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## NATIONAL PREPAREDNESS MONTH

National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved than this September.

The 2020 NPM theme is: “Disasters Don’t Wait. Make Your Plan Today.”

The month is broken down into four weeks to help you and your family prepare for disasters.

### Week 1 - September 1-5: [Make A Plan](#)

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control and Prevention (CDC) recommendations due to the coronavirus.

### Week 2 - September 6-12: [Build A Kit](#)

Gather supplies that will last for several days after a disaster for everyone living in your home. Don’t forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the CDC.

### Week 3 - September 13-19: [Prepare for Disasters](#)

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act quickly if you receive a local warning or alert.

### Week 4 - September 20-26: [Teach Youth About Preparedness](#)

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

For more information on National Preparedness Month, please visit [www.ready.gov](http://www.ready.gov).



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization, dedicated to trauma prevention and mitigation through education and advocacy.

For more information visit:

[www.atspa.org](http://www.atspa.org)

## Out of Harm’s Way

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### TOP NEWS TOPICS

- National Preparedness Month
- Farm Safety Week
- Falls Prevention Week
- Concussion Awareness Day
- Welcome Jessica Ritter
- What’s New at ATSPA
- August Updates

# NATIONAL FARM SAFETY AND HEALTH WEEK

Each year since 1944, the third week of September has been recognized as National Farm Safety and Health Week. This year, that week is September 20-26. The theme for 2020 is "Every Farmer Counts"; a theme that resonates in Pennsylvania.

Nationally, this observance is led by the National Safety Council and the National Education Center for Agricultural Safety (NECAS). Each day of the week is given a theme and NECAS will hold webinars at noon for each topic.

Locally and all year round, ATSPA is working to help educate farmers across the state and in hard to reach communities, on safety issues their families could face. A grant from the Psalm 103 Foundation has allowed ATSPA the opportunity to offer hay hole covers and rearview monitors to the Plain Community and rural farm families, at no cost to them. ATSPA also offers educational materials on farm safety including an infographic, puzzle and rack card.

More information on National Farm Safety and Health Week is available on [NECAS's website](#). If you would like to see a complete list of what ATSPA offers or to order materials, please visit the [ATSPA website](#).

## FALLS PREVENTION WEEK

Each year, thousands of educators, caregivers, health and aging professionals, and older adults across the country take one week to focus their efforts on one goal: preventing falls. This year, that week is September 21-25. Falls Prevention Awareness Week is organized by the National Council on Aging (NCOA) and the Falls Free® Initiative.

ATSPA spends time year-round educating the public about fall prevention. We are proud to offer a variety of educational items to the public and our members. These materials are available free of charge and can be viewed or ordered from the [ATSPA website](#).

Items include:

- A home checklist
- Rack card
- Infographic
- Brochure
- Powerpoint presentation

ATSPA has been working diligently to assemble Fall Prevention Bags to help our member hospitals educate their senior patients. This synch-top bag contains items to help prevent falls like a nightlight, anti-slip treads for the bath tub and various other items. This resource also includes literature to help prevent future falls. The bags are available to member hospitals, free of charge, and are intended for patients being discharged for fall-related injuries. For more information on this program, please visit our website.

To find out more about Falls Prevention Awareness Week, visit [www.ncoa.org/FPAD](http://www.ncoa.org/FPAD).

## 2020 National Farm Safety and Health Week Themes

**Monday** - Tractor Safety/Rural Roadway

**Tuesday** - Overall Farmer Health

**Wednesday** - Safety & Health for Youth in Agriculture

**Thursday** - Emergency Preparedness in Agriculture

**Friday** - Safety & Health for Women in Agriculture

## Prevent a Fall

Prepare | Plan | Prevent



# SEPTEMBER 2020

## OBSERVANCES

### Monthly Observances:

- National Alcohol and Drug  
Addiction Recovery Month

- National Preparedness  
Month

- Baby Safety Month

### Weekly or Daily Observances:

- September 21-25 - National  
Fall Prevention Awareness  
Week

- September 20-26 - National  
Farm Safety and Health Week

- September 20-26 - National  
Child Passenger Safety Week

- September 18 - Concussion  
Awareness Day

- September 26 - National Seat  
Check Saturday

# CONCUSSION AWARENESS DAY

National Concussion Awareness Day® was founded in 2016 by Brooke Mills, who suffered a concussion as a freshman in high school. The purpose of National Concussion Awareness Day® is to create an opportunity for public discussion of this issue. By raising awareness of the importance of recognizing a concussion, treating it appropriately and supporting the injured, we can positively impact lives across the country. The 2020 Concussion Awareness Day is Friday, Sept. 18.

