



Help Your Kids Get Back to School Safely

As summer days grow shorter, communities across America will soon be observing that timeless annual ritual: the first day of school. It's a time when parents breathe a sigh of relief and students and teachers anticipate new beginnings and new challenges. Unfortunately, the beginning of school is also a time when children are at increased risk of transportation related injuries from pedestrian, bicycle, school bus, and motor vehicle crashes because there are many more children on the road each morning and afternoon and many drivers' patterns change. Shorter daylight hours make it especially difficult to see young pedestrians and bicyclists. So as schools open their doors, it's time for everyone – motorists, parents, educators, and students – to improve their traffic safety practices. The following tips can help make this a safe and happy school year for the whole community.

Tips for Motorists

Slow down and obey all traffic laws and speed limits.

Always stop for a school bus that has stopped to load or unload passengers. Red flashing lights and an extended stop arm tell you the school bus is stopped to load or unload children. State law requires you to stop.

Be alert and ready to stop. Watch for children walking in the street, especially where there are no sidewalks. Watch for children playing and gathering near bus stops. Watch for children arriving late for the bus, who may dart into the street without looking for traffic. When backing out of a driveway or leaving a garage, watch for children walking or biking to school.

When driving in neighborhoods or school zones, watch for young people

who may be in a hurry to get to school and may not be thinking about getting there safely.

Tips for Parents

Help your children learn and practice the safety rules for walking, bicycling, or riding in a passenger car, school bus or transit bus.

Supervise young children as they are



walking or biking to school or as they wait at the school bus stop.

Be a good role model, especially when you are with your kids. Always buckle up in the car, always wear a helmet when biking, and always follow pedestrian safety rules.

Tips for Educators

Teach young children the safety rules for traveling to school, whether it be walking, bicycling, or riding in a motor vehicle or on a school bus. The National Highway Traffic Safety Administration (NHTSA) has developed a variety of kid-friendly materials and teaching tools. These can be downloaded from NHTSA's website at www.nhtsa.dot.gov, or you can fax your order to (202) 493-2062. The website provides links to many other

organizations and materials related to safe school travel.

Support any "Getting to School Safely" activities sponsored by your school, the PTA/PTO, or other community organizations.

Be a good role model. Always use your seat belt, wear a helmet when bicycling or riding a motorcycle and practice pedestrian safety rules.

Tips for Students

Always buckle up when you're riding in a car.

Always ride in the back seat. It's the safest place for young people.

Always wear a helmet and follow traffic safety rules when riding your bike.

If you ride a school bus, learn and practice the safety rules for waiting at the bus stop, getting on and off the bus, and riding the bus.

If you walk to school, learn and practice the safety rules for pedestrians. Always cross at cross walks, obey all traffic signs, traffic lights and safety patrol instructions.

Be a good role model for your younger brothers and sisters and friends, and help them learn and practice the safety rules.

<http://www.nhtsa.dot.gov/people/injury/buses/GTSS/newsback2school.html>





Buckle Up Northern NJ

School buses are the safest form of highway transportation. You may not

know that the most dangerous part of the school bus ride is getting on and off the school bus. Pedestrian fatalities (while loading and unloading school buses) account for approximately three times as many school bus-related fatalities, when compared to school bus occupant fatalities.

The loading and unloading area is called the "Danger Zone". The "Danger Zone" is the area on all sides of the bus where children are in the most danger of not being seen by the driver (ten feet in front of the bus where the driver may be too high to see a child, ten feet on either side of the bus where a child may be in the driver's blind spot, and the area behind the school bus). More than half of the pedestrian fatalities in school bus-related crashes are children between 5 and 7 years old in 1999.

Young children are most likely to be struck because they:

- Hurry to get on and off the bus
- Act before they think and have little experience with traffic
- Assume motorists will see them and will wait for them to cross the street
- Don't always stay within the bus driver's sight

Studies have shown that many drivers illegally pass stopped school buses that are loading/unloading students.

Students riding a school bus should always:

- Arrive at the bus stop five minutes early.
- Stand at least 5 giant steps (10 feet) away from the edge of the road.
- Wait until the bus stops, the door opens, and the driver says it's okay before stepping onto the bus.
- Be careful that clothing with drawstrings and book bags with straps or dan-

gling objects do not get caught in the handrail or door when exiting the bus.

