



# Out of Harm's Way

## The Trauma Prevention Publication

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*The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to reducing the suffering, disability and death caused by trauma throughout the Commonwealth.*

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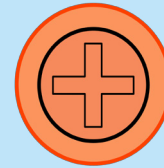
### ATSPA 2019 Conference Speaker Spotlight



**Prepare**



**Prevent**



**Provide**

**Tuesday, April 23rd and Wednesday, April 24th  
Hershey Lodge and Convention Center**

ATSPA is pleased to announce Ben Vernon as the 2019 ATSPA Conference Templeton Lecture presenter. Ben will present, *"Unexpected Nightmares: A Paramedic attacked and stabbed on duty describes the hurdles of recovering from PTSD"* on Tuesday, April 23rd at 9:15AM.



While responding to a routine medical assistance call, Ben was stabbed multiple times by a bystander. In this presentation, Ben describes the event, his physical and mental ordeals and the hurdles he faced in recovering from PTSD. He'll provide the definition of PTSD and explain the importance of having a mental health plan for first responders. You'll learn about EMDR and how having the right mental health clinicians available for treatment is vital.

[Click here to register for the ATSPA 2019 conference!](#)

Online registration will be available until Friday, March 29, 2019.

We look forward to seeing you there!

**Sponsorship Opportunity:** Receive recognition and exposure for your organization in return for your contribution to trauma prevention. Multiple levels of sponsorship are available for 2019!

**Award Information:** ATSPA is pleased to offer five awards to be presented at the Recognition Awards Luncheon on Wednesday, April 24, 2019 in Hershey, PA. Nominations must be received no later than January 25, 2019.

**Exhibitor Opportunity:** Network with over 200 physicians, nurses, first responders, trauma social workers and student attendees from various parts of the state. Exhibitor rate includes all conference sessions, meals, and continuing education credits for *two exhibit representatives*.

[Click here for all information on the ATSPA 2019 Conference.](#)



Stay connected with us:

## **Happy Holidays From ATSPA!**

Happy Holidays! We hope you are taking time this holiday season to enjoy time with family and friends. For ATSPA staff to celebrate the holidays, the ATSPA office will be closed on December 24th, 25th, 31st and January 1st. Normal business hours will resume on Tuesday, January 2nd, 2018.



## **Buzzed Driving Is Drunk Driving...**

According to the National Highway Traffic Safety Administration (NHTSA), 885 people lost their lives in traffic crashes involving a drunk driver during the month of December 2017. This holiday season, make sure that you're on the nice list by never drinking and driving.

South Central PA Highway Safety (SCPAHS) and NHTSA provide the following tips to ensure that you and everyone else get home safely:

- Always designate a sober driver to take you home or plan to use public transportation/ride service to get home.
- If you see a drunk driver on the road, contact your local law enforcement.
- If you see someone who is about to drink and drive, take their keys.
- Remember that it is never okay to drink and drive, even if you've had only one alcoholic beverage.

SCPAHS Coordinator, Matt Frampton, concluded, "Even one drink can impair your judgment and increase your risk of getting arrested for driving drunk. Be sure that you always have a plan in place to get home and remember that Buzzed Driving Is Drunk Driving."

The NHTSA Buzzed Driving Is Drunk Driving campaign will run from November 23 – December 12, 2018. [For more information visit the NHTSA website.](#)



Image courtesy of Traffic Safety Marketing.

## **Deck The Halls...Safely**

While preparing your home for the holiday festivities, remember to decorate safely.

**O Christmas Tree:** Kids are naturally curious and will want to play with the ornaments. Be sure to move the ornaments that are breakable or have metal hooks to the top of the tree and make room at the bottom for the ones that are safer for kids. Ensure that you're watering your natural tree regularly to avoid it drying out. Dry trees pose a potential fire hazard.

**Toy Safety:** When purchasing a toy, be sure to consider the child's age. Read the instructions and warning labels to ensure it's right for the child. Check to make sure there aren't any small parts or other choking hazards. When the children have finished playing and moved on to the next toy, use a bin or container to store for next time. Always remember, if you're buying a new bike, scooter, skateboard or other riding equipment that you're also including a CPSC certified helmet!