Concussions have become an epidemic in the United States, with millions of mild traumatic brain injuries happening each year. **It is important that parents, coaches and community members know the signs of a concussion:**

- Can't recall events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Concussions are serious and require medical attention. Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. You should check for signs of concussion right after the injury, as well as, a few days after the injury. If the concussion signs or symptoms get worse, you should take the person to the emergency department right away.

For more information on concussions or to order ATSPA materials regarding concussions, visit our [website](#).

## WELCOME: JESSICA RITTER

As some of you may know ATSPA has been granted an additional contract by the Pennsylvania Department of Health. This contract is for the Safe Kids Pennsylvania State Office Coordinator position. We are happy to introduce Jessica Ritter as the new Safe Kids PA State Office Coordinator.

Jessica was born and raised in Pennsylvania, and has only lived outside the state for two years while in graduate school. She has a Bachelor's degree in Sociology and Religious Studies, with a minor in Holocaust Studies, from Albright College and a Master of Arts in Religion and Theology from Drew University, in New Jersey.

She has six years of experience working in nonprofits in south-central Pennsylvania, ranging from a county-wide library system to providing direct client services to individuals who have experienced interpersonal violence. From 2017 to 2020, she provided educational resources and prevention programming around trauma, violence, healthy relationships, and more within Gettysburg and Adams County.

Additionally, she is the current board president of the YWCA Gettysburg & Adams County, recently celebrated three years of marriage in July, has one child who will be two years old in November, and has been coping with the pandemic by gardening and having lots of video chats with family and friends!

Jessica is thrilled to join the ATSPA team, and is looking forward to working with the Safe Kids PA coalitions and state partners.





# WHAT IS NEW @ ATSPA

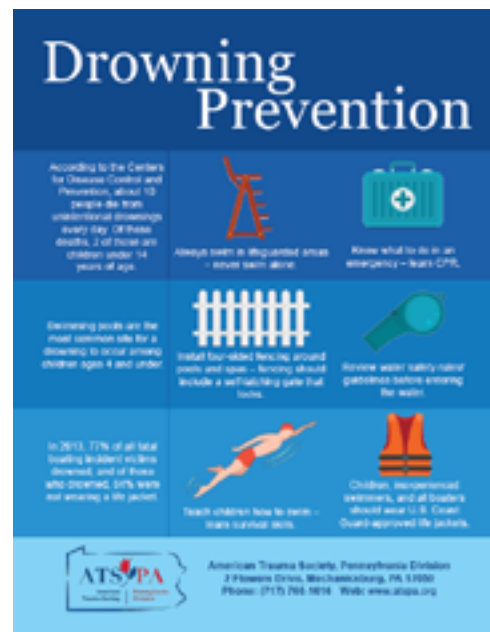
In the month of August, ATSPA has created and posted more social media resources which can be found on [our website](#). We have also created a new drowning prevention infographic, also available on [our website](#).

Through this process, we wanted to take a moment to remind you of the benefits members receive.

ATSPA is proud to support its members and through our annual member survey we learned that you are searching for Fall Prevention programs. We have put together a comprehensive fall prevention program meant to help provide education and assistance to patients being treated for falls. More on this program can be found on [our website](#).

ATSPA has also taken the time to put together multiple PowerPoint presentations on various topics that can be presented remotely. More on these programs can be found on [our website](#).

Lastly, we'd like to remind you that institutional members have the opportunity to order special items such as adhesive bath treads, reflective light and whistles, water bottles, zipper pulls, etc. We do request that when distributing these items they are accompanied by some form of education. To order these items and more, please visit [our website](#).



## CANCELED!



Prepare



Prevent



Provide

### 2021 ATSPA Annual Conference

With so much uncertainty related to COVID-19, the ATSPA Board of Directors has decided, in the best interest of our attendees and faculty, that we will not be holding a 2021 ATSPA Conference.

The possibility of offering other educational opportunities throughout the year has been discussed; we'll keep everyone updated with those developments.

### ATSPA AUGUST UPDATES

- August 5: PennDOT Region 2 Planning Meeting, in Mechanicsburg.
- August 6: Cumberland County Commissioner Workshop, in Carlisle.
- August 6: Child Passenger Safety Basics Presentation, in Harrisburg.
- August 10-12: American Society of Association Executives Virtual Annual Meeting & Exposition.
- August 10-18: Virtual presentation to Family Care Services.
- August 11: Child Safety Seat Check Event, in Harrisburg.
- August 13: PA Society for Association Excellence CEO Roundtable Discussion.
- August 27: Sent materials for Senator Vogel's drive-thru Senior Fairs, in Monaca and New Castle.
- August 28: PA Society for Association Excellence Marketing and Communications Roundtable Discussion and the PA Society for Association Excellence

Stay connected with us:



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