



Helmets ARE In!

Trends this year

There are new helmets in 2007 that are worth a look if you are inclined to replace yours. There are some new models appearing with the rounder, smoother profile that we think is best for crashing, now called the “compact” shape. At least one of them was rated superior by Consumer Reports lab testing last year. Other than that there is no major technological advance that compels you to replace your current helmet.

- The biggest news for 2007 is that rounder, smoother “compact” or “commuter” models are growing in number. The older elongated, pointy styles are beginning to look dated. We have been waiting a long time for the fashion pendulum to swing, and it is happening now.

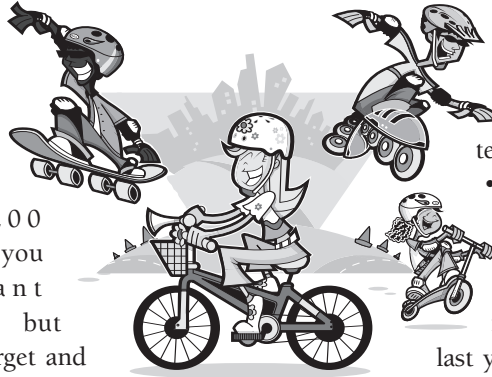
- At the high end, you will still find big vents and high prices, but no verifiable improvement in safety performance. You can pay more than

\$200 if you want

to, but Target and Wal-Mart

both have models that meet the same CPSC impact standard at an everyday price of \$7.14. And for about \$15 they both have better looking and better fitting models. Wal-Mart has a round, smooth Bell Impulse for \$25 that is molded in the shell, a high quality construction technique.

- Ring fit systems, the “one size fits all” solution, are taking over the less expensive lines. They work well for some, but not at all for others, who find that they have to tighten the ring uncomfortably to get a stable fit. To compare on your own head, try a Bell Citi and Metro, essentially the same



helmet except for the fit systems.

- There are no new radical impact foams this year.
- Carbon fiber use is spreading slowly, limited by fiber price increases over the

last year. It does allow lighter construction, but there is so little of it used in a bike helmet that the weight saved is minimal except in heavy BMX helmets. Manufacturers are searching for ways to use titanium, another expensive product that saves very little weight in a helmet. The Kevlar craze is mostly behind us.

- Strap adjustment fittings are not improving. We find many of them slip too easily, resulting in the “strap creep” that is responsible for many of the too-loose straps out there. We have noted the really good ones. You can check that when you buy.

- Strap anchors on many helmets still stick up above the shell and are an unnecessary impediment to smooth sliding when you hit the pavement. The best helmets put the anchors below the surface of the shell, or at least recess the anchors to make a smooth surface.

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Safe Kids Week 2007

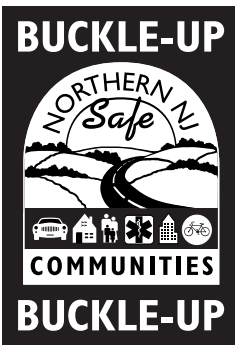
April 28-May 6, 2007

Safe Kids
WORLDWIDE

Make it a
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Summer**

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Buckle Up Northern NJ

Focus on TWEENS

Child Passenger Safety Week 2007 focused on safety for young tweens (children ages 8-10) in and around cars.

Child Passenger Safety Week has usually focused on the correct use of car seats for babies and toddlers. This year, safety messages will be aimed at an age group often neglected in child passenger safety outreach.



Officer Jason Haw of the Vernon PD reviews how to escape from trunk entrapment at Kevil Chevrolet during CPS Week. Cub Scouts for Chester participated in this event.

- We've made great progress in child passenger safety with younger children but tweens need to develop their own safety habits as they become more independent.
- Kids of this age group are among the most likely to be restrained improperly in a vehicle. Often kids "graduate" from a toddler seat into an adult safety belt too early and often families skip the booster seat altogether.

Most children ages 8 to 10 should be riding on a low back booster seat for the best protection in a crash. Most tweens are too small for the adult safety belt and need the booster for the safety belt to fit properly.

Safe Kids recommends that kids who have outgrown car seats ride on booster seats until they are about 4 feet, 9 inches tall and 80-100 pounds. Most children reach this height and weight between ages 8-12.

Safe Kids Worldwide has developed the Safety Belt Fit Test as an easy way for parents to determine when the adult safety belt in their vehicle provides optimal protection for their child in the event of a crash.

We need to make booster seat use among tweens just as automatic as it is for small children to ride in car seats.

■ The idea of sitting on a booster seat in a back seat when you're in fifth or sixth grade is a hard sell - we realize that. But we've looked at the science and know that it's worth the effort to change people's attitudes toward booster seats. They prevent injuries and save lives every day.

■ Safe Kids and Chevrolet have commissioned a safety rap by the Detroit-area recording duo Slum Village entitled "4 Steps" with a refrain of "Sit, pull, cross, click!" to help tweens understand why booster seats are necessary.

