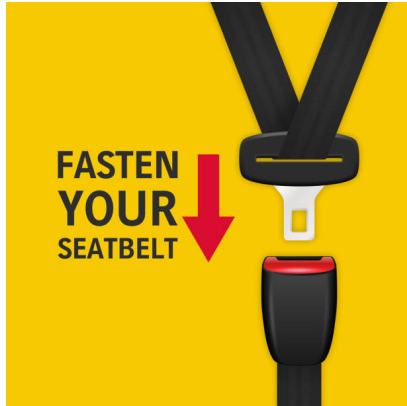




Buckle Up Northern New Jersey **BACK To BASICS**

With the rising number of car crashes throughout New Jersey and our nation, it is time to get **BACK To BASICS**.



1. Seat Belt Use
Studies show seat belts do save lives and reduce injuries during crashes. Seat belts work with air bags to protect occupants. Air bags alone are not enough to safeguard occupants. In New Jersey, an average of 131 unrestrained motor vehicle drivers and

passengers are killed in crashes each year. All occupants are required to wear a properly adjusted and fastened seat belt system and children under 8 years of age and shorter than 57 inches are required to be in the appropriate car seat.

2. Speeding

Higher driving speeds lead to higher collision speeds and thus to severer injury. Higher driving speeds also provide

less time to process information and to act on it, and the braking distance is longer. Therefore, the possibility of avoiding a collision is smaller. Its time to slow down.

3. Distracted Driving

Cell Phones are one of the many distractions both inside and outside the vehicle which can cause crashes. This includes talking, texting, emailing and searching. Other major distractions are adjusting the radio or speaker system, using a navigation system, grooming, eating, drinking, talking to other passengers or attending to children or pets. Be sure you are ready to drive before you put your car in gear.

4. Impaired Driving

Driving under the influence of alcohol, cannabis and or prescription medications have all contributed to fatal crashes in New Jersey. A little drunk is still drunk, cannabis can affect your driving ability and prescription medications and effect our ability to drive. "Improving safety on our highways will take everyone doing their part, and that starts with each individual driver," NJDOT Commissioner Diane Gutierrez-Scaccetti said. "Be part of the solution. Don't get behind the wheel if you are *under* the influence of anything that can impair your judgement."

Bicycle Safety

Each year, bicyclists are killed or injured in New Jersey due to bicycle crashes. Many bicycle deaths result from bicycle-motor vehicle collisions. However, injuries can happen anywhere, including parks, bike paths and driveways, and often do not involve motor vehicles.

Head injury is the most serious injury type and the most common cause of death among bicyclists. The most severe injuries are those to the brain that cause permanent damage

Safety Tips for Bicycle Riders.

- Obey all traffic Laws. In New Jersey, bicycles have the same rights and responsibilities as motor vehicles
- Ride on the right
- Obey all signals

- Travel no more than two abreast when traffic is not impeded
- Ride with traffic
- Wear an approved bicycle helmet.
- Make sure your bike is in good working order.

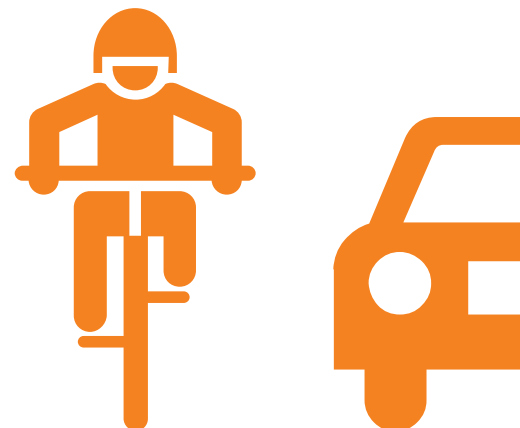
Safe Passing Law Went into effect May 1st, 2022

Here's what the law instructs drivers to do when they see a cyclist or pedestrian on the road:

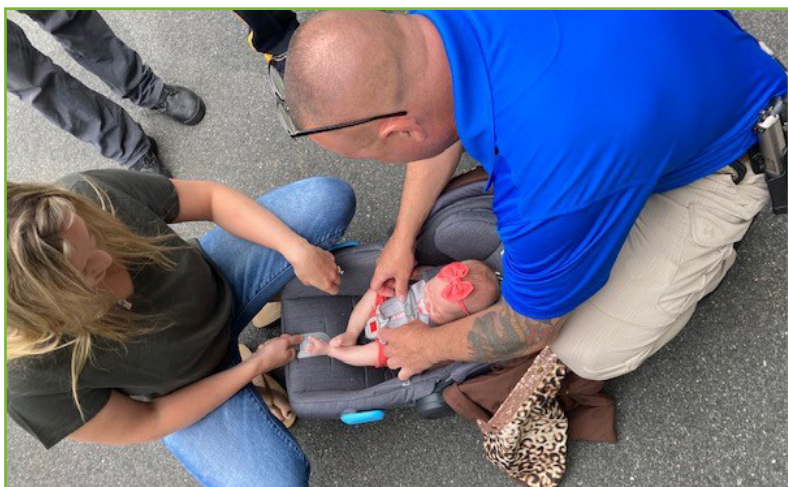
When possible, motorists should change to a non-adjacent lane.

If a lane change is impossible, drivers should leave at least 4 feet of distance while approaching and maintain that distance until the motor vehicle has safely passed.

When it is impossible to make a non-adjacent lane change or maintain at least 4 feet of distance, the driver should reduce the speed of the motor vehicle to 25 miles per hour or a lower posted speed and be prepared to stop.



Rain or Shine, our CPS Team is out on the road. CPS Event in Andover in the Rain and in East Hanover in the sunshine.



Respect the Water

There have been 14 drownings in New Jersey with 12 occurring in rivers, lakes and beaches and 2 in pools, prior to the official start of summer on June 21, 2022. Hazardous rip tides and swimming in unguarded areas have been the common denominator for these tragic deaths.

Take the lead and eliminate drownings this summer. It starts with you.

American Red Cross Water Safety Tips

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy.
- If you go boating, wear a life jacket!
- Install and use barriers around your home pool or hot tub.
- Actively supervise children whenever around the water.
- Reach or throw aid to distressed swimmers – don't go!
- Always stay within arm's reach of young children and avoid distractions.
- Keep toys not in use away from the pool and out of sight.

Be water safe this summer. [redcross.org/watersafetytips](https://www.redcross.org/watersafetytips)

Mountain Lakes Bike Rodeo



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 Karen Jean Feury, RN
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