



Seasonal Safety

Safety Experts Recommend Using Car Seats on Airplanes

Parents Also Cautioned About Hotel Cribs

Infants and toddlers on airplanes are safest in a car seat with a harness, in case of turbulence. A child who rides in a car seat on the ground should ride in that car seat on a plane. Air turbulence can be dangerous and can appear suddenly without warning.

Not all car seats can fit on standard airplane seats, which are typically about 16 inches wide, but Safe Kids Worldwide and the Federal Aviation Administration strongly recommend using a car seat if it fits. As in cars, babies under a year old and 20 pounds are best restrained in a rear-facing car seat, and a forward-facing car seat can protect toddlers up to 40 pounds or more. Make sure your child's car seat is labeled "certified for use in motor vehicles and aircraft."

You need your child's car seat to travel to and from the airport anyway, and car rental companies might not have reliable car seats available. Also, children who ride in car seats on the ground appear to be more comfortable and better behaved when using one on a plane.

Children who have outgrown car seats should sit direct-

ly on the airplane seat and, like all passengers, keep the lap belt buckled across their thighs or hips. Booster seats cannot be used on airplanes, because they require shoulder belts and airplane seats have only lap belts.

The FAA advises travelers with small children to reserve a pair of seats by a window. Car seats are not allowed in aisle seats or exit rows, where they could block emergency escape routes; they must be installed at a window seat. Most airlines offer a significant discount for children under 2.

Adult air travelers should buckle up, too. You're a role model. Children learn safety behavior by watching parents and caregivers. Safe Kids Worldwide released a study in 2005 showing a strong correlation between adult safety habits and children's safety behavior.

For more information about child passenger safety on airplanes, visit the FAA's Flying With Children page. For information about car seats and child passenger safety in general, visit the Safe Kids Buckle Up page.

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Water Watcher Cards Help Parents Actively Supervise Young Swimmers

As pools open their doors around the country this Memorial Day, Safe Kids Worldwide is offering a tool to help parents keep kids safe in and around water this summer.

Drowning deaths among children ages 14 and under increase 89 percent in the summer over the average annual monthly rate, with 64 percent of all children's drowning deaths occurring in the summer months.

The Water Watcher Card

- The **Water Watcher Card** was designed to be passed between adults taking turns acting as the Designated Watcher of children in and around water.
- Parents who have been poolside

know that if everyone's watching, then no one is watching. The card acts as the active communication link between responsible adults and helps them focus on children.

- When it comes to protecting children from drowning, nothing works better than good, old-fashioned vigilance.

Water Watcher Card facilitates active supervision

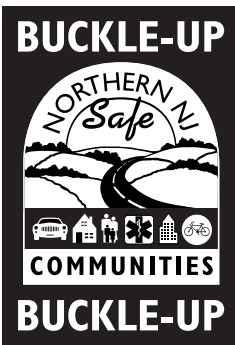
- The **Water Watcher Card** is free and simple to use. Active supervision requires that the adult responsible for children not be engaged in any other poolside activities, including talking or reading.
- In set intervals — 15 minutes at a

time is a good starting point — the person holding the **Water Watcher card** becomes the Designated Watcher and must keep his/her eyes on the children.

- After 15 minutes, the card is passed

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Buckle Up Northern NJ

Car crashes remain the number one killer of children ages 3-14 in the United States. Safe Kids Buckle Up teaches parents and caregivers to use the right safety gear for kids when they are in vehicles on every ride. There are many tools parents and caregivers can use to help reduce the risk of injury and death to children who ride in vehicles. Click through the steps below for more information.

Infant Seats

Use a rear-facing car seat to at least age 1 and 20 lbs. Use your rear-facing car seat longer if the seat has higher weight and height limits. Take the next step to a forward-facing car seat when your child is at least one year old and you answer "yes" to either question:

- Does your child exceed the car seat's rear-facing height and weight limits?
- Is your child's head within one inch of the car seat top?

Toddler Seats

Use a forward-facing car seat (convertible or combo seat) until the harness no longer fits. Take the next step to a booster seat when you answer "yes" to any of

these questions:

- Does your child exceed the car seat's height and weight limits?
- Are your child's shoulders above the car seat's top harness slots?
- Are the tops of your child's ears above the top of the car seat

Booster Seats

Use a booster seat with the vehicle lap and shoulder safety belts until your child passes the Safety Belt Fit Test.

