



BROOME COUNTY TRAFFIC SAFETY BOARD NEWSLETTER

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Buckle Up – No Excuses!

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Using a safety belt is the single most effective way to protect yourself in a crash yet according to the National Highway Traffic Safety Administration (NHTSA) 18% of vehicle occupants nationwide do not regularly wear their seat belt. That's 1 in 5 people! It seems foolish when motor vehicle crashes are the number one cause of death among Americans between the ages of 2 and 34. Safety belts keep us safe in so many ways. First of all, they keep us in the vehicle. Many people have the misconception that it is better to be thrown from the vehicle, away from the crash than it is to stay in the car. This is a myth. If you are ejected from the car you are four times more likely to be killed. The chances of you being thrown out of the car without a scratch are pretty low. You're most likely going to go through the windshield, be hurtled into the air, get scraped along the ground or be crushed by the car. But what if the car catches on fire or goes into water? Less than 1% of all injury-producing collisions involve fire or submersion. They also help spread the crash forces over a broad area of the body. Injury is caused by a transfer of energy, and we all know that in a crash, there is a lot of energy flying around. So when the energy is concentrated in one area, there is more chance for serious injury. Seat belts spread that energy out, putting less stress on any one part of the body. They also contact our body at its strongest parts – our hips and our shoulders. Bones are hard and can handle more impact than soft organs and tissue, so it is important to wear your seat belt correctly each time. This means the shoulder belt crosses your shoulder and chest – not your neck. And by the way, it doesn't belong behind your shoulder either. In a crash, a person who is wearing their shoulder belt behind them will sandwich forward into whatever is in front of them because there is no upper body support. Seat belts are not designed to be worn that way and will provide little protection in a crash. The lap portion should touch your hips and thighs – not lie across your belly. Seat belts help "ride down" the crash. Remember, if you are traveling 40 mph and crash, everything in your car including yourself AND any unbuckled passengers are still going 40 mph! Seat belts slow us down. Quick changes in speed cause injury! And, lastly, seat belts protect our head, neck and spinal cord. They keep us in our seats and keep our head from hitting the hard interior of the car. So why not wear a seat belt? It's simple, its fast and it could potentially save your life. Be smart, be safe. Buckle Up – No Excuses!

New York State Law

- All front seat occupants must be buckled.
- All back seat occupants under the age of 16 must be buckled.
- All children under age 7 or under 4' 9" tall must be in a child safety restraint (car seat or booster seat).

Exemptions:

- Police, fire and ambulances
- Taxis
- Liveries
- Buses (other than school buses)

Safety Belt Facts:

- In 1984, New York was the 1st state to enact a mandatory seat belt law.
- New York has a "primary" enforcement seat belt law. This means you can be pulled over for not wearing your seat belt.
- Seat belt use at night is much lower than during the daytime. The odds of being killed in a motor vehicle crash at night are three times greater than during the day.
- Of the 2,926 young occupants (16-20 year olds) killed in 2006, 68% were unrestrained when the crash occurred at night. During the daytime, only 57% were unrestrained.

Seat Belts and Pregnancy

- Pregnant women should use a safety belt in the vehicle.
- Motor vehicle crashes are the leading killer of women in their child-bearing years.
- Even if the vehicle has air bags you should still buckle up and leave the air bag on. Air bags are designed to work in conjunction with seat belts. Without a seat belt, a pregnant woman can be thrown into a rapidly opening air bag - a movement of such force could injure or even kill the mother and her unborn child.
- As your abdomen grows during pregnancy, move the seat back to keep as much distance as possible while still being able to reach the pedals. Your breastbone should be at least 10 inches from the steering wheel or dashboard.



1. Never place the lap belt above or on your belly.
2. Place the shoulder belt across your chest (between your breasts) and away from your neck.
3. Never place the shoulder belt behind your back or under your arm.
4. Adjust the lap belt across your hips/pelvis and below your belly.

Congratulations to our newly Certified Child Passenger Safety Technicians!

- Corina Allen – Lourdes PACT Program
- Peter Guarino – Lourdes PACT Program
- Nancy Combs – Broome County Department of Social Services
- Jesse Genter – Broome County Sheriff's Office
- Benjamin Harting – Broome County Sheriff's Office
- Richard Merrell – Broome County Sheriff's Office
- David Green – NYS Police
- Joseph Hommel – NYS Police
- Bradley Solomon – Endicott Police Department
- Shannon Stewart – Family Enrichment Network
- Brian Thorick – Vestal Police Department

Broome County Fitting Stations

Fitting Stations provide free child safety seat inspections for families and caregivers as well as education and guidance on child passenger safety.

