



Pedestrian Safety: How not to get hit by a car!

HOW TO NOT GET HIT BY A CAR

7 COMMON WAYS IT HAPPENS & 7 EASY TIPS TO KEEP IT FROM HAPPENING TO YOU.



1 1 in 5 high school students crosses the street while distracted.



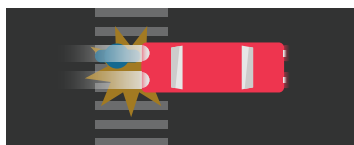
PHONES DOWN, HEADS UP WHEN WALKING.

2 Crossing someplace other than an intersection accounts for 81% of child pedestrian deaths.



Tempted to cross mid-block?
DON'T DO IT. TAKE THE EXTRA TIME TO CROSS AT THE CORNER.

3 75% of teen pedestrian deaths occur between 7 p.m. and 7 a.m., when it's dark out.



BE ESPECIALLY ALERT WHEN IT'S DARK OUT, AND MAKE SURE DRIVERS CAN SEE YOU.

4 More than 1 in 5 pedestrian deaths happens at an intersection.



LOOK LEFT, RIGHT, LEFT BEFORE CROSSING AND CONTINUE LOOKING IN ALL DIRECTIONS WHILE CROSSING.

5 Sidewalks can reduce pedestrian crashes by almost 90%.



It's always best to walk on sidewalks or paths.
NO SIDEWALK? WALK FACING TRAFFIC AS FAR AWAY FROM VEHICLES AS POSSIBLE.

6 Nearly 100 kids are killed by cars backing up every year.



WATCH OUT FOR CARS BACKING UP IN PARKING LOTS AND DRIVEWAYS.

7 More than 80% of pedestrians die when hit by vehicles traveling at 40 mph or faster. Less than 10% die when hit at 20 mph or less.



PAUSE AT EACH LANE OF TRAFFIC AND MAKE EYE CONTACT WITH THE DRIVERS.

Teens in Cars!



Teens in Cars

Top Tips for Parents



Teach your kids to buckle up every ride, every car, every time, forever. Start this rule when your kids are young.



Be a good example when you drive. Your kids are watching and learning even when they are still in their car seats.



Spend time in the car with your new teen driver. Discuss safety issues, including putting phones away when driving, observing speed limits and following rules of the road.



Encourage your teens to speak up when any driver, including you, is driving unsafely. Teach them to find a safe way home if the driver has been drinking.



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National Child Passenger Safety Week

September 18 – 24, 2016

Every 33 seconds, one child under the age of 13 is involved in a crash. Many times deaths and injuries can be prevented by proper use of car seats, boosters, and seat belts. Use this toolkit for information and ideas on how to generate awareness about child car safety in your community during Child Passenger Safety Week, National Seat Check Saturday, and throughout the year.



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@atlantichhealth.org.

Vernon's PAL Takes Water Safety Seriously!

Northern NJ Safe Kids/Safe Communities was able to support the Vernon PAL Summer Camp, as they prepared their campers for their summer exertions.

Their program included an open water



safety in their program in which the campers were fitted with a personal flotation device. These campers were prepared to stay cool throughout the summer.

Listed below are some of the water safety facts they followed.

- ✓ Always swim with a buddy
- ✓ Swim only in areas that are designated for swimming with buoys and ropes and are supervised by lifeguards.
- ✓ Always enter unknown or shallow water cautiously, feet first.
- ✓ Dive only in water clearly marked as safe for diving. Diving areas should be at least 9 feet deep with no underwater obstacles.
- ✓ Do not enter the water from a height, such as a tree, ledge or bridge
- ✓ Be careful when standing to prevent being knocked over by currents or waves.
- ✓ Have weak swimmers wear U.S. Coast Guard-approved life jackets whenever they are in, on or around water.

