

Change in New Jersey Helmet Law

As of March 1, 2006, New Jersey's Helmet Law got tougher. Anyone under the age of 17 is required to wear an approved helmet when cycling, roller-skating, rollerblading, or skateboarding.

Head injury is the most serious type of injury occurring to cyclists, often causing permanent injury or death. These accidents occur in parks, on bike paths, and even in your driveway. Many times speed is not a factor in serious head injury accidents.

Over 130,000 children go to the hospital annually with brain injuries sustained on bicycles alone. According to former

U.S. Surgeon General, Dr. C. Everett Koop, MD, "A properly worn helmet is the single most effective safety device available to reduce brain injury and death by as much as 88%."

Helmets need to fit properly to be effective. The helmet should sit directly over the forehead, two fingers above the eyebrows. The chin strap must be fastened and tightened so the helmet is snug. A damaged helmet should be replaced immediately. Check the fit of the helmet annually.

Deputy Mayor Neil Lewis reminds everyone, "Adults need to set an example for their children and wear helmets when cycling, skating, or skateboarding. Safety starts at home."

Are You Using The Correct Child Safety Seat?



Children under the age of 8 or 80 pounds must ride in a safety or booster seat in the rear seat of your car, and all passengers from the age of 8-18 must wear a seatbelt.

A properly installed car seat may be the difference between life and death for a young child in a motor vehicle accident. Motor vehicle crashes are the number one cause of death for children in the United States. According to Plainsboro Deputy Mayor Neil Lewis, "Plainsboro police officers are always diligent in enforcing seatbelt violations to protect our citizens from serious injury if they are involved in an accident. However, since an ounce of prevention is worth a pound of cure, the Police Department also focuses on prevention by assisting citizens with proper child safety seat installations."

Installing car seats is quite often a confusing task, and understanding the different types of seats for different ages and weight limits can be impossible. There are four basic seating principles to use when choosing the proper seat. Infant seats are designed for children under 1 year and up to 20 pounds. The seat is positioned facing the rear of the vehicle. The next seat is for children 20-40 pounds and faces forward. Booster seats are designed for children 40-80 pounds and raise the child up so the vehicle seatbelt system can be adapted to fit the child. Children over 80 pounds still need proper restraint and should use the seat belt in the vehicle. If you are still confused - we can help!

The Plainsboro Police Department has specially trained officers who are Certified Child Passenger Safety Seat Technicians. During the training the officers received hands-

on experience combined with classroom lectures. These officers are certified to install safety seats and provide training to the public. Throughout the year, Plainsboro Police Officers participate in child safety seat clinics and checkpoints in both Mercer and Middlesex County.

If you would like to schedule an individual child safety seat installation for your personal vehicle or are interested in setting up a clinic or checkpoint at your business contact the CORE Unit at 609-799-2333, extension 686. For more information on Child Safety Seats visit the National Transportation website at www.nhtsa.gov.



From left to right, Sergeant Joseph Duffy, Captain Elizabeth Bondurant, Lieutenant Thomas DeSimone present CERT volunteers Bonnie Rumpf and Anthony Lieber, with a service award recognizing them for their many contributions to the CERT program. Plainsboro's CERT program recently celebrated its first year anniversary.