- Walk in front of the bus; never walk behind the bus.
- Walk on the sidewalk or along the side of the road to a point at least five giant steps (10 feet) ahead.
- Be sure the bus driver can see you, and you can see the bus driver.
- Stop at the edge of the bus and look left-right-left before crossing.
- Tell the bus driver if you drop something beside the bus. Should you try to pick it up, the bus driver may not see you and drive into you.

During the school bus ride:

- Always sit fully in the seat and face forward
- DO NOT distract the driver
- Never stand on a moving bus
- Obey the driver
- Speak in a low voice
- NEVER stick anything out the window — arms, legs, head, bookbags, etc.

Motorists Should:

- Be aware it is illegal in every state to pass a school bus stopped to load/unload students.
- Know and understand laws governing motorist's driving behavior near a

school bus.

- Learn the "flashing signal light system" that school bus drivers use to alert motorists if they are going to stop to load/unload students.
- Yellow flashing lights indicate the bus is preparing to stop to load or unload children.
- Motorists should slow down and prepare to stop their vehicles.
- Red flashing lights and extended stop arms indicate that the bus has stopped, and that children are getting on or off. Motorists MUST stop their cars.
- Begin moving only when the red flashing lights are turned off, the stop arm is withdrawn and the bus begins to move.
- Watch out for young people who may be thinking about getting to school, but may not be thinking about getting there safely.
- Slow Down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood. Watch for children playing and gathering near bus stops.
- Be Alert. Children arriving late for the bus may dart into the street without looking for traffic.

<http://www.nhtsa.dot.gov/people/injury/uses/GTSS/talkskoolbus.html>

International Walk To School Day

Wednesday October 4, 2006



Safe Kids
Walk
This
Way



**Photo Session
Spring – Summer 2006**



Officers Patrick Meade & Robert Curtis of the Chatham Township PD strike a pose during the Hats off for Helmets Campaign at the Chatham Township Skateboard Park. April 2006



Officer Jeff Tucker sends Emily Konopka off with a new bicycle which she won during the Denville's Ready to Roll Rodeo. Her brother Stephen hopes he will get a spin as well. June 2006



Les Kelem an avid cyclist from Rockaway, helps a student from the MacKinnon Middle School in Wharton apply reflectors to his bike. April 2006

**Fall 2006
Car Seat Check Up Events**

Date	Site	Program Contact	Phone Number
September 14, 2006	Babies R Us	Tracy Tagliente	973 691 5939
September 27, 2006	MCOHA	KJ Feury	973 971 4327
November 3, 2006	Byram Township FD	KJ Feury	973 971 4327

Essex – Morris Car Seat Check Up Station
Every Wednesday 9-4pm No appointment necessary
120 Dorsa Ave Livingston NJ 973-429-6896

**A Concussion is a Brain Injury
TAKE IT SERIOUSLY!**

Your brain is responsible for your cognitive and physical abilities as well as your emotions, identity and behavior. It controls who you are and what you can do. Concussions, and other injuries to the brain, have widely varied consequences that range from mild to severe.

Signs & Symptoms

The signs and symptoms of a concussion may be slight and may not be noticeable at first. Once they appear they can last for days, weeks or longer. If you or your child has recently been hit in the head or fallen, watch for the following early signs.

Early Signs

- ▲ Lack of awareness of surroundings
 - ▲ Headache
 - ▲ Dizziness
 - ▲ Nausea or vomiting
- Late Signs or Symptoms**
- ▲ Headaches
 - ▲ Lightheadedness
 - ▲ Poor concentration
 - ▲ Trouble with memory
 - ▲ Irritability
 - ▲ Fatigue
 - ▲ Increased sensitivity to bright lights
 - ▲ Increased sensitivity to loud noises
 - ▲ Anxiety and depression
 - ▲ Sleep disturbances.
 - ▲ Measure – Monitor – Manage

All concussions should be evaluated by a knowledgeable health professional to measure severity, monitor progress over time, and properly manage the injury. Just like any other body part, when injured, the brain requires time to rest to heal.

Athletes should refrain from participation in sports and other physical activity if any sign or symptom of concussions are present.

