



International Walk To School Day

Wednesday Oct. 8, 2008

Take the time to walk your child to school. Review the safety tips outlined below, they can make a difference.

- Never allow children under age 10 to cross streets alone. Children need

to be old enough to develop the skills to cross streets safely.

- Always model and teach proper pedestrian behavior.

- Instruct children to look left, right and left again when crossing streets

and to continue looking as they cross.

- Make sure children don't run into streets or dart from between parked cars. Require children to wear reflective materials and carry a flashlight at dawn, at dusk and in bad weather.

Child Passenger Safety

Morris-Essex
Car Seat Inspection Station

Open EVERY Wednesday
9:00 am - 3:30 pm

No appointment necessary!
973-971-6477

Inspections are conducted
by certified child passenger
safety technicians.

Oct. 5-11, 2008 is Fire Prevention Week This year's theme: Prevent Home Fires

The leading causes of fire-related deaths to children ages 14 and under are heating equipment, playing with items that can ignite fire, and cooking equipment. Most fire-related fatalities are caused by smoke inhalation. "A working smoke alarm cuts your chances of dying in a fire by about 50 percent," says KJ Feury Safe Kids Coordinator. "Put a smoke alarm on every level of your home, outside every sleeping area, and in each bedroom — and test them every month and change the batteries once a year even if they are hard-wired." Smoke alarms are also available with 10-year lithium batteries

Important Information About Hitting Your Head!

What is a concussion?
A blow or jolt to the head can disrupt the normal function of the brain. This type of brain injury is called a concussion. After a concussion some people lose consciousness or are "knocked out" for a short time, but not always. You can have a brain injury without losing consciousness.

Signs & Symptoms of Concussion.
The signs & symptoms of a concussion may be slight and may not be noticeable

at first. Once they appear, they can last for days, weeks or longer. If you or your child has recently been hit in the head or fallen, watch for the following signs (minutes to hours):

- Lack of awareness of surroundings
- Headache
- Dizziness
- Nausea or vomiting

Be sure to watch for the following late signs or symptoms (days to weeks):

- Headaches
- Light-headedness

- Poor concentration
- Trouble with Memory
- Fatigue
- Irritability
- Increased sensitivity to bright lights
- Increased sensitivity to loud noises
- Anxiety and/or depression
- Sleep disturbances.

See your healthcare provided immediately if you notice any of the signs

For more information go to www.sportsconcussion.com

A New Look!

Prevention Works, the newsletter of Northern NJ Safe Kids/Safe Communities and its web site www.preventionworks-nj.org will be taking on a new look this fall. Our newsletter will provide you with events and upcoming national campaigns to keep you in the know. Our website www.preventionworks-nj.org will have a rolling calendar of events, news stories and additional injury prevention information. Let us know what you think. Send your suggestions to karenjean.feury@atlantihealth.org.





Buckle Up Northern NJ

Drive as Though Your Life Depended on It!

Motor vehicle crashes claim the lives of more than 700 New Jersey residents

each year. Put the Brakes on Fatalities is a national program whose goal is to deliver to the public the major causes of transportation fatalities and their avoidance.

This year on October 10th, every driver is encouraged to be exceptionally careful so that for at least one day, there

will be no fatalities on New Jersey's road.

Do your part.

- Always wear your seat belt, drive the speed limit and avoid drinking & driving.

Safe Driving Tips

- Maintain a safe following distance.
- Avoid aggressive drivers and driving aggressively.
- Always obey traffic signs and signals.
- Wear your seat belt.
- Obey the speed limits.

Snow Will Be Coming!

If you prepare for skiing and riding you can avoid injury. Here are a few tips as outlined by Vermont Ski Safety.

1. Equipment Selection and Maintenance

At the beginning of each season visit a well-equipped ski shop that maintains a staff qualified to properly service your bindings, tune you ski or board and evaluate your boots fit and function.

2. Protective Gear

Select a snow-sport specific helmet that not only fits properly and is adequately ventilated, but one that does not interfere with your vision, the use of your goggles or impair your hearing. There are many styles available. Take the time to find the one that is right for you.

3. Exercise

Although there are no evidence that an exercise regimen can avoid a ski injury, you may be able to avoid less serious injuries and muscle strains by preparing yourself with ski-riding specific exercises. Take the time to get in shape now.

4. Rules of the Road

Learn your Responsibility Code.

- Always stay in control and be able to stop or avoid objects.

- People ahead of you have the right of way. It is your responsibility to avoid them.
- Do not stop where you obstruct the trail or are not visible from above.
- Whenever starting downhill or merging into a trail, yield to others.
- Always use devices to help prevent runaway equipment. Observe all posted signs and warnings.
- Keep off closed trails and out of closed areas.
- Prior to using any lift, you must know how to load, ride, and unload safely

5. Equipment Orientation

Know your equipment. Take the time to learn how it will best work for you. Learn how to respond during an emergency turn, panic stop and attempts to recover after a loss of balance.

To learn more about skiing or snow-board safety visit the national ski association at www.nsaa.org/nsaa/safety



Summer Scrap Book



Jennifer Hopler from the Rockaway Borough Fire & Rescue Squad take's the time to "Fit a Helmet" at Rockaway Borough's Bike Rodeo in May.

PO Ivan

Rodriguez of the Jefferson Police Department shows the children of the Briggs School the difference between common swim devices and a personal flotation device.



Mount Tabor School, Parsippany Kindergarten students see Booster Seats Work!



Students from the MacKinnon School in Wharton prepare for their pedestrian safety hike through town.

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@atlantichealth.org