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The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to preventing traumatic injury and death throughout the Commonwealth.

For more information visit: www.atspa.org

DISTRACTED DRIVING AWARENESS MONTH

Technology allows individuals to constantly be connected. However, this also means that individuals are constantly connected to their devices while driving. On a typical day, more than 700 people are injured in distracted driving crashes. Talking on a cell phone – even hands-free – or texting or programming an in-vehicle infotainment system diverts your attention away from driving.

The National Safety Council observes April as [Distracted Driving Awareness Month](#) to draw attention to actions that are proven to increase crash risk, such as making phone calls, dictating texts and emails, and even updating social media while driving. [According to the Centers for Disease Control and Prevention \(CDC\)](#), each day in the United States, approximately 9 people are killed and more than 1,000 are injured in crashes that reported involving a distracted driver. Keep yourself and others around you safe and #justdrive.

SEXUAL ASSULT AWARENESS MONTH

According to the National Sexual Violence Resource Center (NSVRC), 1 in 5 women and 1 in 67 men have experienced rape or attempted rape. April is Sexual Assault Awareness Month (SAAM) and aims to raise public awareness about sexual violence and to educate communities on how to prevent it.

Sexual violence is a broad term to include: rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism.

The 2020 campaign, “I ask”, is the 19th anniversary of SAAM, and focuses on teaching and practicing consent.

According to the NSVRC, prevention of sexual violence is possible. Individuals should work on promoting safe behaviors, thoughtful policies and healthy relationships where every person is treated with respect.

Visit the [National Sexual Violence Resource Center website](#) for more information.

Out of Harm’s Way

The Trauma Prevention Publication

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TOP NEWS TOPICS

- Distracted Driving Awareness Month
- Sexual Assault Awareness Month
- Youth Sports Safety Awareness Month
- Playground Safety Week
- Window Safety Week
- National Work Zone Awareness Week
- Electrical Safety
- National Trauma Awareness Month Theme
- March Updates

NATIONAL YOUTH SPORTS SAFETY MONTH

According to the American Orthopaedic Society for Sports Medicine (AOSSM), more than 3.5 million kids under age 14 receive medical treatment for sports injuries each year. According to the Centers for Disease Control and Prevention (CDC), more than half of all sports injuries in children are preventable. AOSSM celebrates National Youth Sports Safety Month each April. This observance is intended to educate the public and to prevent youth sports injuries.

Use these tips to keep your kids safe this season:

- **Start with a physical** - visit your family physician or pediatrician to make sure that your children can play the sport of their choice.
- **Get Great Gear** - learn what protective gear your child will need, check that gear to make sure that it's in proper working condition and won't easily break. Last, make sure the gear fits properly.
- **Practice makes perfect** - practice is a chance for children to learn proper form, sportsmanship and reflexes. It gives them a chance to learn how to safely play the game and what to do when something goes wrong.
- **Hydrate** - playing sports, especially in the warmer months, means that dehydration can set in quickly. Remind children, often, to hydrate to keep them in peak physical condition.
- **Listen to them** - If they are feeling fatigued or acute pain, they may need a break. "Pushing through" can sometimes lead to more complicated and serious conditions.



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For more information on National Youth Sports Safety Month, please visit the [American Orthopaedic Society for Sports Medicine website](#).

PLAYGROUND SAFETY WEEK

National Playground Safety Week (NPSW) will be observed from April 27 to May 1, 2020 to focus on children's outdoor play environments, to pledge to use good judgment when playing and to show gratitude for the adults who work tirelessly on maintaining our playgrounds.

Playgrounds and outdoor play spaces are meant to be safe places for exploration and free play. Unfortunately, that isn't always the case. Playground injuries is one of the leading causes of unintentional injury to children. According to the National Program for Playground Safety (NPPS), 154,292 children ages 5 to 12 make trips to the emergency department each year because of playground injuries, and 8 children die in playground-related injuries each year.

Follow these tips to help keep your children safe:

1. **Supervise children at play.**
2. **Check the temperature of equipment** – Check for hot surfaces on playground equipment and fall surfacing before allowing children to play. If shade structures do not protect from the sun, the surface can become extremely hot and can even cause burns on the skin.
3. **Slide alone** – Many playground injuries, especially fractures, are caused when an adult holds a child on their lap. We recommend never holding a child on one's lap when going down the slide.
4. **Check equipment safety** – Make sure playground equipment is in good working order. Is equipment anchored safely in the ground, with closed S-hooks, flush bolts, hidden footings, and free of rust, splinters, and missing parts?
5. **Play on age and skill appropriate equipment.**
6. **Consider weather conditions** - Weather that poses a significant health risk includes temperatures ranging from a wind-chill factor at or below -15°F and heat index at or above 90°F, as identified by the National Weather Service. Use sunscreen (even on cloudy days) and wear UVA and UVB protective clothing and sunglasses.

