



Daylight Saving Time Ends Fall Back November 1, 2009

Increased Number of Pedestrian Collisions & Car Crashes

When the clocks move back an hour at the end of daylight savings time, pedestrians walking during the evening rush hour are nearly three times more likely to be struck and killed by cars than before the time change. The risk for pedestrian deaths at 6 p.m. is by far the highest in November than any other month.

Drivers: Be on the lookout for pedestrians as you drive at dusk and after dark.

Pedestrians: Take extra care to make sure that drivers can see you. **Be safe!**

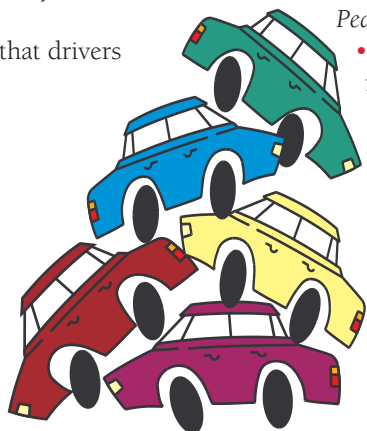
The Safety Committee offers the following tips:

Drivers

- Keep your eyes moving and away from glare. By focusing on the white lines on the side of the road ahead, you'll both avoid oncoming headlights and be able to see any upcoming pedestrians.
- Pedestrians are more likely to cross

the street when you are turning at a green light or turning right on red. Take an extra look to make sure your path is clear.

- Remember that pedestrians always have the right of way. Even if they are crossing where they're not supposed to, you must stop.



Pedestrians

- Wear reflective or bright clothing. You can never assume that vehicles will see you, but this makes you easier to spot on the side of the road.
- Always cross the street at a crosswalk, and look left and right and then left again for cars coming before crossing the street.
- Keep on the sidewalks if possible. If there are none, make sure you are walking against traffic.

Take additional safety precautions during the time change.

Teen Driving

Graduated Driver License Restriction Law ■ May 1, 2010

On April 15, 2009, Governor Jon S. Corzine signed into law a bill amending New Jersey motor vehicle codes, specifically R.S.39:3-10, regarding ALL drivers under 21 years of age who hold special learners permits, examination permits and provisional driver licenses. The complete text of the law can be found at: <http://www.njleg.state.nj.us/2008/Bills/PL09/38>

Overview of P.L.2009, Chapter 38

1. The name of the provisional license has been changed to probationary

2. The holder of a special learners permit, examination permit or probationary license is permitted to transport only one passenger in addition to his or her dependents. This one pas-

senger restriction does not apply if the permit holder or probationary licensee is accompanied by a parent or guardian.

3. The nighttime driving restriction for examination permit and probationary license holders is changed from 12:01 a.m. to 5 a.m. to 11:01 p.m. to 5 a.m. to reflect the same hours as special learners permit holders.

4. The language addressing cell phones has been clarified to include a restriction on the use of any hand-held or hands-free interactive wireless communication devices including operating its keys, buttons or other controls while driving a motor vehicle.

5. The fine for violating the passenger, nighttime driving or interactive wireless device restriction is \$100 plus cost

and fees; no points will be assessed for these offenses.

6. This law takes effect on May 1, 2010. There is no grandfather phase. It applies to anyone holding a probationary license. ■



Winter/Holiday Safety Tips

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

Holiday decorating

- ❖ Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- ❖ Keep lit candles away from decorations and other things that can burn.
- ❖ Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use, but not both.
- ❖ Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini light sets and a maximum of 50 bulbs for screw-in bulbs.
- ❖ Use clips, not nails, to hang lights so the cords do not get damaged.
- ❖ Keep decorations away from windows and doors.

Holiday entertaining

- ❖ Test your smoke alarms and tell guests about your home fire escape plan.
- ❖ Keep children and pets away from lit candles.
- ❖ Keep matches and lighters up high in a locked cabinet.
- ❖ Stay in the kitchen when cooking on the stove top.
- ❖ Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- ❖ Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.

Ski and Snowboard Safety Tips

As ski season approaches, skiers and snowboarders can't wait to hit the snow to leave behind their first fresh tracks of the year. Before you strap into your bindings, keep in mind that a day on the slopes can be dangerous. To avoid a trip to the emergency room and ensure you spend more time tackling double-black diamonds, here are a few things to keep in mind before your ski trip:

Get in shape: Be sure to follow a regular fitness program before heading to the mountains. A basic layer of conditioning will strengthen muscles and build endurance that will help prevent injuries.

Check your equipment: A bindings check is always a smart move. Roughly half of all injuries are due to improper binding performance. While you're at it, make sure all of your ski and boarding gear is in tip-top shape.

Know your limits: Ski or snowboard at your appropriate level. Beginners should avoid advanced runs.

Warm up: Before you hop from the car to the chair lift, don't forget to do a little stretching before to loosen and warm up your cold muscles. Focus on calves, hamstrings, quadriceps as well as your shoulders.

Hydrate: When you're fixated on getting in as many runs as possible, sometimes you forget to stay hydrated. Don't forget to drink plenty of fluids as the day goes along. Being dehydrated can lead to fatigue.

Avoid the "one last run" syndrome: You think you've got just one more run in you before you call it day. If your legs are feeling heavy, it's better to make a beeline to the lodge instead of the chairlift.

If a mishap does occur on the hill, make sure that your body is fully recovered before your next trip up to the mountains.

Northern NJ SAFEKIDS/Safe Communities Scrapbook



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Chester Emergency Services Coalition



1st place Chester Emergency Service's Coalition Softball Tournament



Share the road
with motorcycles.



Many thanks to our donors!

We are very thankful to the many people who have donated to Northern NJ Safe Kids/Safe Communities. Special recognition to the Emergency Services Coalition of Chester, who donated the proceeds (\$1600) from their summer softball tournament to our coalition.

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

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