



Bike to Work Day May 19, 2006

Bike to work day is a national event that celebrates the ability of commuters to enhance air quality, cut down on traffic congestion and improve personal health by commuting to work by bike.

This is a chance to have fun while doing something about traffic congestion, air pollution and physical fitness. Did you know that 50% of the working population commutes 5 miles or less to work – a very bikable distance?

Did you know that if the average per-

son biked to work one day every two weeks instead of driving we could prevent the pollution of one billion gallons of gasoline entering the atmosphere every year?

TransOptions is hosting the 2006 Bike to Work Day in Morris, Sussex and Warren Counties. This one day event is designed to get you to try biking to work.

All registered participants are eligible to win prizes in our Bike To Work Day raffle. A prize list will soon be distrib-

uted. In addition, company teams of 5 or more riders may register as a team and enter a drawing for a pizza luncheon delivered to their work place.

How Do I Register?

To receive an electronic registration packet, send an email to metzger@transoptions.org and put **Bike to Work Registration** in the subject line. Include your name, address and phone number. A registration packet will be sent to you in early March.

Northern NJ Safe Kids/Safe Communities Achievement Awards 2005

In 2005 Northern NJ Safe Kids/Safe Communities grew in members and programming.

Accurate information was brought to our communities in creative style. Each year we honor an individual and an agency that has gone above and beyond to bring Injury Prevention programming to their communities. Patrolman Randy Brands of the Roxbury Police Department and NJ

Metro Fed Ex were the recipients. We congratulate them for making a difference.

Outstanding Individual Achievement Award 2005

Randy Brands of the Roxbury Police Department has participated in Northern NJ Safe Kids/Safe Communities since it was established in 2000. He brings his interest and knowledge of child passenger and bicycle safety to the residents of Roxbury as well as Morris County.

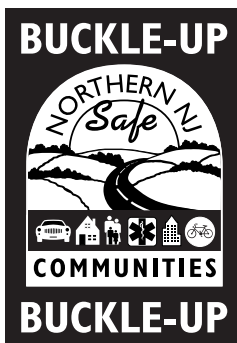
Outstanding Organization Achievement Award 2005

NJ Metro Fed Ex has been a supporter of Walk this Way since 2000. Under the supervision of Byrant Gilliard, NJ Metro Fed Ex has supported 10 Walk this Way Events. Each event was staffed with 10 Fed Ex employees who brought pedestrian safety messages to hundreds of school children throughout Morris County.



NJ Metro Fed Ex and PO Randy Brands of Roxbury were awarded the Outstanding Organization & Individual for 2005. Their contributions to Northern NJ Safe Kids/Safe Communities were extraordinary. Pictured L-R: Byrant Gilliard, NJ Metro Fed Ex, Dr. Felix Garcia, Director of Trauma & Injury Prevention at Morristown Memorial Hospital and PO Randy Brands of Roxbury Police Department.





Buckle Up Northern NJ

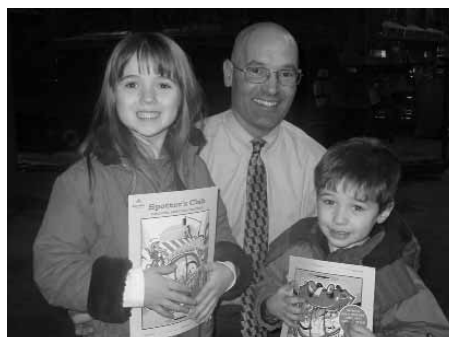
CPS Week 2006

Most parents know that babies and toddlers need to be restrained in a car seat, properly installed and adjusted, every time they ride in a car. Unfortunately, parents and caregivers aren't doing nearly as good a job protecting older kids in cars — kids who should be riding on booster seats. Babies and toddlers ride restrained more than 90 percent of the time, while children ages 4-7 ride restrained only 73 percent of the time. That's a huge difference, and it shows that parents don't understand the importance of safety restraints for older kids.

Kids who have outgrown car seats are safer (and more comfortable) riding on a booster seat until they're at least 4'9" (57") tall and 80 to 100 pounds. Many children do not reach this point until age 10 or older, yet adult safety belts alone may not properly fit children who have not yet reached this point.

