



## Luggage? Check. Plane Ticket? Check. Car Seat? Check!

**W**ith the summer holiday just around the corner, many families are starting to plan their vacations. Whether it's visiting family and friends, or a trip to an exotic location, parents should remember that car seats are an important safety device both on the ground and in the air. For families with young children, car seats are an essential item to pack when traveling by plane.

"A child who rides in a car seat on the ground should ride in that car seat on a plane without question" says KJ Feury, coordinator of Safe Kids Northern NJ. "Air turbulence can be dangerous and can suddenly appear without warning. Infants and toddlers on airplanes are safer and more comfortable in a car seat."

Safe Kids Northern NJ and the Federal Aviation Administration strongly recommend using a car seat in an aircraft whenever possible. As in cars, babies under

a year old and 20 pounds or to the highest weight of the harness are best restrained in a rear-facing car seat on the plane, and a forward-facing car seat can protect toddlers up to the maximum harness weight of 40 or more pounds. Call your airline to determine their car seat policy and check that 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 your child will be more comfortable and better off in their own familiar car seat" says Feury. "Car rental companies might not have clean and reliable car seats available and checking your child's seat as baggage could result in damage."

### **Additional air travel safety tips for parents:**

- **The FAA advises travelers with small children to reserve a window**

**seat for the car seat.** Car seats are not allowed in aisle seats or exit rows as they could block emergency escape routes.

- **Whenever possible, buy a child his or her own seat to ensure an approved car seat can be used.** Parents cannot rely on there being empty seats onboard an aircraft, especially during summer travel season, and holding a child on an adult's lap is not the safest option.

- **Children who have outgrown car seats with a harness at 40 or more pounds should sit directly on the airplane seat** and, like all passengers, keep the lap belt buckled across their thighs or hips. Booster seats are not allowed on airplanes as they require shoulder belts, while airplane seats have lap belts only.

- **Adult air travelers should buckle up, too.** Children learn safety behavior by watching parents and other adults.

## TEEN DRIVING

Nothing kills more teens (16-20 years of age) in New Jersey than car crashes and no other group on the road has a higher crash risk. The New Jersey Teen Safe Driving Coalition, in partnership with The Allstate Foundation and the National Safety Council, is working to help teens build skill and minimize risk through the proven principles of Graduated Driver Licensing (GDL).

The New Jersey Coalition is one of ten state coalitions, including California, Florida, Illinois, Maryland, Minnesota, New York, Pennsylvania, Tennessee and Texas, focused on reducing teen driving deaths.

The coalition members are taking an

active role to work with communities to educate parents and novice drivers on the issues concerning teen driving. The GDL Tool Kit is just one of the resources available. Check out <http://www.njteendriving.com/> for more information.

### **New Jersey Teen Safe Driving Coalition — GDL Tool Kit**

If you're looking for resources to help you and/or your organization, school, business or community group learn more about New Jersey's Graduated Driver License (GDL) program -- a three-step process designed to help teen drivers gain

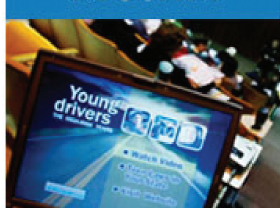
experience and build skill while minimizing those things that cause them the greatest risk -- you've come to the right place. Whether you know a lot or a little about GDL, this tool kit is designed to facilitate greater awareness, education and advocacy of the proven principles of graduated driver licensing.

The resources in this tool kit are grouped by level of awareness:

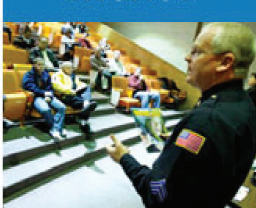
#### ENCOURAGE



#### EDUCATE



#### ENGAGE



**Morristown Medical Center**  
ATLANTIC HEALTH SYSTEM

**Safe Kids**  
Northern New Jersey

## Carbon Monoxide Alarms Could Prevent Half of All CO Poisoning Deaths

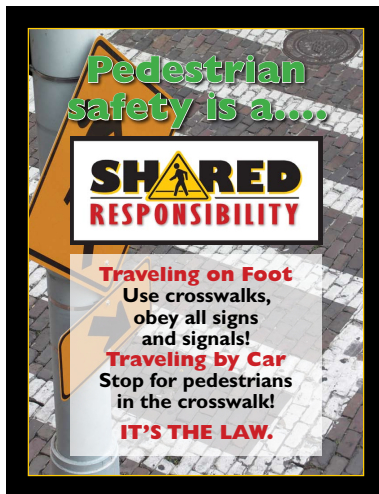
With the arrival of the holiday season comes the arrival of colder weather, as well as an increase in the number of fuel-burning appliances being used in the home. These appliances include ovens, space heaters, generators, indoor grills and fireplaces, and they can cause dangerous levels of carbon monoxide (CO) to build up in the home.

"Families today are better at understanding the importance of having working smoke alarms in every sleeping area, but what about carbon monoxide alarms?" says KJ Feury, Safe Kids Northern NJ Coordinator. "Carbon monoxide is so dangerous because it is odorless, invisible, and it can kill. CO can make a child seriously ill in small doses that might not noticeably affect an adult."

According to a study from 2004 to 2006, children younger than 5 years old have the highest estimated rate of CO-related visits to the emergency room each year among all age groups in the United States. More than 25 kids die from CO poisoning every year. Important safety tips to protect families from

CO poisoning:

- Prevent CO buildup in the first place - make sure heating appliances are in good working order and used only in well-ventilated areas.
- Don't run a car engine in the garage, even to warm it up; move the car outside first.
- Install a CO alarm outside every sleeping area, on every level of your home and at least 15 feet away from every fuel-burning appliance.
- When you check your smoke alarm batteries each month, check the batteries on your CO alarms at the same time - and replace the batteries twice a year.
- Never use a stove for heating.
- Have all gas, oil or coal burning appliances inspected by a technician every year to ensure they're working correctly and are properly ventilated.
- If a CO leak is suspected, open windows to allow fresh air into the home. If someone who has been in a poorly ventilated room with a fuel-burning appliance exhibits symptoms including headache, fatigue, nausea, vomiting, or confusion, move the victim to fresh air and call 911.



## Morristown Pedestrian Project Pedestrian Safety is a Shared Responsibility

Northern New Jersey Safe Kids / Safe Communities has teamed up with the Morris Park Commission, The County of Morris, The Seeing Eye, Morris County Tourism Bureau to bring Pedestrian Safety to the streets of Morristown through the Achieve Healthy Communities Campaign. When traveling in and around the "Morristown Green" look for the pedestrian palm cards and posters. Following the safety guidelines as a driver and as a pedestrian can make a difference.

## You can find us on Facebook!

Northern NJ Safe Kids / Safe Communities will be connected to through the Morristown Medical Center's Facebook page.

Be sure to check out and "LIKE" Morristown Medical Center's site. You will be able to follow us on **facebook**. <http://www.facebook.com/MorristownMedicalCenterNJ>

We will also be a contributing author on the Well Aware Your Way Blog. Check out <http://www.atlantichealthblog.org> and stay in touch with us.



## Scrap Book



Halloween in Hamburg!



National Night Out in Belvidere Sponsored by our new partner DSM!



Mine Hill Beach! July 2011



Officer Ivan Rodriguez highlights the proper use of a crosswalk in Jefferson Township.

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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