■ This song is also intended to give parents support so the safety messages parents give their kids will be reinforced by another source. Kids think hip-hop music is cool so it is a great tool to help them remember how to be safe in a car.

■ This is also the first time that we know of that a nationwide effort has been made to reach out directly to tweens with the information on low back booster seats.

If you would like a copy of the Slum Village CD entitled "4 Steps" please contact Karenjean.feury@ahsys.org



Linda Hilderbrand from the Center for Healthier Living at Hackettstown Medical Center interacts with the scouts during the "Spot the Tot" exercise during CPS Week. "Spot the Tot" enables children to see that they can't be seen all around cars. They learn that there is NO Safety Zone around cars.

Safety tips for walkers

1. **Always walk on the sidewalk.** If there is no sidewalk and you have to walk in the road, always walk **FACING** traffic, so you can see any car that might go out of control.
2. **Dress to be seen.** Brightly colored clothing makes it easier for drivers to see you during the daytime. At night, you need to wear special reflective material on your shoes, cap or jacket to reflect the headlights of cars coming towards you.
3. **Tips for Crossing the Street.**
 - ▲ Cross only at corners or marked crosswalks.
 - ▲ Stop at the curb, or the edge of the road.
 - ▲ Stop and look left, then right, then left again, before you step into the street.
 - ▲ If you see a car, wait until it goes by. Then look left, right and left again until no cars are coming.
 - ▲ If a car is parked where you are crossing, make sure there is no driver in the car. Then go to the edge of the car and look left-right-left until no cars are coming. Keep looking for cars while you are crossing, and remember, walk. Don't run.

Trauma Director is Moving On

Dr. Felix Garcia the Director of Trauma at Morristown Memorial Hospital will be leaving his position to return to Jersey Shore Medical Center as Director of Trauma.

Dr. Garcia's support and enthusiasm for injury prevention will be missed. We wish him well as he takes on his new role.

A search for a new Director of Trauma at Morristown Memorial Hospital is in progress.

Northern NJ Safe Kids/Safe Communities Award Winners

Jackie Leach was named the **Individual Outstanding Contributor** to Northern NJ Safe Kids/Safe Communities. Jackie has been involved in NNJ Safe Kids/Safe Communities for 3 years and during that time obtained her CPS Technician Certification as well as her CPS Instructor Certification. Jackie is always available to give and hand and is a true volunteer in her effort.

The **Outstanding Organization** for Northern NJ Safe Kids/Safe Communities for 2006 was the Jefferson Township Police Department. The Community Service Department under the direction of Lt. Eric Wilsusen coordinates numerous community/school programs for the residents of Jefferson Township. We congratulate them on their efforts.



Jackie Leach and her son Zack stop and smile during CPS Week Event.

Safe Kids Take it to the Mountain!



Lydia Stanton is ready for the slopes well before the snow falls.

Northern NJ Safe Kids/Safe Communities partnered with the Boonton Parents of Exceptional Adults and Children for their winter ski workshops at Hidden Valley Ski Resort in Vernon NJ.

Prior to making their way to the 6 week ski workshop, the children were sized and fitted with Gyro Ski Helmets by Northern NJ Safe Kids/Safe Communities.

New Director of NJ Division of Highway Traffic Safety Pamela Fischer Appointed by Governor

Pamela Fisher, vice president of public affairs for AAA New Jersey Automobile Club in Florham Park has been appointed the new director of NJ Division of Highway Safety by Governor Jon S. Corzine.

Pam is a well know advocate on traffic safety issues, including child passenger safety and the graduated drivers license. She has been a member of the Highway Traffic Safety Policy Advisory Council for a dozen years and a member of the NJ Motor Vehicle Commission since 2003.

Fisher said her priorities include establishing a teen driver study commission to ensure full implementation of the state's Graduated Driver's License law, increasing pedestrian safety and distracted driving educational efforts and focusing attention on senior mobility issues.

Pam has been a member of Northern NJ Safe Kids/Safe Communities since 1998. We look forward to working with her in her new leadership role.

Helmets

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We recommend looking for a helmet that:

1. Meets the CPSC bicycle helmet standard.
2. Fits you well.
3. Has a rounded, smooth exterior with no major snag points.
4. Has no more vents than you need. More vents = less foam.

We always recommend checking Consumer Reports for brand and model recommendations. They had a helmet article in their June, 2006 issue, but tested only a fraction of the models described below. The article is free.

Bicycle Helmet Safety Institute
<http://www.helmets.org/helmet07.htm>

**Project Coordinator/
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Injury Prevention Coordinator
Morristown Memorial Hospital

Education/Public Relations
Michele Mount
Public Relations Manager
AAA NJ Automobile Club

Enforcement/Buckle Up Campaign
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Chatham Township Police Department

Community Resources
Catherine Farrell CHE
Rockaway Township
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CPS Advisor
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Randolph Police Department

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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