Take the time to learn how to select, install and adjust car seats for younger kids and to conduct the Safety Belt Fit Test to determine whether older kids are big enough to graduate from a booster seat to an adult safety belt. With this simple test, which is also available online at www.usa.safekids.org, parents can see for themselves whether the adult safety belt provides enough protection to a growing child.

Motor vehicle crashes are the leading



National Child Passenger Safety Week was celebrated at Ayers Chevrolet in Dover NJ on February 15, 2006. Here V.P. Dave Ayers takes a moment to review the "Spotters Club" with Emma & Ben Valiante.

killer of children under 14, and the best way to keep your child safe is to use proper restraints, correctly, every time. First, make sure all children under age 13 ride in a back seat. A certified Child Passenger Safety Technician can help you select the right kind of safety restraint for your child's age, weight and height; teach you how to secure your child in the seat correctly; and teach you how to install the seat into your car correctly. Then it's your responsibility to make sure everyone in the car is properly restrained on every ride. (Parents and caregivers, remember: you are a role model. Safe Kids Worldwide published a study in May 2005 showing a definite link between adult safety behavior and kids' safety habits.)

For information on where to find a certified Child Passenger Safety Technician contact karenjean.feury@ahsys.org.

Injury Prevention Series

Smart Parents/Safe Kids

March 8, 2006 7pm – 8:30 pm
Malcolm Forbes Amphitheater
Learn how to make safe spaces for your babies at home, at play and on the way.

Teen Driver

April 18, 2006 7pm – 8:30 pm
Malcolm Forbes Amphitheater
Teen Driver will assist families in understanding and managing the journey from beginner to independent driver. Parents and driving age children are encouraged to attend.

What Every Caregiver Needs to Know about Child Passenger Safety.

May 9, 2006 7pm -8:30pm
Auditorium B
Most crashes occur near home and can be violent, even at lower speeds. When used correctly, child safety seats can prevent injuries and save lives.
Come and learn about Child Passenger Safety. An interactive car seat workshop will cover infant, forward facing, convertible and booster seats.

Morristown Memorial Hospital
100 Madison Ave
Morristown, New Jersey

To Register call:1-800-AHS-9580
(1-800-247-9580)

To the Family of a Soon To-Be Teen Driver

The National Safety has reviewed years of scientific data concerning Teen Driving. Their efforts can be found in a comprehensive guide entitled the National Safety Council's Family Guide to Teen Driver Safety. This guide will assist families in understanding and managing the journey their teens will travel from beginner to and independent driver.

Listed below are the twelve points to get you started. They summarize the key messages in the Family Guide to Teen Driver Safety.

1. All teens' risk of being in a car crash is at a lifetime high in their

first 12 to 24 months of driving. Novice teen drivers are at greater risk simply because of the youth and lack of driving experience.

2. It has been proven, that if parents and teens work together to manage their teens driving experience the crash risk is reduced.

3. Developing a Family Plan for the entire process of learning builds on the cornerstone of teen driving.

4. A good deal of the risk teens face depends upon what kind of vehicle they are in, including size and safety features.

5. Too few parents realize what a critical safety difference they can

Continued on Page 4

Spring 2006 Car Seat Check Schedule

Date	Town	Site	Contact
March 22, 2006	Dover	MCHA	Araelis Menendez MCHA 973- 366-4770
April 26, 2006	Dover	MCHA	Araelis Menendez MCHA 973- 366-4770
May 6, 2006	Jefferson Township	Safety Town Maher Dickerson Park	Sgt Eric Wilsuesen Jefferson Twp. PD 973-808-6150
May 24, 2006	Dover	MCHA	Araelis Menendez MCHA 973- 366-4770

Additional Seat Checks to be Scheduled.
Visit www.preventionworks-nj.org for an updated schedule.

Ski/Snowboard Safety Poster Contest

Northern NJ Safe Kids / Safe Communities sponsored a ski and snowboard safety poster contest for children 5 – 16. The winners received a season pass to Hidden Valley Ski Resort the 2006-2007 season and a Bell Sport Bike Helmet for spring riding. Parsippany Junior Troop 1774 coordinated the poster contest and safety exhibit as part of their Bronze Award.

Congratulations to our winners:

Stephanie Konbaz	8 years old
Caroline Parks	12 years old
William Chen	13 years old



Stephanie Konbaz looks over her winning poster entry with Ms Orsini from Troy Hills School in Parsippany.



