

Northern NJ Safe Kids/Safe Communities Annual Awards Luncheon



Northern NJ Safe Kids/Safe Communities held its annual awards luncheon on March 26, 2019 at the Rockaway Garden Hilton. John Cichowski known as the "Road Warrior" when he wrote a traffic column for the Bergen Record, was the key note speaker. John, a soft spoken man, who writes with a powerful pen or laptop, shared some of the funniest, odd and politically involved stories he covered.

Northern NJ Safe Kids/Safe Communities reviewed a very productive year of programming and highlighted the work of our award winners listed below.

Carl P. Valenziano
Award 2018

Rt. Chief Christopher Wagner

Denville Police Department

Chief Wagner's continued support of Injury Prevention Programming set a high standard of cooperative work between an Injury Prevention Coalition and a Municipal Police Department. His local, regional and national involvement in Teen Driver Safety helped

raise awareness on this very important issues.

Outstanding Individual

Officer Andrew Underwood

East Hanover Police Department

Officer Underwood, took the initiative to develop his child passenger safety (CPS) skills and become an Instructor of the National CPS Curriculum. His keen sense of awareness and abil-

ity to explain best practice to parents, caregivers and future car seat technicians is needed and welcomed at our CPS events.

Outstanding Organization
Brain Injury Alliance of New Jersey



Lisa Wagner, Chief Christopher Wagner, Pam Fisher, John Cichowski



*Brain Injury Alliance
Joanna Boyd, Wendy Berk, Danielle Pagani*



Sgt. Chris Niemic, Dawn Gosson, Jackie Leach, Officer Andrew Underwood, Lori Cawley

The Brian Injury Alliance (BIA) of NJ has been a valued partner of Northern NJ Safe Kids/Safe Communities since its inception. Their attentive and caring staff, works diligently to provide Injury Prevention Coalitions, individuals and the NJ community with sound resources and assistance.

Prevention Works is the official biannual 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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Morristown Medical Center
ATLANTIC HEALTH SYSTEM

SAFE KIDS
NORTHERN NEW JERSEY

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children.

On a hot day like today, a car's interior can reach lethal temperatures in minutes and cracking a window doesn't help. Every year, children die from heatstroke in vehicles. Here's a simple tip: create a reminder by placing something you'll need at your next stop like a briefcase or cell phone next to the child safety seat. It may seem simple but can be a helpful reminder on chaotic days.

Unfortunately, no one is immune to this kind of tragedy. Parents and caregivers can help to reduce the number of deaths and near misses by remembering to ACT.

Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for

a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.

CCreate reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase, or purse in the back seat when traveling with your child.

Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Northern NJ Safe Kids/Safe Communities is working to ensure that no child is left alone in a car, not even for a minute. We're participating in an education and awareness campaign on the dangers of heatstroke.

Since 1998, more than 790 children across the United States have died from heatstroke while unattended in cars. You can help us spread the word to your community to stop these preventable tragedies. Additional prevention information can be found at www.safekids.org/heatstroke, and statistics on child heatstroke deaths can be found at <http://www.noheatstroke.org>.

HOT TEMPS? HOTTER CARS!

Outside temperature:



Inside after 10 minutes:

99°
109°



Inside after 20 minutes:

109°
119°



Inside after 30 minutes:

114°
124°



Inside after 60 minutes:

123°
133°



Go Ride a BIKE!

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. Here are a few tips so that you will be as safe as possible while you're doing it.

Wear a Helmet

We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bicycle crashes

Find the Right Helmet Fit

Make sure your child has the right size helmet and wears it every time when riding, skating or scooting. Your children's helmet should meet the U.S. Consumer Product Safety Commission's (CPSC) standards. When it's time to buy a new helmet, let your children pick out their own; they'll be more likely to wear them for every ride.



Be Sure the Helmet Fits Properly

Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly.



Don't Let Your Child be a Statistic

More children age 5 to 14 are seen in emergency rooms for injuries related to biking than any other sport. Helmets can reduce the risk of severe brain injuries by 88 percent yet only 45 percent of children 14 and under usually wear a bike helmet.

The 5 Hidden Hazards of Open Water!

While drowning in swimming pools gets significant attention, the fact is that more children and teens fatally drown in lakes, rivers, oceans, reservoirs and other types of open water. According to a new research report from: Safe Kids Worldwide and Nationwide's Make Safe Happen program, it's important to be aware of, and talk to your children about, the following open water dangers:

1. Limited Visibility: Water in lakes and ponds can be murky, hiding hazards such as rocks, logs and uneven surfaces. Limited visibility can also make it difficult to see if a child falls in. If lifeguards are present, ask about the safest area to swim. When entering unfamiliar water, go in feet first and wade out slowly.

2. Depth, Distance and Drop-offs: Unlike a pool, open water rarely has depth markings, making it difficult to know if kids are getting into water that is over their heads. When swimming in open water, it can also be hard to perceive distance from the shore. Additionally, while there may be a gradual slope as you enter the water near shore, there might be a sudden drop-off further out. When looking for safe place to swim, choose a designated swimming area and check for signs warning about potential hazards.

3. Currents and Tides: Currents in rivers, creeks and streams can be fast-moving and unpredictable. While some strong currents such as rapids are

visible, others can flow under the water's surface. In oceans or lakes, waves and rip currents can be dangerous. Families should avoid swimming at unsupervised beaches or in areas not designated for swimming. Before allowing kids to swim in open water, make sure they know how to deal with a crashing wave and escape a rip tide or strong current.

4. Water Temperature: Open water is usually colder than water in a pool, which can affect a child's swimming ability. What's more, falling into cold water can result in shock, which can lead to panic and even drowning. When participating in boating or other recreational water activities, families should remember to dress for the water temperature, rather than the air temperature, and to always wear a U.S. Coast Guard-approved life vest.

5. Weather and Seasonal Differences: Changes in the weather can make open water more hazardous. Heavy rains and flooding can create strong currents and rapidly change the depth and clarity of water. Families should also be aware of man-made storm channels and reservoirs that can be empty one minute and full of water the next. If you are planning an outing that involves open water, check the weather and water conditions before you leave home and again when you arrive. Stay alert for changes while you are on site and always stay out of the water if you hear thunder or see lightning.