



## Outstanding Achievements for 2004

2004 brought strength and growth to Northern New Jersey SAFE KIDS. This could not have been achieved without the commitment of our community partners and volunteers.

Each year we honor an outstanding individual and organization that has brought the SAFE KIDS/Safe Communities mission to a new level. Like past years, our 2004 inductees have set higher standard for Injury Prevention in Northern NJ.

We congratulate our 2004 SAFE KIDS Leaders on their success in their communities and their contribution to Northern NJ SAFE KIDS/Safe Communities.

### 2004 Outstanding Individual

**Officer Robert Curtis**

**Chatham Township Police Department**

Officer Curtis initiated and facilitated change in the drop off and pickup process at the Southern Boulevard School. He utilized the 4 E's of traffic safety: Evaluation, Engineering, Education and Enforcement to ensure a safer environment for the children

and adults utilizing the parking area.

### 2004 Outstanding Organization

**Sussex County Child Passenger Safety Team**

**Officer Larry Shaver**

**Hopatcong Police Department**

**Officer Dean Coppella**

**Newton Police Department**

Officer Shaver was the first active CPS tech involved in Northern NJ SAFE KIDS/Safe Communities. His enthusiasm sparked numerous county wide seat checks and he encouraged other municipalities to participate.

Officer Coppella pursued funding from NJ HTS to secure the child passenger safety trailer for Sussex County and partnerships with Newton Memorial Hospital.

The efforts of these 2 men have set a strong foundation for Child Passenger Safety in Sussex County.

Northern NJ SAFE KIDS/Safe Communities applauds the accomplishments of our volunteers and the organizations they represents.



## Northern New Jersey

### Community Partners

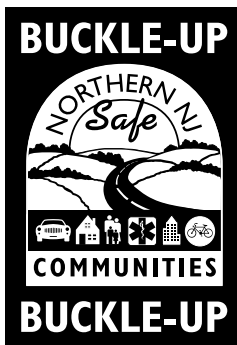
- AAA New Jersey Automobile Club
- Au Pair In America
- Bernardsville Police Dept.
- Boonton Township Police Dept.
- Borough of Florham Park
- Cedar Knolls Fire Dept.
- Chatham Borough Police Dept.
- Chatham Township Police Dept.
- Colgate Palmolive Mennan
- Denville Police Dept.
- Dover Police Dept.
- East Hanover Police Dept.
- Family & Child Resources Morris County \*
- Florham Park Memorial First Aid Squad
- Gearheart Chevrolet
- HAMC
- Harding Township Police Dept.
- Hanover Township Police Dept.
- Jefferson Twp Police Dept.
- Joseph Kushner Hebrew Academy
- Kings Supermarkets
- Kuchta Designs
- Lincoln Park Police Dept.
- Long Hill Police Department
- Madison Borough Police Dept.
- Mendham First Aid Rescue Squad

## Smoke Out at Morristown High

*Students from Morristown High and the A.I.M.S program lead a peer directed smoke out this past March.*

*Students highlighted the medical, social and economical risks related to smoking.*





# Buckle Up Northern NJ

Click It or Ticket  
May 23 – June 5, 2005

The Click It or Ticket Mobilization for May 2005 plays a critical role in the effort to keep people safe on our nation's roads and highways. From May 23 - June 5, 2005 law enforcement

agencies in New Jersey and nationwide are conducting Click It or Ticket campaigns that incorporate zero-tolerance enforcement of safety belt laws with paid advertising and the support of government agencies, local coalitions and school officials to increase safety belt use and defend against one of the greatest threats to us all — serious injury or death in traffic crashes.

Click It or Ticket is a high-publicity law enforcement effort that gives people more of a reason to buckle up — the increased threat of a traffic ticket. Most people buckle up for safety. But for some people, it is the threat of the ticket that spurs them to put on a safety belt. In Click It or Ticket programs, law enforcement agencies are being asked to mobilize to focus on safety

belt violations and publicize the stepped-up effort through news media and advertising. It is the two-pronged approach that makes these campaigns powerful: Not only are tickets issued to unbelted motorists, but the surrounding publicity ensures that people know they are more likely to get a ticket.

