25pm	T/Th
MATH 70-4 Prep Math	3	August 24th 9:05-10:25am	T/Th
BEH 105-1 Human Relations	3	August 24th 7:05-8:25am	T/Th
BA 120-1 Accounting I	3	10:00-11:30am	T/Th
BA 130-1 Leadership	3	8:00-9:30am	T/Th
MATH 100-1 Beginning Algebra	3	2:30-4:00pm	M/W
MATH 100-2 Beginning Algebra	3	1:05-2:25pm	M/W
BA 110-1 PC Software	3	11:00-12:00pm	M/W/F
ENGL 110-2 English Comp I	3	9:05-10:25am	M/W
COMM 140-1 Social Networking	1		T/Th
AL 212-1 & 213-1 Emergency Medical Technician	12	Oct 18th 6-10 pm	M/W
ENGL 110-1 English Comp I	3	Aug 26th 5-8 pm	Th
SCI 150-1 Earth Science	5	August 23rd 6:00-9:00pm	M/W
COMM 130-1 American Sign Language	3	August 23rd 4:00-5:00pm	M/W/F
MATH 115-10 College Algebra	3	August 23rd	Online
PSY 150-1 Psychology	3	August 23rd	Online
COMM 135-1 Conversational Spanish	3	August 23rd	Online
CF 101-10 Computer Fundamentals	3	August 23rd	Online
TNA 106B-3 Intro to Transmissions in Telecommunications	3	August 23rd	Online
TNA 156-3 Data Communications & LANs	3	August 23rd	Online
TNA 232-3 Voice Communications, A Technical Introduction	3	August 23rd	Online
TNA 162B-3 VoIP	4	August 23rd	Online
TNA 216B-3 SONET	3	August 23rd	Online
TNA 226-3 Code Division Multiple Access 2nd Generation	3	August 23rd	Online
TNA 260-3 IP Networking & VPN's	3	August 23rd	Online
TNA 265-3 CDMA 2000 & High Speed Mobile Internet 3rd Generation	4	August 23rd	Online
TNA 222B-3 Basics of Wireless Communication	4	August 23rd	Online
TNA 235-3 Fundamentals of Network Security	5	August 23rd	Online
TNA 220-4 Cisco Networking Academy I & II	3	August 23rd	Online
TNA 270-3 Cisco Networking Academy III & IV	3	August 23rd	Online
CNT 147B-3 Basics of Telecommunications	3	August 23rd	Online
TNA 280-3 Wireless LAN's	3	August 23rd	Online
CNT 131B-3 Digital Carrier, DSL, ADSL	3	August 23rd	Online
TNA 263-3 GSM	3	August 23rd	Online

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