Parsippany Girl Scout Troop 1174 takes a photo break at the Ski / Snowboard Winter Safety Exhibit at Hidden Valley Ski Resort.



Ski/Snowboard Safety Tic- Tac- Toe presented by Junior Girl Scout Troop 1774, educated and entertained skiers and snowboarders for hours.

Childproof Your Home

Each year in the United States, approximately 1,900 children, mostly ages 4 and under, die from accidental injuries in the home, and 3.4 million kids are treated in emergency rooms for accidental injuries occurring at home. Most fatal injuries at home are caused by suffocation, fire and burns, drowning, choking, falls, poisoning or firearms discharged unintentionally.

Safe Kids Northern NJ urges parents and caregivers to check their homes at least once a year for basic safety precautions. “There’s no substitute for active supervision, but childproofing your home provides extra protection and peace of mind,” says KJ Feury, Safe Kids Northern NJ coordinator. “It’s easy to eliminate the most obvious hazards — and it doesn’t have to involve a lot of expensive equipment.”

The first step in childproofing a home is to explore every room at a child’s eye level. “Literally get down on your hands and knees and crawl around. You’ll be surprised at how much you can reach and how many small objects you can pick up,” says Feury. “Anything that can fit through a standard 1-inch toilet paper tube is a potential choking hazard. Of course, cleaning products, alcohol, firearms and other potentially harmful products need to be stored out of reach and locked up.”

Safe Kids Northern NJ also recommends these precautions:

- Set your water heater no higher than 120°F. At higher temperatures, it only takes three seconds to burn a child’s skin severely enough to require surgery.

- Memorize this phone number: 800-222-1222. From anywhere in the United States, this toll-free number will connect you to the local Poison Control Center. Call this hotline if a child has ingested any substance that isn’t food — but if a child is choking or having trouble breathing, call 911.

- Test your smoke alarms every month. Make sure you have working smoke alarms in every sleeping area. Also check for fire hazards such as frayed electrical wires or flammable materials near heating appliances.

Continued on Page 4

Teen Driver

Continued from Page 2

make as role models, guides and partners during the teen driving experience.

6. The gradual introduction of greater driving challenges and exposure to risk over time is a key element of the Graduated Driver Licensing system.

7. Restrictions on driving with passengers and driving at night during the first 12 to 24 months after a teen gets a license, combined with extensive driving practice before the license and ongoing parental involvement throughout, reduce exposure to crash risk and saves lives, money and property.

8. Your state's driver licensing regulations may not deliver the greatest safety measures to your teen driver.

9. No single regulation or procedure, Driver Education program, state law, or extended supervised practice can, by itself, make your teen a safer driver. Only a combination of practice, gradual expo-

sure to higher risk situations, and ongoing parental involvement, can reduce a teen's chance of crashing.

10. Drivers Education teaches vehicle operation and the rules of the road. It doesn't reduce a teen's exposure to crash risk.

11. A written Parent/Teen Agreement is an essential part of managing a teen's driving experience.

12. We all want the same thing: a teen driver who has been crash-free and violation-free for months after getting a license, has had his restrictions lifted gradually over that time, and is now ready for full driving independence.

Teen Driver will be presented on April 18th, 2006 at 7pm at Morristown Memorial Hospital. To register call 1-800-AHS-9580 or (1-800-247-9580).

For more information on Teen Driver email Teen Driver Safety Desk@nsc.org.

For a free copy of the guide contact Karenjean.feury@ahsys.org

Childproof

Continued from Page 3

■ Install carbon monoxide detectors in every sleeping area and near fuel-burning appliances. This invisible, odorless gas can be fatal.

■ Put safety gates at the top and bottom of every stairway. Gates installed with hardware are safer than pressure gates.

■ Cover unused electrical outlets. You can buy plastic outlet covers, or just use duct tape.

■ Keep firearms unloaded and locked out of reach. And lock up ammunition in a separate place.

■ Post emergency numbers by every phone. In addition to the numbers for fire and emergency medical services, keep numbers for the pediatrician and a neighbor handy.

■ Check your first aid kit to make sure it is fully stocked. Make sure babysitters know where to find first aid supplies and how to handle an emergency.

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.