If an athlete sustains a concussion and return to play before the symptoms have completely cleared, the risk for "second impact syndrome", which is characterized by brain swelling, permanent neurological damage and even death.

Immediate identification and proper management of concussion can protect athletes from the negative consequences of additional concussions or "second impact syndrome".

Do You Know?

Most concussions do not involve loss of consciousness

You can sustain a concussion even if you do NOT hit your head. An indirect blow elsewhere on the body can transmit an "impulsive" force to the head and cause a concussion to the brain.

Concussions typically do not appear in neuroimaging studies such as MRI or CAT Scans.

Brain Injury Association of NJ www.sportsconcussion.com 1-800-669-4323

The Atlantic Neuroscience Institute's Mild Traumatic Brain Injury Center focuses on evaluation of concussion severity, making the best recommendations for further evaluation and care, and return to play clearance. The initial evaluation includes injury history, symptom assessment and neurocognitive analysis and exertional and balance testing. For more information call 908-522-6146.



No. 1 Cause of Injury in Elementary School: Playground Accidents

Playground accidents are the leading cause of injury to children in elementary school. Each year, in the United States, approximately 150,000 children ages 5 to 14 go to the emergency room with accidental injuries involving playground equipment — and 3 out of 4 playground accidents occur on public playgrounds, including school facilities, as opposed to backyard play equipment.

Most playground injuries are not fatal — about 10 children per year die from injuries involving playground equipment, mostly from strangulation when a piece of loose clothing or jewelry gets caught on equipment or the child's head gets stuck between climbing bars. Falls, however, can also cause fatal injuries or permanent disability.

"A child who falls 10 feet is at risk of spinal cord injury, paralysis and death," says KJ Feury, Safe Kids Northern NJ coordinator. "Protective surface materials can make a life-and-death difference."

The U.S. Consumer Product Safety Commission issues guidelines for playground surfacing and age-appropriate warning labels on playground equipment. In 15 states, some or all of the guidelines in the CPSC's Handbook for Public Playground Safety are mandatory under state law.

"Nothing can take the place of active supervision, but we do

need to make sure our kids are playing in safe environments in the first place," says Feury. "The ground should be covered 12 inches deep with shredded rubber, hardwood fiber mulch or fine sand, extending at least six feet in all directions around the equipment."

Even with proper surfacing, teachers and playground monitors need to keep kids in sight and in reach on the playground. "Simply being in the same place as the children isn't necessarily supervising," says KJ Feury. "Kids on a playground need an adult's undivided attention."

For outdoor play, children's clothing and outerwear should be free of drawstrings and should fit snugly to minimize the risk of getting stuck in a piece of equipment. Do not allow kids to wear helmets, necklaces, purses or scarves on the playground or engage in any pushing, shoving or crowding around playground equipment.

The CPSC handbook is available at www.cpsc.gov or 800-638-2772. "Before your child goes back to school, you might want to take a look at the school playground and, if necessary, discuss the CPSC guidelines with school authorities," says KJ Feury.

For more information about playground safety, visit www.usa.safekids.org.

Project Coordinator/

Newsletter Coordinator

***Karen Jean Feury RN, APN, CCRN
Injury Prevention Coordinator
Morristown Memorial Hospital***

Education/Public Relations

***Michele Mount
Public Relations Manager
AAA NJ Automobile Club***

Enforcement/Buckle Up Campaign

***Plt. Robert Curtis
Chatham Township Police Department***

Community Resources

***Catherine Farrell CHE
Rockaway Township
Health Department***

CPS Advisor

***Sgt. Garry Moore
Randolph Police Department***

Prevention Works

Northern NJ SAFE KIDS/Safe Communities
Morristown Memorial Hospital
Surgical Critical Care, Trauma & Injury Prevention
100 Madison Ave.
Morristown, NJ 07962

Prevention Works is the official triennial newsletter of Northern NJ SAFE KIDS/Safe Communities .

We welcome articles of interest highlighting your community or organization.

Let us know how you have made your community a safe community.

If you have any comments or topics you would like to see covered, please feel free to contact

Karen Jean Feury, RN Phone: 973-971-4327 Fax: 973-290-7350 email: karenjean.feury@ahsys.org.