

INJURY PREVENTION DURING LOCKDOWN

As the COVID-19 pandemic continues, injuries and violence have not stopped. In fact, the Crisis Text Line has seen a 26% increase in suicide calls and emergency departments are seeing a rise in injuries such as falls, furniture tipping and more. There have even been reports of people suffering from heart attacks and strokes, avoiding hospitals all together. These are serious incidents that could lead to significant trauma and even death.

Pandemic protocols call on all medical professionals to do what they can to mitigate the risk of COVID-19 while still caring for their day-to-day patients. These protocols also force injury prevention professionals to adapt their tactics to stay-at-home orders and social distancing. What would typically be six months of education and outreach at fairs, summer camps and expos, now means finding new ways to reach people.

Some organizations are moving online, offering tutorials via video conferencing or recorded videos. They post statistics and best practices on social media. They work harder to stay up to date on trends and real time data. This process is time consuming and meticulous. Injury prevention coordinators in hospitals may not have time to accomplish all these goals. Many are being asked to focus their efforts on patients in need and not potential patients.

Now, more than ever, it is more important for nonprofit organizations to help fill the injury prevention role. These organizations already have the foundation for many injury prevention programs and need only to adapt tactics.

In the past two months, ATSPA has built up its online presence through social media, worked with local news organizations and created resourceful webpages for the public to use. The American Trauma Society's institutional members have access to an unlimited number of the resources created. ATSPA strives to better assist members and can always be contacted to create programs and materials on specific subjects, as needed.

The future of injury and violence prevention is unclear. The only thing that is certain is that those who cannot adapt will fail, and failure is not an option.

FIREWORK SAFETY

The summer months are synonymous with barbecues, outdoor activities, and of course, fireworks. National Fireworks Safety Month begins in June, and continues through July 4th.

According to the National Fire Protection Association, in 2017, U.S. hospital emergency departments treated an estimated 12,900 people for firework related injuries; 54% of those injuries were to the extremities and 36% were to the head.

Use the following tips to ensure you're safe while using legal fireworks:

- Never allow young children to handle fireworks.
- Never use fireworks while impaired by drugs or alcohol.
- Never light fireworks indoors.
- Only light fireworks away from people, houses and flammable material.

[For more firework safety tips, visit the National Fire Protection Association website.](#)

The Newest ATSPA Resources

Bike Safety Web Page

One of the major initiatives at ATSPA is Bike Safety. In honor of May being Bike Safety Month, we created an entire page of resources on just this subject. The page includes how to properly fit a helmet, traffic laws to follow, safety tips while riding and our signature Bike Smart Club.

Presentations Web Page

ATSPA offers presentations as part of our education and outreach. They are already packaged programs on topics like Child Passenger Safety, Bike Safety, Elderly Falls and more. The presentation packages include a PowerPoint and the notes to go along with each topic.

Updated Rackcards

ATSPA periodically reviews and updates materials as needed. Some of our more popular materials were in need of a little 'TLC'. We have taken the time to review the most up-to-date data and compile attractive, informative, evidence based materials for the use of our members and communities.

For more information on any of these initiatives or to view available materials, please visit our website at atspa.org.



FIREWORK SAFETY

Fireworks are often used in celebration, but also cause thousands of burns and injuries each year. According to the National Fire Protection Association, fireworks cause an average of 18,500 reported fires per year.

Leave the fireworks to the professionals.

If you choose to use fireworks, abide by the following safety tips.

DO:

- ★ Obey all local laws regarding the use of fireworks.
- ★ Ensure a responsible adult is supervising all firework activities.
- ★ Know your fireworks; read the caution labels and performance descriptions before igniting.
- ★ Wear safety glasses when shooting fireworks.
- ★ Use fireworks outdoors in a clear area; away from buildings, vehicles, and trees.
- ★ Light one firework at a time and quickly move away.
- ★ Dispose of spent fireworks by wetting down and placing in a metal trash can away from any building or combustible materials.
- ★ Have a bucket of water and charged water hose nearby.

DO NOT:

- ★ Give fireworks to children.
- ★ Drink alcohol when lighting fireworks.
- ★ Relight a "dud" firework. Wait 20 minutes, then soak it in a bucket of water.
- ★ Experiment with homemade fireworks.
- ★ Carry fireworks in your pocket.
- ★ Shoot fireworks into a metal or glass container.

