

Vol. 20 No. 1 Northern NJ SAFEKIDS/Safe Communities Spring 2018
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Bike to School Day!

On April 26, 2018 the Wildwood School in Mountain Lakes will celebrate Bike to School Day in Mountain Lakes NJ. This event brings together children, parents and educators to raise awareness about bike safety. This is the first of 2 events highlighting Bike Safety. A bike rodeo will take place on June 7th.

In partnership with Bell Sports, Bike to School Day will be celebrated in hundreds of communities across the United States as part of National Bike Month. All events will promote biking to school as a safe and fun way to travel, while highlighting important bike safety information, like wearing a helmet.

"It's important for bicyclists to wear properly fitted bicycle helmets every time they ride. A helmet is the single most effective way to prevent head injury resulting from a bicycle crash," said KJ Feury RN, APNC Injury Prevention / Safe Kids Northern NJ Coordinator. "But many children still do not wear them. We have a simple saying, 'Use your head. Wear a helmet.'"

More children ages 5 to 14 are seen in emergency rooms for

injuries related to biking than any other sport. Bike to School Day is an important opportunity for students to learn how to safely bike to and from school.

Northern NJ Safe Kids/Safe Communities reminds families to follow these tips when biking:

Tell your kids to ride on the right side of the road, with traffic, not against it. Stay to as far to the right as possible. Use appropriate hand signals and respect traffic signals. Stop at all stop signs and stoplights.

Teach your kids to make eye contact with drivers to make sure drivers are paying attention and are going to stop before they cross the street.

When your kids are riding at dusk, dawn or in the evening, make sure they use lights – and make sure their bikes have reflectors as well. It's also smart to have them wear clothes and accessories that have retro-reflective materials to improve visibility to motorists.

Actively supervise children until you're comfortable that they are responsible to ride on their own.



Hats off for Helmets 2018 Winners!

Once again, Northern NJ Safe Kids / Safe Communities received nearly 100 entries in their Hats off for Helmets Logo Contest. Middle and High School Students sent in some very interesting logos to encourage helmet use when skiing and snowboarding.



Our 4 winners were recognized at our Annual Awards Reception on March 29, 2018.

Pictured from Left to Right: Kaitlyn Poust, Sussex Middle School, 2nd Place; Nathan Bautista, Pearl R. Miller School in Kinnelon, 1st place; Corinne Rasmussen, Roxbury High School, 2nd Place and Gabriel Manlangit, Morris Hills High School, 1st place.



**SAFE
K:DS**
NORTHERN
NEW JERSEY

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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Water Safety

The Summer of 2018 will be here before we know it.

Get ready and be prepared to focus on children when they are around water.

Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult.

Make sure older children swim with a partner every time. Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.

Make sure kids know how to swim and learn these five water survival skills:

1. Step or jump into water over their head and return to the surface.
2. Float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to exit the water.
5. Exit the water. If in a pool, be able to exit without using the ladder. Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self latching gates.
6. Empty kids' pools after each use. Store them upside down so they do not collect water.
7. Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.

CHECK YOUR VITAL SIGNS

Local police are enforcing pedestrian laws




Stop for pedestrians
Obey speed limits

Drivers:
 Motorists in New Jersey MUST stop for pedestrians in a marked crosswalk. Failure to observe the law may subject you to one or more of the following:

- 2 points
- \$200 fine (plus court costs)
- 15 days community service
- Insurance surcharges

(C.39:4-36)




Wait for the walk
Use crosswalks

Pedestrians:
 The law is clear, pedestrians must obey pedestrian signals and use crosswalks at signalized intersections. Both carry a \$54 fine for failure to observe the law.

(C.39:4-32 and 33)

CHECK YOUR VITAL SIGNS

Pedestrian Safety Tips

- ▶ Cross at corners and intersections. Use marked crosswalks where available. 
- ▶ Before crossing look left, right, then left again. 
- ▶ Use pedestrian buttons and begin crossing the street on the "Walk" signal. 
- ▶ Use sidewalks or walk facing traffic where there are no sidewalks. 
- ▶ Watch out for vehicles turning right on red. 
- ▶ Be visible at night and in inclement weather. 
- ▶ Walk sober.
- ▶ Eliminate all distractions.

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2017 Outstanding Organization and Individual

The Atlantic Ambulance was the 2017 outstanding organization for their weekly assistance with the Car Seat Station in Livingston. The staff from L to R include

Bill Burke, Marvin Montgomery and Phil Crowley . Photographed with them L to R is Jackie Leach and Patty Difilippo both lead CPSTI at the station.

Dawn Gosson a CPST and Share the Keys Facilitator was recognized for going above and beyond spreading the word in Pompton Lakes but to her surround towns.

Congratulation to all.