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www.preventionworks-nj.org



AAA Community Service Award



From left to right: KJ Feury and Jackie Leach, Morristown Medical Center Cathleen Lewis, AAA Public Affairs Manager; Andy Anderson, Essex County Traffic Safety

Jackie Leach CPSTI was awarded the AAA Community Service Award on Oct. 28, 2016. Jackie's work in the area of Child Passenger Safety has spread from CPS for passenger cars to ambulances, school buses and children with special needs.

AAA was most impressed that her work embraced the 5 pillars of character for Atlantic Health: Professionalism, Respect, Involvement, Dignity and Excellence.

We are proud of the effort Jackie puts forth on a daily basis and congratulate her on for being recognized by an organization that prides itself on educating its members and employees on traffic safety.

Car Fit

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

If your community is interested in scheduling a CarFit program,

please contact kjfeury@atlantichealth.org for more information.



**Morristown
Medical Center**
ATLANTIC HEALTH SYSTEM

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KIDS**
NORTHERN
NEW JERSEY

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.

Make Helmet Use a No-Brainer this Winter

Winter safety tips to keep your kids injury-free from Safe Kids Northern NJ



Morristown – The cold weather during the holidays does little to keep winter sports enthusiasts inside – especially children. In fact, children ages 14 and under are at a high risk for winter sports injuries. In 2007, there were 17,000 estimated injuries among children from skiing and snowboarding; 24,500 estimated injuries from sledding; and 1,500 estimated injuries from snowmobiles and other equipment.

According to the U.S. Consumer Product Safety Commission, ski helmets could prevent or reduce the effects of 50 percent of head injuries suffered by children under 15 while skiing or snowboarding. “Kids should always wear helmets when they ski, sled, snowboard, or play ice hockey,” says KJ Feury, Safe Kids Northern NJ coordinator.

“But parents should know that there are different helmets for different activities. Make sure your child’s helmet meets federal safety standards, and have an expert check that the helmet fits correctly so it won’t come loose at a critical moment.”

Along with wearing a helmet while skiing or snowboarding, parents should know these ten useful tips to keep their children safe when doing outdoor activities this winter:

Sledding

Kids can suffer serious head injuries from sledding, and should always wear a helmet. When sledding, do not go down a hill head-first. Sit up, face forward, use a clear, safe path and make sure an adult is supervising.

A good sledding hill does not lead to a street, a body of water or a crowded gathering place. In addition, remember to in-

spect sleds regularly for worn, damaged or loose parts that could break or snag at high speed.

Snowmobiles

Children under 6 should not be riding a snowmobile and no one under 16 should drive one. All snowmobile drivers and passengers should be wearing helmets designed for high-speed motor sports - a bike helmet isn’t sufficient for a four-wheeled motorcycle that can go up to 90 miles per hour.

Ice Skating and Hockey

There is no consensus among experts about the need for helmets while ice skating, but parents should consider them for kids who are just beginning to learn to skate.

Helmets are a must for ice hockey, along with mouth guards, knee pads and elbow, shoulder and shin protection.

Teach kids how to protect themselves if they do fall through ice. Remind them to stretch their arms out wide and kick as if swimming, shout for help, and try to crawl backward onto solid ice.

General

Always wear sport-specific, properly fitting safety gear when participating in winter sports activities. Since proper equipment fit and maintenance are important for safety, bring your child along when shopping for skates, helmets, boots, etc.

Dress in layers and wear warm, close-fitting clothes. Make sure that long scarves are tucked in so they don’t get entangled in lifts, ski poles or other equipment.

Stay hydrated and wear sunscreen with a rating of SPF 15 or higher.

If children become distracted, irritable, or begins to hyperventilate, they may be suffering from hypothermia or altitude sickness, or are too tired to participate safely in winter sports. They should go indoors, rest and warm up.

“Remember, your children learn safety habits by watching you,” adds Feury. “So parents should always wear the right helmet for their winter activities too.”

For more information about sports safety, visit www.safekids.org.

**SAFE
KIDS**
WORLDWIDE

Protecting Children in Your Home: The Facts

2,200 children die each year from an injury in the home.
3.5 Million go to the emergency department for the kinds of injuries that commonly happen in homes.

3 in 10 parents surveyed with a toddler say they keep medicines and cleaning products on a low shelf or unlocked cabinet.

A separate survey found that 73% of parents say they place items in the crib with their baby, including blankets, bumpers and stuffed animals—all of which can be suffocation hazards.

1 in 8 respondents say they have left their young child alone in a bathtub for 5 minutes or longer.

Poison centers answer more than 1 million calls a year about a child under age 5.

14% of parents surveyed say they never check their smoke alarm batteries.

48% of parents surveyed say they haven’t secured TVs and furniture to prevent them from tipping over.

Drowning is the leading cause of injury-related death in the home for children ages 1 to 4.

Working smoke alarms reduce the risk of dying in a home fire by half.

Yearly, more than 93,000 children under age 5 are seen in EDs for stair-related injuries.

Top Tips for a Safe Home

- Give young children your full and undivided attention when they are in the bathtub or around water.
- Check smoke alarm batteries every month to make sure they are working.
- Keep cribs clear of objects, and make sure babies sleep alone, on their backs, and in a crib every time they sleep.
- Install safety gates to keep children from falling down staircases and window guards or stops to prevent falls from windows.
- Keep all medicine up and away, even medicine you take every day. Be alert to medicine stored in other locations, like pills in purses, vitamins on counters, and medicine on nightstands.