Click It or Ticket campaigns and similar efforts have increased safety belt use in cities, States and even in an entire region of the country. In New Jersey, 381 police agencies participated in the May 2004 Click It or Ticket Enforcement Mobilization. As a result of the enforcement and public information efforts, New Jersey's seat belt usage rate has risen to an all-time high of 82%.



## Walking or Running – Staying Safe on the Roadway

Maintaining or increasing your strength, endurance, balance, and flexibility are the key factors to staying fit. These factors can be achieved by participating regularly in physical fitness regime may include walking or running. By striving to increase all four factors, you lower your risk of injury and slow the aging process in your joints and muscles.

It is essential to seek medical clearance before starting an exercise program and utilized proper athletic shoes to minimize injury.

When you hit the pavement this spring, road safety must be considered. Whether you are the participant walking or running or a driver on the roadway, safety is a concern for all.

As a walker or runner you must obey the rules of the road, be seen and stay alert.

As a driver, drive the speed limit, be attentive at the wheel and yield for pedestrians. Take note of the local roads where many will be walking or running this spring.

Because walking is such a routine part

of everyday life, many people do not consider the safety aspects of walking. For instance, most injuries to walkers happen when a vehicle hits them because the driver could not see the walker or the walker and driver were not paying close enough attention.

The key to remember is to **See And Be Seen**. It is a good idea when walking, especially at dawn, dusk, and other low-light conditions, to wear light colors or bright clothing so that you can be easily seen. Fluorescent colors such as blaze orange, hot pink, and day-glow green are ideal in daytime but not at nighttime.

To **See And Be Seen**, keep in mind that:

**Dress to be seen by drivers.** If you walk at night, remember that wearing white clothing does not guarantee drivers can see you. When walking at night, use a flashlight to make yourself more visible to drivers and to help light your path. It is also a good idea to wear reflective or retro reflective materials, which give off light when headlights shine on them and can be seen by drivers

three times farther than white. Many stores sell walking shoes, jackets, and safety sports equipment featuring retro reflective material. Although retro reflective materials are more effective than reflective materials, both are ineffective in daytime.

**Here are some other safety tips for walkers and runners:**

**Wear sturdy shoes that will give you proper footing.** A running or walking shoe that supports your foot from side to side is best.

**Use paths and sidewalks whenever available.** If you must walk on or near a road, remember to walk facing oncoming traffic, so that both you and the driver can see each other. If there's a smooth stable surface alongside the roadway, that's also a good place to walk—just stay as far to the side as possible and look for oncoming traffic.

**Cars and other objects can obscure a driver's view.** Cars, buses, hedges, or mounds of snow can block a driver's view. Even if a driver has stopped to let you cross the street, don't blindly

# Ski & Snowboard Winter Safety Poster Contest

*Winter sport enthusiasts enjoyed a sun filled after noon at Hidden Valley Ski Resort on Feb 5, 2005. Sue Supino a Ski Patrol member at Hidden Valley helped out at the "Brain Toss" while helmet use was encouraged for all winter sports.*



*Dr. DiFazio, a trauma surgeon from Morristown Memorial admires some of the artwork with Emily Van Dyk, a winner of the contest.*

accept the driver's offer because there may be another vehicle in the next lane overtaking the stopped vehicle. And the second driver can't see you because of the stopped vehicle.

**Plan routes to avoid hazardous crossings.** The safest crossing points will have:

1. Enough room for you to stand back from the roadway,
2. Crosswalks that are clearly defined on the pavement, and
3. Crossing signals that indicate when you should cross.

Wide avenues that require pedestrians to cross in phases should have an island where you can stand until the next "fresh green" (a fresh green is the newly changed green light on the traffic signal in front of you as you stand facing the direction you want to cross) or walk signal phase.

**Stop and look for traffic in all directions before crossing the street, and look to the left, right, and left again — even on a one-way street.** And always look left last because that is the direction that cars will be coming

from when you first step off the curb.