Information provided by The National Council on Fireworks Safety and National Fire Protection Association.

JUNE 2020 OBSERVANCES

Monthly Observances:

National Safety Month

National Firework Safety Month

Weekly or Daily Observances:

- June 1-7: CPR/AED Awareness Week

- June 7-13: National Trailer Safety Week

- June 15: National Ride to Work Day

SUMMER SAFETY

It's warming up and summer is almost here. We are all striving to find ways to get outside and stay safe. This year, summer might look a little different. With the ongoing COVID-19 pandemic, please take extra precautions as you enjoy the outdoors.

If your community is reopening, know what precautions to take in public settings.

- Keep at least 6 feet between yourself and others.
- Wear cloth face coverings, especially in crowded areas. Do not place them on children under age 2.
- Help limit your risk by taking steps to reduce the number of places you go and your exposure to other people.
- Order food and other items for home delivery or curbside pickup, if possible.
- Visit the grocery store and other stores, only when necessary.
- Stay at home if you are sick.

A DIFFERENT KIND OF WATER SAFETY

- Many public pools and beaches may be closed this summer. Follow the guidance of state and local officials. Make sure the area is designated for swimming.
- Once there, maintain social distancing, both in and out of the water, between you and people who don't live with you. If you don't think your child can do this, come up with another activity.
- Wear face coverings on land, especially when physical social distancing is difficult. Do not wear them in the water as it may be difficult to breathe.
- Don't share goggles, nose clips, snorkels or other personal items.
- A kiddie or inflatable pool can be a great way to have fun, but be sure to provide constant supervision to children in and around the water.

Just because we are in the middle of a pandemic doesn't mean you shouldn't continue to follow other safety guidelines. Here are a few ways you can help keep your family safe this summer.

BE WATER SMART

- Young children or inexperienced swimmers should wear U.S. Coast Guard-approved life jackets
- Don't swim alone and only swim in designated areas supervised by lifeguards.
- In the event of an emergency, reach or throw an object to the person in trouble. Don't go in!
- Supervise children around water and avoid distractions.
- Build and secure pools with appropriate barriers that children cannot easily gain access.
- Designate a water watcher whose sole responsibility it is to oversee the activity in the water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.

GRILLING SAFETY

- Always supervise a barbecue grill when in use.
- Don't add charcoal starter fluid when coals have already been ignited.
- Never grill indoors.
- Make sure everyone, including children and pets, stay away from the grill.
- Keep the grill away from the house or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill.



Photo from Adobe Stock

NATIONAL TRAILER SAFETY WEEK



Photo from Adobe Stock

National Trailer Safety Week takes place June 7-13 and is meant to improve the safety of the nation's roadways by raising trailer safety awareness through education of end-users, dealers and manufacturers on safe trailering practices.

According to the NTSW website, "End-users are vastly under-educated on the proper use of trailers, and it is crucial to utilize the connections that dealers and manufacturers have with consumers in order to raise awareness of proper towing techniques and maintenance."

With millions of trailers traveling the nation's roadways, it is critical to ensure that trailers are being towed safely for the sake of everyone on the roads.

For more information on National Trailer Safety Week or to learn more about towing safety, visit the NTSW website trailersafetyweek.com.

CPR/AED AWARENESS

June 1-7 each year is National CPR and AED Awareness Week, spotlighting how lives can be saved if more Americans know CPR and how to use an AED. According to the American Heart Association (AHA), about 70 percent of out-of-hospital cardiac arrests happen in homes. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. Due to COVID-19, CPR trainings are currently being offered through online courses.

Do you know how to save a life? Follow the tips below:

1- Call 911 if you see a teen or adult suddenly collapse.

2- Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute. Songs include "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyonce and "Hips Don't Lie" by Shakira.