Take the next step to the safety belt when you answer "yes" to these questions:

- Does your child exceed the booster seat's height and weight limits?
 - Does your child pass the Safety Belt Fit Test in all vehicles used:
1. Have your child sit all the way back on the vehicle seat. Do his or her knees bend at the front edge of the seat? If they bend naturally, go to #2. If they don't, return to the booster seat.
 2. Buckle the lap and shoulder belt. Be sure the lap belt rests on the upper legs or hips. If it does, go to #3. If it rests on the stomach, return to the booster seat.
 3. Be sure the shoulder belt rests on the shoulder or collarbone. If it does, go to #4. If it's on the face or neck, return to the booster seat. Never put the shoulder belt under the child's arm or

behind the child's back.

4. Check whether your child maintains the correct seating position for as long as you are in the car. If your child slouches or shifts positions so the safety belt touches the face, neck or stomach, return your child to the booster seat.

What You Need to Know if you have a Safety Belt Kid!

Once your child passes the Safety Belt Fit Test, require him or her to use safety belts in a back seat in every vehicle on every ride, whether or not you are there. A lap and shoulder belt provides the best protection to your child and helps him or her to maintain the correct seating position.

Safe Kids Buckle Up, a program operated in partnership with Chevrolet and General Motors for 10 years, provides free inspections of car seats, shows you how to install and adjust car seats properly and evaluates older kids for safety belt fit.

If you still have questions concerning child passenger safety visit the Morris - Essex Child Safety Seat Inspection Stations, is located at 120 Dorsa Ave. in Livingston. It is within the Atlantic Health Ambulance Building. It is open every Wednesday 9-4pm.

LATCH

(Lower Anchors and Tethers for Children)

Almost all cars and car seats made since September 2002 have LATCH.

LATCH locks a car seat into the vehicle without using the safety belts. Older cars and car seats may not have LATCH.

Read your owners manual and car seat instructions to see if you can use LATCH.

LATCH and safety belts provide the same protection. Use one or the other, NOT both.

Walk This Way

Wednesday October 3, 2007



Safe Kids Walk This Way



Soccer Poster Contest

NORTHERN NJ SAFE KIDS SPORT SAFETY POSTER CONTEST



Safe Kids
Northern New Jersey

Get into the Game!

Ages 5-12, grouped into
5-7, 8-10, 11-13.

Winners from each group will receive tickets to take "their team" to a New York Red Bulls Soccer Game at Giants Stadium.

Runners Up will receive a Northern NJ SAFE KIDS CD Case

Deadline
Monday, September 10, 2007

RULES FOR SPORT SAFETY POSTER CONTEST

- Students must create a poster based on one or more of the elements of the National SAFE KIDS Safety Checklist. See Sport Check List (right).

- Posters must be created by an individual child.

- Only one entry per child.

- Paper should be white and 8 1/2" x 11"

- Students may use pencil, crayon, marker or paint.

- On the back of the poster include your full name, address, phone number, sex and age.

Sport Safety Checklist

GET READY...

- ▶ Understand the basic skills of the sport before you play.
- ▶ Drink plenty of fluids, before, during and after playing and eat a well balanced diet
- ▶ Before the season begins, be in good shape and have regular check-ups with your health care provider
- ▶ Be sure the coach has an emergency contact for you.
- ▶ Be sure to use the proper child safety seat or seat belt when being driven to your game.

GET SET...

- ▶ Warm up and stretch before playing
- ▶ Wear the correct, properly fitted protective gear and use sunblock
- ▶ Be sure your coach inspects the playing surface before you begin
- ▶ Be sure your team plays under the supervision of a coach

GO!

