



New NHTSA Survey Shows More Children Riding in Age-Appropriate Restraint

Today NHTSA released the results of a new survey that indicates more parents are choosing to keep their children in age- and size-appropriate car seats and booster seats longer, instead of transitioning them to seat belts too soon.

The 2011 National Survey of the Use of Booster Seats (NSUBS) reports that the number of children ages four to seven riding in only seat belts, instead of car seats and boosters, dropped 7 percent in 2011 to 25 percent, down from 32 percent in 2009. Meanwhile, the use of both car seats and booster seats increased

during the same period, suggesting that parents are increasingly following NHTSA recommendations and not graduating their children prematurely to seat belts.

The NSUBS is the only probability based nationwide child restraint use survey in the US that observes restraint use and interviews adult occupants to collect race, ethnicity and other data.

The complete report is available at <http://www-nrd.nhtsa.dot.gov/Pubs/811718.pdf>

Hats off for Helmets

The 2013 Ski and Snowboard Helmet Logo Contest brought out our creative skiers and snowboarders from Morris, Sussex and Warren County. Nearly 150 entries were received. The goal of the program was to raise awareness of helmet use for skiing and snowboarding.

Palmer Papson a 4th grade student from Cedar Mountain School took first place in the elementary school category while Christine Murphy an 11th grade student from Morris Knolls High School took 1st place in the high school division. The first place winners received a gift bag from

Morristown Medical Center's Trauma & Injury Prevention Service and a 2014 Season Pass to the Hidden Valley Ski Resort in Vernon, NJ.

A helmet worn properly can certainly minimize head injuries when skiing and snowboarding. We applaud all our participants for taking the lead.

Elementary School

1st Place Palmer Papson

Cedar Mountain School, Vernon

2nd Erin E McGahn

Assumption School, Morristown

3rd Erik Haynes

Assumption School, Morristown



1st place high school division

High School

1st Christine Murphy

Morris Knolls High School

2nd Jonathan Roman

Morris Catholic High School

3rd Alexa Garcia

Morris Catholic High School



R-L Mr. Papson, Palmer Papson, KJ Feury Safe Kids Coordinator, PO Jason Haw – Vernon Township Pd, Dennis Mudrick Principal Cedar Mountain School



**Morristown
Medical Center**
ATLANTIC HEALTH SYSTEM

**SAFE
KIDS**
NORTHERN
NEW JERSEY

Bike, Board or Sled, put a helmet on your head!

Retired Police Officer, CPS Technician, Jay Mc Clemens came up with the slogan many years ago when a helmet campaign began in Chester. It is a slogan that many of us have never forgotten.

New Jersey law states young people under the age of 17 are required to wear an approved helmet when cycling, roller skating, in-line skating, or skateboarding. When it comes to helmets, we know to have the buckle under our chin and straps tightened up to our earlobes. We know that the chin strap should be tight enough that when we open our mouths wide, we feel the helmet pull down on our heads. Finally we know if the helmet is on correctly, we should be able to place two fin-

gers above our eye brows and the bike helmet should touch our finger.

It is also important to make sure our bicycles are ready to be ridden and that they are operating safely! Follow the ABC Check for bikes that we at Safe Kids follow:

ABC Check for bicycles

A is for air:

Check the air pressure, spin the wheels and make sure the tires are not worn out.

B is for brakes:

Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake.

If the bike has hand brakes check to see that the levers don't hit the handlebars when squeezed. Lift one tire up at a time and spin it; squeeze the levers to see if the tire stops. The brake pads should be clean, straight and contact the rims properly.

C is for Cranks, Chain, and Cogs:

Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal not rust or black gunk. If the bike has gears, check to make sure the gear levers and the gear-changing mechanism, work to shift the chain between gears.

15th Year Celebration

Northern NJ Safe Communities celebrated 15 years of funding through New Jersey Highway Traffic Safety on March 12, 2013 at a brunch held at the Hyatt at Morristown. Nearly 75



L-R Chris Champi the 2012 Northern NJ Safe Kids / Safe Communities Individual Award and KJ Feury the Injury Prevention Coordinator at Morristown Medical Center.

Dr. Louis Difazio presents Carol Kuchta with the 2012 outstanding organization award.

people gathered to celebrate the success of their partnership for a safer community.

Tom Louizou, the Regional Administrator Region 2 NHTSA, Carol Ann Giardelli the Director New Jersey Safe Kids and Lou DiFazio MD the Director Trauma, Critical Care and Injury Prevention at Morristown Medical Center shared their thoughts on how New Jersey is a safer community due to the efforts of the education, enforcement and evaluation of the many programs supported by the coalition members.

Carol Kuchta of Kuchta Designs was recognized for her vision and support of the program through her graphic design work and Chris Champi from Chester was awarded the outstanding individual for her efforts in Child Passenger Safety and the Hats off for Helmets Campaign.

As we move forward we look to continue sound programming for the communities we serve.

Pedestrian Safety

Pedestrian safety is not just the person driving the vehicle, but also the pedestrian themselves. New Jersey says it well: Pedestrian Safety is a Shared Responsibility....Everyone needs to do their part.

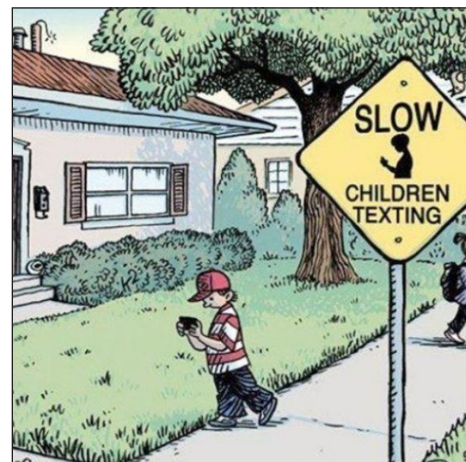
BACK TO BASICS FOR WALKERS:

- Always cross at corners, crosswalks
- Look left, right, left again for turning vehicles
- Always walk facing traffic
- Remain alert
- Wear reflective clothing

- Don't cross in between vehicles
- Make eye contact with driver before crossing in front a vehicle

BACK TO BASICS FOR VEHICLE DRIVERS:

- Stop for Pedestrians in crosswalks
- Watch for pedestrians when turning on red light
- Do not block a crosswalk
- Clean your windshield
- Be ALERT to pedestrians



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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