



Fall Sports Send 480,000 Kids to Emergency Rooms

Every year, more than 3.5 million children ages 14 and under suffer sports injuries serious enough to require medical treatment. At least 480,000 kids each year go to emergency rooms with injuries from fall sports.

Tackles and collisions are not the only hazard. "Strains and repetitive-motion injuries account for nearly half of all sports injuries to students in grade 6 and above," says KJ Feury, Safe Kids Northern New Jersey coordinator. Immature bones, insufficient rest after an injury and poor conditioning contribute to these injuries. "Parents and coaches need to make sure kids do their warmups and start the season with a physical checkup."

Kids are more likely to be injured in a practice or pickup game than in organized competition. "If protective gear is required for a game, it's important for practice too," says KJ Feury. "Warm up and stay hydrated for practice just as you would for a game."

In 2003, emergency rooms treated more than 200,000 children ages 5 to 14 who were injured playing basketball, nearly 186,000 injured playing football, more than 75,000 injured playing soccer, and nearly 22,000 injured doing gymnastics. These figures do not reflect injuries treated in sports medicine clinics and other non-hospital settings — by some estimates, half of all sports injuries.

In a 2000 survey conducted by Safe Kids Worldwide (formerly the National SAFE KIDS Campaign), 30 percent of parents said their child had been injured at least once while playing a team sport, 15 percent said their child had been injured more than once and about 7 percent said their child suffered a serious injury.

Safe Kids Northern NJ recommends these precautions for kids playing or practicing any individual or team sport:

- Make sure all protective gear is the right size and properly adjusted.
- Have adult supervision. Make sure responsible adults know and enforce the safety rules of the sport and are trained in first aid and CPR. Also, make sure the field is in safe condition.
- Never "play through" an injury. Get immediate help from a coach or trainer, and be sure to mention everything that hurts or aches.
- Rest often and rehydrate with water or an electrolyte sports drink. In two hours of activity, kids can lose a quart of fluid by sweating.
- Follow the rules. In most sports, the rules are based on not only sportsmanship, but safety.

Sports/Recreation: Frequently Asked Questions

1. What kind of safety gear should my child wear when using a scooter, skateboard or inline skates?

Children should always wear a helmet when using any kind of "wheels." Elbow and knee pads are also recommended. However, wrist guards should not be used with scooters. They can interfere with a child's grip of the handle-bars.

2. Is a bike helmet okay for these other "wheeled" activities?

A bike helmet which is CPSC certified and properly fitted is sufficient protection for your child's head.

However, for these activities, we recommend "multisport" helmets. They provide extra protection for areas which are more vulnerable while using inline skates, skateboards and scooters: the back and sides of the head.

3. Is it safe for my child to ride an ATV?

All-Terrain Vehicles (ATVs) are three- or four-wheeled motorized machines that are specifically designed for off-road travel. Never allow children ages 14 and under to operate adult-sized ATVs, snowmobiles or tractors. In addition, never allow extra riders on tractors, mowers, mini-bikes or ATVs.





Buckle Up Northern NJ

Safe Kids Northern New Jersey dedicates Mobile Car Seat Check Up Van

Safe Kids Northern New Jersey dedicated its new Mobile Car Seat

Check Up Van at the Goryeb Children's Medical Center on July 21, 2005 at 11 am. The \$50,000 van, awarded to Safe Kids Northern New Jersey by Safe Kids Buckle Up® in a competitive grant process, will make car seat inspections available to the 1 million residents or Morris, Sussex and Warren County.

Motor vehicle crashes are the leading killer of children under 14. "Under New Jersey law, all children under 8 years and

According to the National Highway Traffic Safety Administration, approximately 73 percent of all child passenger restraints — more than 80 percent of car seats and about 40 percent of booster seats — are used incorrectly, more than tripling the risk of serious injury or death



The Unveiling.



L-R back KJ Feury RN, APN, Safe Kids Coordinator Northern NJ, Kenny Honig, Salerno Automotive, Roberto Rodriguez, Director of NJ Division of Highway Traffic Safety, Felix Garcia MD, Director of Surgical Critical Care, Trauma & Injury Prevention At MMH, Carol Ann Giardelli, Director of NJ Safe Kids pose with the children from the Children's Center of MMH at the dedication ceremony.

in the event of a crash. "We'll show you how to install your child's car seat and adjust it for your child," says KJ Feury. "Our trained volunteers have already inspected 5000 car seats since 2000, but the Mobile Car Seat Check Up Van will give parents easier access to our services."

The Chevy Express 2500 van, one of 28 joining a nationwide fleet of 91 Safe Kids Buckle Up® vans, is equipped with custom-designed tents, signage and supplies to organize a car seat inspection capable of



Filled with all the needs for a mobile car seat check: Tents, signs, cones, car seats and noodles.



The van is detailed to invite you in.

serving several hundred families in a single day. Collectively, the van fleet has logged more than 2 million miles of mobile car seat inspections and outreach activities.

Kenny Honig of Salerno GMC is proud to work with Safe Kids. "We partner with Safe Kids to enable everyone to drive safely. It is important to take expert car seat services out into the community to reach as many families as possible. GM had done just that in the donation of the Buckle Up Van to Safe Kids Northern NJ."

Over 1300 children die each year and over 200,000 are injured in motor vehicle crashes, according to Bob Gaydosh of NJ Highway Traffic Safety. "Education and strong Child Passenger Safety Laws and heightened awareness are keys to decrease these numbers". Partnering is the key to enable these buckle up programs to grow. NJ Highway Traffic Safety is delighted to work with GM, Safe Kids and Morristown Memorial Hospital."