Note: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

<p>CPR:</p> <p>Cardiopulmonary resuscitation (CPR) can help save a life during a cardiac or breathing emergency.</p> <p>Before Giving CPR:</p> <ol style="list-style-type: none">1 - Check the scene and the person. Make sure the scene is safe, then tap the person on the shoulder and shout "Are you OK?" to ensure that the person needs help.2 - Call 9-1-1 for assistance. If it's evident that the person needs help, call (or ask a bystander to call) 9-1-1. Then, send someone for an AED.3 - Open the airway. With the person lying on his or her back, tilt the head back slightly to lift the chin.4 - Check for breathing. Listen carefully, for no more than 10 seconds, for sounds of breathing. (Occasional gasping sounds do not equate to breathing.) If there is no breathing, begin CPR. <p>American Red Cross CPR Steps:</p> <ol style="list-style-type: none">1 - Give 30 Chest Compressions. Push hard, push fast. Place your hands, one on top of the other, in the middle of the chest. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute. <i>Tip: Person must be on a firm, flat surface.</i>2 - With the person's head tilted back slightly and the chin lifted, pinch the nose shut and place your mouth over the person's mouth to make a complete seal. Blow into the person's mouth for about one second to make the chest rise. Deliver two rescue breaths, then continue compressions. <i>Note: If the chest does not rise with the initial rescue breath, re-tilt the head before delivering the second breath. If the chest doesn't rise with the second breath, the person may be choking. After each subsequent set of 30 chest compressions, and before attempting breaths, look for an object and, if seen, remove it.</i> <p>4 Images courtesy of the American Red Cross</p>	<ol style="list-style-type: none">3 - Continue CPR steps. Keep performing cycles of chest compressions and breathing until the person exhibits signs of life, such as breathing, an AED becomes available, or EMS or a trained medical responder arrives on scene. <i>Note: End the cycles if the scene becomes unsafe or you cannot continue performing CPR due to exhaustion.</i> <p>Child and Baby CPR:</p> <p>For children, place the heel of one hand on the center of the chest, then place the heel of the other hand on top of the first hand, and lace your fingers together. Deliver 30 quick compressions that are each about 2 inches deep.</p> <p>For infants, use 2 fingers to deliver 30 quick compressions that are each about 1.5 inches deep.</p> <p>Hands-Only CPR:</p> <p>Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public.</p> <p>Hands-Only CPR has just two easy steps, performed in this order:</p> <ol style="list-style-type: none">1 Call 911 if you see a teen or adult suddenly collapse.2 Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute. <p>Music Can Save Lives:</p> <p>Song examples include "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira or "Walk the Line" by Johnny Cash. Some feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.</p> <p>When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.</p> <p>5 Images courtesy of the American Heart Association</p>	<p>AED:</p> <p>AED - Adult or child older than 8 years or weighing more than 55 pounds who is not breathing.</p> <p><i>TIP: Do not use pediatric AED pads or equipment on an adult or child older than 8 years or weighing more than 55 pounds.</i></p> <p>What To Do:</p> <p>After checking the scene and the injured or ill person:</p> <ol style="list-style-type: none">1 - Turn on AED and follow the voice and/or visual prompts.2 - Wipe Bare Chest Dry <i>TIP: Remove any medication patches with a gloved hand.</i>3 - Attach Pads4 - Plug In Connector, if Necessary5 - Stand Clear Make sure no one, including you, is touching the person. Say "EVERYONE, STAND CLEAR."6 - Analyze Heart Rhythm Push the "analyze" button, if necessary. Let AED analyze the heart rhythm.7 - Deliver Shock If shock is advised:<ul style="list-style-type: none">• Make sure no one, including you, is touching the person.• Say, "EVERYONE, STAND CLEAR."• Push the "shock" button, if necessary.8 - Perform CPR After delivering the shock, or if no shock is advised:<ul style="list-style-type: none">• Perform about 2 minutes (or 5 cycles) of CPR.• Continue to follow the prompts of the AED.<i>Tips:</i><ul style="list-style-type: none">• If at any time you notice an obvious sign of life, stop CPR and monitor breathing for any changes in condition.• If two trained responders are present, one should perform CPR while the second responder operates the AED. <p>6 Images courtesy of the American Red Cross</p>
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These images are courtesy of the ATSPA "Emergencies: Are You Ready?" Booklet. For more information on this publication and other ATSPA materials, visit atspa.org.

ATSPA APRIL UPDATES

In the past month, the ATSPA and SCPAHS teams have been washing our hands and social distancing. We are taking this time to prepare new and innovative programs and resources for injury prevention.

We would like to take this opportunity to thank all the first responders, health care workers and their support staff for continuing to sacrifice and put their lives on the line.

We are all looking forward to a brighter and safer future. ATSPA will continue our commitment to support our members and communities to the best of our abilities.

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