Broome County Sheriff's Office
155 Lt. Van Winkle Drive – Binghamton
Please call (607) 778-2807 for an appointment.

Endicott Police Department
1101 Park Street – Endicott
Please call (607) 757-2471 for an appointment.

Parents and caregivers should bring their vehicle, their child safety seat, their vehicle's owner's manual and the car seat manual.

Expectant mothers should call for an appointment at least one month prior to their due date.

Getting Pumped Around Town



Keeping your bicycle tires properly inflated is the key to safe and easy riding. Low pressure can make your bike harder to peddle and can also cause the metal part of your wheel to bottom out against pavement if you ride over a pothole or a sharp bump. Unfortunately, most people have difficulty keeping their tires pumped up. Good pumps can be quite expensive and using car service gas station pumps usually cost you money and can sometimes over-inflate your tires. Steven Bard, a long time cyclist and member of the *Binghamton Metropolitan Transportation Study Bicycle and Pedestrian Advisory Committee* informs us that now it's a little easier to keep your tires pumped. Two mounted bike pumps are available on Binghamton University's Campus. The Boys and Girls Club in Endicott also has a securely installed bike pump for public use that has been out for the last five summers. The mounted pumps have a guard that keeps rain water from leaking along the pump shaft into the pump. These pumps will work for many years with minimal service and are free to any who need their use.



Horace Mann Bike Rodeo

On Saturday, April 26th, the Broome County Traffic Safety Program conducted a bike rodeo safety course for the students of Horace Mann Elementary as part of the "Put a Lid on a Kid" Campaign. This event was also part of the Turn Off Your TV Week activities. Thirty children participated and over 350 helmets were distributed. The bike rodeo offered free helmet fittings, free bike inspections and a chance for the children to test their riding skills through numerous rodeo stations. Children received a Certificate of Achievement, a number of great prizes and a healthy snack for completing the rodeo course. A special thanks to the BU Student Services Center, PTA members, and our local cyclists for making this event possible.

Broome County Traffic Safety Events

Saturday, June 7th – Bicycle Helmet Clinic at Otsiningo Park during the Farmer's Market

11 a.m. – 2 p.m.

Children should bring their bicycle helmets for a free fitting.

The first 25 children will receive a FREE helmet!

Monday, June 9th – BMTS Bicycle and Pedestrian Advisory Committee

1:30 p.m. – 3 p.m.

Broome County Office Building, 5th Floor, Planning Department

Tuesday, June 10th – Debriefing Meeting for the Johnson City Bike Giveaway/Rodeo

12 p.m.

Located at Sarah Jane Johnson Church, 308 Main Street, Johnson City

Thursday, June 11th – Law Enforcement Torch Run

The Torch begins in Cortland and travels into Binghamton for the Special Olympic Opening Ceremonies.

Thursday, June 12th – Saturday, June 14th – Special Olympic Games at Binghamton University

Tuesday, June 17th – Child Safety Seat Fitting Station

9 a.m. – 12 p.m.

Please call (607) 778-2807 to make an appointment to have your child safety seat inspected.

Friday, June 20th – Online BUNY Reporting Form Due!

Saturday, June 21st – Operation Safe Child

9 a.m. – 12 p.m.

Agway, 116 Jennings Street, Endicott

Free child safety seat inspections will be provided.

No appointment necessary!

Saturday, June 28th – Operation Safe Child

12 p.m. – 3 p.m.

Located at Target, 3112 Vestal Parkway East, Vestal

Free child safety seat inspections and free safe child cards will be provided.

No appointment necessary!

Sunday, July 13, 2008 – Historic Bridge Pedal

9 a.m. – 12 p.m.

A 7 mile police-escorted bicycle ride starting and finishing at South Washington Street Bridge.

Pedal alongside the Susquehanna and Chenango Rivers, across landmark bridges and historic sites.

Pre-registration and a \$2 fee are required. You may register at local bike shops starting June 1st.

Registration the day of the event is \$3 and will be from 8 a.m. – 9 a.m.



Barbara J. Fiala, Broome County Executive

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