Safe Kids Northern New Jersey works to prevent accidental childhood injury, the leading killer of children 14 and under. Its members include municipal agencies, pri

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Carol Ann Giardelli, Director of NJ Safe Kids expresses thanks to Chevrolet, General Motors and Safe Kids Worldwide for the Mobile Car Seat Van donation.



Children from the Children Center at Morristown Memorial Hospital sing the seat belt song as part of the dedication ceremony.

80 pounds, must be restrained in an appropriate car seat every time they ride in a car," says KJ Feury RN APN, the Injury Prevention Coordinator at Morristown Memorial Hospital.

Fall 2005 Car Seat Check Schedule

Date	Time	Place	Contact
Friday Sept. 9	9-1	Newton Town Garage Newton	Dean Coppella 973 383 2525
Saturday Sept. 10	10-1	Schooleys' Mt. Firehouse Long Valley	Doug Compton 908-876-3232
Thursday Sept. 15	12-2	Bayer Morris Twp.	KJ Feury 973-971-4327
Friday Sept. 30	10-2	Salerno GMC Randolph	Garry Moore 973-989-7010
Tuesday Nov. 15	10-2	Babies "R" Us Mt. Olive	KJ Feury 973-971-4327
Friday Nov. 18	10 - 2	Byram Township Fire Dept. Byram Twp.	KJ Feury 973-971-4327

School Buses Eight Times Safer Than Cars

Safe Kids Northern New Jersey explains school bus safety features to parents

As the new school year approaches, Safe Kids Northern New Jersey reminds parents that school buses are eight times safer than other vehicles. According to the National Highway Traffic Safety Administration, the rate of crash-related fatalities on school buses is 0.2 per million vehicle miles traveled, compared to 1.5 for cars.

"School buses are, by far, the safest way for kids of all ages to get to and from school," says Carol Ann Giardelli, Safe Kids NJ Director.

"School buses are designed with safety features no other vehicles have. The padded, high-backed seats on school buses are close together to create protective compartments, like egg cartons." Children are not likely to be ejected from a school bus in a crash if they are seated properly — upright and facing forward.

To parents who ask why most school buses do not have seat belts, Carol Ann Giardelli says, "The purpose of seat belts is to prevent ejection, which is usually fatal and almost always catastrophic. There is not a significant risk of ejection from a large school bus."

In a 2002 report on school bus safety, NHTSA found that seat belts on large buses "appear to have little, if any, benefit in reducing serious-to-fatal injuries in

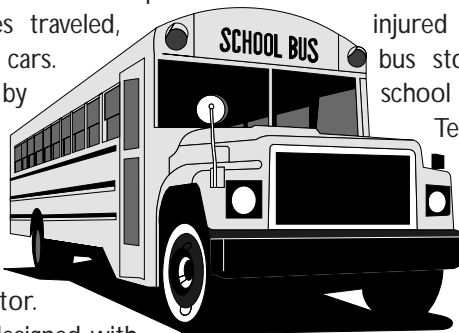
severe frontal crashes." Small school buses (under 10,000 pounds) are equipped with lap belts as well as compartmental seating and are especially useful for preschool children who ride in car seats.

"More children are killed and injured crossing the street at bus stops than riding on a school bus," says Giardelli.

Teach your children about the 10-foot danger zone around the school bus, where the driver can't see children on the ground." Young children should take eight giant steps away from the bus to be sure the bus driver can see them. Older kids who must cross the street in front of the bus should look to the bus driver for an "OK" sign before crossing.

Safe Kids Northern NJ also reminds drivers to obey state laws that prohibit passing a stopped school bus or approaching within a certain distance.

School buses are special vehicles — in any other vehicle, it is essential that every passenger and the driver be buckled up all the time when the vehicle is moving. Kids need to be in a car seat or booster seat until they are approximately 8 years old and 5 feet tall, and they're 37 percent safer in the back seat than in front."



Summer 2005 Scrapbook



Ready to Roll – A helmet safety presentation at Glasco Smith Kline for Take Your Child to Work Day.



Nancy Stott, Injury Prevention Educator fits a helmet on Laura Czeigler RN of Morristown Memorial Hospital during Safe Kids Week 2005. The theme – Follow the Leader Safety Starts with You!



Felix Garcia MD, Director of Surgical Critical Care, Trauma & Injury Prevention, looks over a helmet that DID make a difference for his patient.



Seated, R-L- Lee Knight and Phaidra Knight of the USA Women's Eagles Rugby Team, speak about fitness and hydration at the Morris Youth Rugby Festival in July. Standing (L-R), Tess Feury, Allyson Black, Connie Kerth and Briana Reggiani

International Walk Your Child to School Day Wednesday October 5, 2005



Safe Kids and FedEx Express partner in more than 100 cities to host walk to school events. In the United States, these events take place on International Walk to School Day. Safe Kids Walk This Way also leads year-round school safe-

ty committees to improve pedestrian environments for students. This year, Central Ave. School in Madison will be highlighted in our programming. For more information on Walk this Way go to www.safekids.org.

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Buckle Up

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vate businesses, injury prevention advocacy groups and interested individuals. Safe Kids Northern New Jersey is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing accidental injury. Safe Kids Northern New Jersey was founded in 2000 and is led by The Surgical Critical Care, Trauma & Injury Prevention Service of Morristown Memorial Hospital. Safe Kids Northern New Jersey is one of only 25 state and local Safe Kids coalitions to be awarded a new van this year in a competitive grant process. (Safe Kids Worldwide is keeping three additional vans for use at special events and in training.)

Safe Kids Buckle Up® is a national program developed by Safe Kids Worldwide and sponsored by Chevrolet and General Motors to educate parents and caregivers about the importance of properly restraining children on every ride.

Prevention Works

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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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