



Buckle Up Northern New Jersey Seat Belts Do Save Lives!

Seat belts save lives. With constant vehicle safety technologies being invented and implemented every day, one thing remains the same in every car design: the seat belt.

Bring awareness to your family, friends and occupants of the "Buckle Up. Every Trip. Every Time." Campaign. It is designed to raise awareness of the importance of wearing a seat belt. The goal? Eliminate all unnecessary deaths and injuries caused by automobile collisions.

This is an easy step. Take the lead and Buckle Up. Every Trip. Every Time.



Drowsy driving is just as dangerous as impaired driving.

Being tired slows reaction time, decreases awareness, and increases your risk of crashing.

Get more information: <https://www.thensf.org/tips-for-staying-alert-and-preventing-drowsy-driving/#SafeRoadsNJ>

The Car Fit is Now Offered at All our Car Seat Inspection Stations

CarFit is a community-based educational program that promotes continued safe driving and mobility among older drivers by focusing attention on safety, comfort and fit.

CarFit was created in 2006 in collaboration with AAA (American Automobile Association), AARP and the American Occupational Therapy Association (AOTA).

Northern NJ Safe Kids/Safe Communities now offers Car Fit Inspections at all of our Car Seat Inspection Stations.

Certified Car Fit Technicians will work with older drivers to improve their fit in their personal vehicle, promote meaningful dialog about driver safety and driving alternatives. A proper fit in one's vehicle can greatly increase not only the driver's safety but also the safety of others.

Each personalized inspection will review 12 key areas to ensure the driver's fit in their personal vehicle.

Below are three examples that underscore the importance of road safety to the CarFit program.

1. Knowing how to properly adjust one's mirrors can greatly minimize blind spots for drivers who may wish to change lanes.
2. Good foot positioning on the gas and brake pedals is important. If the driver is reaching with his or her toes to press on the pedals, it can cause fatigue in one's leg and slowed reaction times.
3. Drivers run a risk of serious injury if they are sitting closer than 10 inches to the steering wheel.

Join us at one of our Car Seat/Car Fit Inspection Stations to be sure you or you mature driver have the best fit possible in their car.

Northern NJ Safe Kids/Safe Communities Car Seat and Car Fit Inspection Stations

Morris County
Chester First Aid Squad
 100 North Rd, Chester, NJ 07930
 Open 1st Tuesday of Month
 2pm – 6pm
 and 3rd Thursday of Month
 7am – 12 noon

**Denville Fire Department/
 St. Clare's Hospital**
 2 Indian Road
 Denville, NJ 07834
 Open the 1st Monday of the Month
 10am – 1 pm

MT Tabor Volunteer Fire Department
 72 South Powder Mill Road
 Morris Plains, NJ 07950
 Open Wednesdays
 September - May 9 – 3pm
 June - July - August 9 – 1pm

Shade Tree Garage
 171 Washington St.
 Morristown, NJ 07960
 Open 2nd Saturday of Month
 8am – 12 noon
 and 3rd Tuesday of Month
 5pm – 8pm

Essex
**Fairfield Fire
 Department**
 51 Plymouth St.
 Fairfield, NJ 07004
 Open the 1st Tuesday
 9am – 12 pm

Passaic County
**Pompton Lakes
 First Aid Squad**
 700 Ramapo Ave
 Pompton Lakes, NJ 07442
 Open 3rd Monday of
 Month 4pm – 7pm

Sussex County
 5 West Shore Trail
 Sparta, NJ 07871
 Open 4th Monday of Month
 10am – 1pm



CARFit
 Helping Mature Drivers Find Their Safest Fit

Atlantic
 Health System
 Morristown Medical Center



www.preventionworks-nj.org
 Follow us on Facebook
 Safe Kids Northern New Jersey

973-971-6477

The CPS stations are financially supported by grant funding and individual donations.

For more information on car fit go to: <https://www.car-fit.org/carfit>

Do you have a Bike Helmet?

The Summer of 2022 gave us a great opportunity to increase our Injury Prevention Programming.

We distributed nearly 1200 bike helmets to Adults and Children in our catchment area. Programming took place at schools, summer camps, libraries, street fairs, in our first aid/fire squads and on our bike paths within our region.

Cycling Safety along with the distribution of bike helmets were well received by all.

Does your helmet fit correctly? Take the Helmet Fit Test and find out?



Left top, Camp Auxilium Newton; top right, Safety Town in West Milford, above, National Night Out in Rockaway Boro; left, Pompton Plains First Aid Squad.



SAFE KIDS WORLDWIDE. Does your helmet fit properly? Take the Helmet Fit Test

1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!

There's a little-known risk to small children.

Inside small electronic devices may be very powerful coin-sized button batteries. When swallowed, these batteries can get stuck in the throat and cause severe burns or death.



- 1 Keep devices with button batteries out of reach if the battery compartments aren't secure, and lock away loose batteries.
- 2 If a child swallows a button battery, go to the emergency room right away. Do not let the child eat or drink and do not induce vomiting.
- 3 Share this information with other parents and caregivers.

Coin lithium button batteries can cause severe injuries when swallowed.

Each year, there are about 3,200 calls to U.S. Poison Control Centers about a button battery being swallowed. Nearly 6 out of 10 of these cases are for children under the age of 6.

Many slim, sleek electronic devices have button battery compartments that are easy to open and most parents do not know there is a risk.

If a child swallows a button battery, symptoms may be similar to other illnesses, such as coughing, drooling, and discomfort. Kids can usually breathe with the battery in their throat, making the problem hard to spot.

National Battery Ingestion Hotline:
1-800-498-8666



SAFE KIDS WORLDWIDE.

Prevention Works is the official biannual 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

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SAFE KIDS
NORTHERN
NEW JERSEY

Atlantic Health System
Morristown Medical Center