**Don't rely only on traffic signs and signals.** Assuming that a signal will stop traffic puts you at risk. You must look for traffic even if you are in a crosswalk and you are crossing with the light or with the walk signal. A driver who does not see or obey a sign or signal may also not be paying enough attention to see you.

**Allow plenty of time to cross streets.** If you're not sure how long a signal gives you to cross, observe one light cycle so you'll know how much time you have. If the signal does not provide enough time, find another place to cross the street. Otherwise, cross the street when you get a "fresh green."

**Intersections are especially difficult for older pedestrians.** You are most at risk when first stepping off the curb, because drivers may not see you until you're actually in the roadway. Always stop at the curb and look left, right, then left again for cars before entering the roadway. Don't assume the drivers see you unless they signal for you to cross.

**Turning vehicles can be especially dangerous at intersections.** Drivers are

concentrating on making their turns and avoiding oncoming traffic, so they might not see you! Exaggerate your head turns so that you look in all directions, including behind you. Make sure you look for vehicles making right turns on red and for vehicles making left turns. Always make sure the driver of a vehicle that is turning sees you.

**Walk – Run with a friend.** Walking with a friend will add to the pleasure of your walk and increase your safety as well, as long as you are watching out for each other. Enjoy your conversation, but don't let it distract you from watching out for road and traffic hazards as you walk.

**Be especially careful in parking lots.** Parking lots create special hazards because cars may be turning quickly or backing out of a parking space. Be sure to look for backup lights and listen for engine noise.

**Wait for a "fresh green" when crossing at signals.** Don't start to cross the street unless the traffic signal has just turned green. By waiting for a fresh green, you allow yourself the most time to cross the intersection safely.

## Partners

Continued from Page 1

Mendham Township Police Department  
Mine Hill Administration  
Montville Township Police Dept.  
Morris County  
Organization of Hispanic Affairs \*  
Morris County Park Police  
Morris County Prevention is Key \*  
Morris County Sheriff's Office  
Morris Rugby Corporation  
Morris Township Fire Department  
Morris Township Police Dept.  
Morristown Ambulance Squad  
Morristown Bureau of Police –  
Traffic Safety Unit  
Morristown Memorial Hospital  
Community Health Education  
Morristown Memorial Hospital  
MICU Training Center  
Morristown Memorial Hospital  
Surgical Critical Care, Trauma & Injury Prevention  
Morristown Neighborhood House Association  
New Jersey Highway Traffic Safety  
Parsippany Volunteer Ambulance

Physical Therapy Services of  
Morristown Randolph Rescue Squad  
Randolph Cares  
Randolph Township Police Dept.  
Riverdale Women's Club  
Rockaway Borough Police Dept.  
Rockaway Township Police Dept.  
Rockaway Township Health Dept.  
Roxbury Township  
Roxbury Township Police Dept.  
St. Clare's Hospital  
Senior Contact  
Morristown Memorial Hospital  
The Junior League of Morristown  
Theresa G. Wright Promise Foundation  
The Timothy Healey Foundation  
Town of Morristown Dept. of Human Services  
Township of Long Hill Police Department  
Transoptions  
Twins 'N Triplets Mothers of Morris County  
Woodbridge Health Dept.  
\* New Partner 2004

## SAFE KIDS Week

April 30 – May 1, 2005

**“Follow the Leader,  
Safety Starts with You”**

The important message of “Follow the Leader, Safety Starts with You” helps parents, caregivers and other adults to realize the importance of displaying proper behavior and attitudes towards safety. Their behavior will make a big impression and help persuade children to exhibit the desired safety behaviors that they see first hand.

## Stay in the Know

Keep up to date on injury prevention information on the road, at home & at play.

Visit [www.preventionworks-nj.org](http://www.preventionworks-nj.org)

### Project Coordinator/ Newsletter Coordinator

**Karen Jean Feury, RN, MS, 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

**Susan Gross RN**  
Family & Child Resources  
of Morris County

**Catherine Farrell CHE**  
Rockaway Township  
Health Department

### CPS Advisor

**Det. 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  
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