[For more holiday decoration safety, visit the SafeKids website.](#)

**The ATSPA office provides a helmet and fitting for just \$10! Call the ATSPA office at 717.766.1616 to schedule an appointment today!**

## **Winter Safety:**

### **Sled Riding:**

While the thrill of speeding down a snowy hill on a sled can be a fun winter activity, it can also quickly turn dangerous. According to UPMC Children's Hospital of Pittsburgh, there are approximately 45,000 sledding injuries treated in U.S. emergency departments each year. **To prevent an injury on your neighborhood hill, use the following safety tips:**

- Make sure that children wear a helmet when sled riding. Many head injuries occur because children often ride headfirst.
- Supervise young children when they sled ride.
- Teach children to roll off a sled that won't stop.
- Make sure children are dressed warmly and are wearing heavy gloves and boots to prevent cuts, bruises, and frostbite. Encourage them to come inside for dry clothing if they get wet.
- Find a safe environment for children to sled ride, avoiding steep hills, cliffs, rocky hills, streets, driveways, and areas with trees, walls, or cars.

[For more sled riding tips, visit the Children's Hospital of Pittsburgh website.](#)

### **Snow Shoveling:**

According to the [National Safety Council \(NSC\)](#), snow shoveling is responsible for thousands of injuries and as many as 100 deaths nationwide each year. **NSC recommends the following tips for shoveling safely:**

- Do not shovel after eating or while smoking
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- Lift with your legs, not your back

### **Snowblower Safety:**

Each year, hundreds of people suffer serious damage to their fingers or hands due to the improper handling of snowblowers, according to the American Society for Surgery of the Hand (ASSH). Injuries usually occur when the snow is heavy, wet, or has accumulated several inches. The snow clogs the exit chute of the machine, and the individual using the machine tries to unclog it using their hand. However, the blades can still rotate when the machine is off. **Use the following tips from the ASSH to avoid injuries and stay safe while snowblowing this winter:**

- Work at a brisk pace. The faster the blades and pace, the less likely the snow will stick.
- If heavy, wet snow is anticipated, consider snowblowing several times during the snowfall.
- **If your snowblower clogs:**
  - Turn it OFF!
  - Disengage the clutch and wait five seconds after shutting the machine off to allow the impeller blades to stop rotating.
  - ALWAYS use a stick or broom handle to clear the impacted snow.
  - NEVER put your hand down the chute or around the blades.

[For more snowblowing safety tips, visit the ASSH website.](#)

### **Winter Driving Tips:**

Driving in the winter can be both dangerous and frightening. **AAA provides the following tips to ensure you're prepared for the winter weather ahead:**

- Keep your gas tank at least half full to avoid gas line freeze-up.
- Make certain your tires are properly inflated.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- Make sure your vehicle is in peak operating condition by having it inspected by a AAA Approved Auto Repair facility.

[For more winter driving tips visit the AAA website.](#)

### **ATSPA ABLS Classes Available to Members!**

Through grant funding, the ATSPA is pleased to offer Advanced Burn Life Support (ABLS) classes to member hospitals and member EMS groups! This eight-hour class provides knowledge for immediate care of the burn patient up to the first 24-hours post injury. The class also provides emergency and mass casualty incident preparedness focusing on triage, burn survivability, prioritizing transport of patients and patient treatment.

If you are an ATS member hospital or EMS group and are interested in coordinating an ABLS class at your location, please [complete this form](#) or contact [burn@atspa.org](mailto:burn@atspa.org) with any questions.

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### **ATSPA November Update**

- PA Association of Professional Driving Schools Annual Seminar
- PennDOT Highway Safety Conference Planning Meeting
- Geisinger Community Medical Center Trauma Symposium
- Volvo Employee Health and Safety Fair
- Child Death Review Meetings
- Pennsylvania Farm Bureau Conference
- Child Safety Seat Certification Course Instruction
- CSS Check Event
- Snow Plow Demonstration - Children's Garden Day Care
- Interstate 81 Franklin Co/State Line Traffic Safety Table
- Yellow Dot Presentation
- Millersburg High School Teen Driver's Education Presentation



We welcome ideas for future “**Out of Harm's Way**” issues. Contact the ATSPA Communications Coordinator at [atspa@atspa.org](mailto:atspa@atspa.org) with your suggestions.

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