- ▶ Take regular rest breaks
- ▶ Do not play through an injury
- ▶ Practice good sportsmanship

Mail entry forms to:

Northern NJ SAFE KIDS Poster Contest
Morristown Memorial Hospital
Injury Prevention
100 Madison Ave.
Morristown, New Jersey 07960

For more information
call 973-971-4327



Summer Scrap Book

Trooper David Gnanitski conduct a pre/post trip inspection presentation at the Morris County Garage Facility on May 17, 2007. Trooper Gnanitski was honored for his dedication over the years. ▼



Children from the Neighborhood House took a Bike Safety Tour through Morristown in June. The community focused program enabled bike safety to be highlighted. New helmets were provided by Northern NJ Safe Kids.



Officer Scott Tucker from Denville get a thumbs up for organizing the 2nd annual bike rodeo in Denville in June.

Students from the Briggs School in Jefferson Township try on their new PFD's compliments of Northern NJ Safe Kids. ▼



Air One of Morristown Memorial took to the ground and sponsored Ready to Roll a bike Rodeo at the Netcong Barracks. ▲



Car Pools

Carpool Driver Safety Checklist



- BEFORE THE RIDE: Outside the car**
- YES NO
- I have a valid driver's license and carry auto insurance.
 - I have not been convicted of a crime against a child.
 - Before I open the car door, I walk completely around my car, looking for kids, toys and pets.
 - I can see each child that I will drive as they approach my car.
 - Children not riding in my car are fully supervised and physically held by an adult, so I do not back over them by mistake.
 - I teach my child not to play around or near cars in driveways, parking lots or the street.
- DURING THE RIDE: Inside the car**
- YES NO
- Each child will ride in a car seat, booster seat or safety belt, based on individual age, weight and height.
 - Each child has his own safety belt system to hold him, the booster seat or car seat.
 - Each child under 13 is riding in a back seat.
 - Airbags have been disabled for infants and children who must ride in the front seat (front seat location is NOT recommended.)
 - I drive only as many occupants as there are safety belts.
 - I have been taught to use the booster seats or car seats correctly for the children I transport.
 - I do not start the car until every person is properly buckled.
 - I do not drive children if I have had any alcohol or other drugs that impair
 - There are no weapons in my car.
- AFTER THE RIDE: Around the car**
- YES NO
- I keep the car and trunk locked, so kids cannot play in or around my car when I am not there.
 - I have shown my child the "glow in the dark" emergency trunk handle inside the trunk and explained how it works in an emergency.
 - I make sure that all children exit my car on the curb side.
 - Once children exit my car, I wait until they are safely supervised before driving off.
 - I never leave children alone in the car, even for a few minutes.



Car pools are a part of our busy life. Take the time to be you and your passengers will have the safest ride possible. Review the Car Pool Checklist before you just take a ride.

Seasonal Saftey

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At Your Destination: Be Wary of Hotel Cribs

Safe Kids Worldwide also cautions travelers to take a close look at cribs provided by hotels. In several random surveys from 2001-2006, Safe Kids Worldwide found many hotel-issued cribs to be defective, damaged or even recalled from the market.

If you can bring your own folding playpen, that's better than relying on borrowed cribs. If you must use a hotel's crib, inspect it carefully for broken or missing parts and look up the model on Recalls.gov to make sure it isn't subject to any safety notices.

Visit the U.S. Consumer Product Safety Commission's crib safety page for more information.

www.safekids.org

Water Watcher

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to another adult, who then becomes the Designated Watcher.

Drowning is quick and quiet

- Drowning occurs quickly and quietly. According to the American Academy of Pediatrics, a child loses consciousness after only two minutes under water and irreversible brain damage occurs after four to six minutes of submersion.
- Even if the child is resuscitated after that time, he or she will likely suffer permanent brain damage.
- Most children who drown are found after approximately 10 minutes.

Safe Kids Worldwide has other suggestions for keeping kids safe this summer in

and around water, including:

- Support legislation that requires four-sided fencing securely placed around home pools — which have proven to prevent up to 90 percent of pool drowning and near drowning as well as laws that require pool and spa drains to have anti-entrapment devices.
- Don't rely on flotation devices like water wings and inner tubes. Children can slip out and be underwater in a matter of seconds. U.S. Coast Guard-approved life jackets of proper size and type must always be worn in open water.

www.safekids.org

If you would like to obtain a water-watcher card/water safety information please contact Karenjean.feury@atlantichhealth.org and include your complete mailing address.

**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@atlantichhealth.org.