For more information on playground safety and NPSW please visit the [NPPS website](#).

APRIL 2020 OBSERVANCES

Monthly Observances:

Distracted Driving Month

Sexual Assault Awareness Month

National Youth Sports Safety Month

Weekly or Daily Observances:

- April 1: National Walking Day
- April 5-11: National Window Safety Week
- April 12-18: National Dog Bite Prevention Week
- April 20-24: National Work Zone Safety Awareness Week
- April 27-May 1: National Playground Safety Week

WINDOW SAFETY WEEK

As spring arrives, the Window Safety Task Force (WSTF) of the National Safety Council (NSC) encourages parents and caregivers to recognize the importance of practicing window safety year-round. Window Safety Week is observed April 5-11. However, open windows can be dangerous any time of year for young children who are not properly supervised.

Each year, the WSTF takes the first full week in April to educate about the importance of practicing window safety year-round.

Falls from a window can result in serious injury or death and pose an especially dangerous threat for children. According to the WSTF, each year, about eight children under age five die from falling out of a window, and more than 3,300 are injured seriously enough to go to the hospital.

To protect children, follow these tips:

1. When young children are around, keep windows closed and locked.
2. When opening a window for ventilation, use those located out of a child's reach.
3. Avoid placing furniture near windows to prevent young children from climbing and gaining access to an open window.
4. Don't allow children to jump on beds or other furniture to help reduce potential falls.
5. Don't rely on insect screens to prevent a window fall. Insect screens are designed to keep bugs out, not to keep children in the home.
6. Supervise children to keep child's play away from windows, balconies or patio doors.
7. Install ASTM F2090 compliant devices designed to limit how far a window will open or window guards (with quick-release mechanisms in case of fire or other emergency) to help prevent a fall.
8. Teach your child how to safely use a window to escape during an emergency, such as a fire.



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Visit the [Window Safety Task Force](#) to learn more.

NATIONAL WORK ZONE AWARENESS WEEK

Everyone plays a role in work zone safety. National Work Zone Awareness Week (NWZAW) is celebrating 20 years and highlights the deadly dangers of inattention in highway work areas. Join the American Traffic Safety Services Association (ATSSA) in bringing attention to the risks. Wear orange on Wednesday, April 22 to provide a visible reminder and to show your support for the families who have lost loved ones in work zone crashes. Lead the way by training workers on ways to prevent work zone struck-by incidents on Monday, April 20. Put an end to the tragedies and provide "Safe Work Zones for All." If everyone pitches in, "We Can Do It!"

NWZAW will continue as scheduled from April 20-24.

ATSSA strongly encourages each state and locality to take part in NWZAW this year by using social media to remind the public to drive carefully in and around work zones. We understand that individual NWZAW events in your area may need to be curtailed, postponed, or cancelled due to public health precautions made necessary by the coronavirus pandemic.

For more information visit the [National Work Zone Awareness Week](#) website.

A promotional poster for National Work Zone Awareness Week. The top half has a dark blue background with the text "Safe Work Zones for All" in white and "Protect workers. Protect road users." in yellow. Below this, a man and a woman are shown from the chest up. They are both wearing white hard hats and high-visibility yellow safety vests over their work clothes. The man is on the left, wearing a white t-shirt, and the woman is on the right, wearing a blue t-shirt. They are both looking towards the camera with serious expressions. The woman has her right arm raised in a fist, and the man has his arms crossed. At the bottom of the poster, the slogan "We Can Do It!" is written in large, bold, white letters. Below the slogan, the text "2020 National Work Zone Awareness Week" is written in smaller white letters. At the very bottom, there is a row of logos for various organizations: ATSSA, AGC, MDT, NHTSA, alliance, ARIBA, and VDOT, along with the NWZAW logo and the AASHTO logo.

MAY IS... NATIONAL ELECTRICAL SAFETY MONTH

The Electrical Safety Foundation International (ESFI) is a non-profit organization dedicated exclusively to promoting electrical safety in the home, school, and workplace. To commemorate National Electrical Safety Month each May, ESFI spearheads an annual campaign to educate key audiences about the steps that can be taken in order to reduce the number of electric-related fires, fatalities, injuries, and property loss.

ESFI's National Electrical Safety Month campaign features a comprehensive collection of new and updated resources to help facilitate an effective electrical safety awareness campaign for your community, organization, school, or family. Included is an extensive collection of useful fact sheets and related safety tips, plus templates and tools you can use to promote electrical safety and National Electrical Safety Month in your home, school, community, or workplace. We have even provided media outreach materials and social media content to further spread our life-saving campaign messages.

For more information please, visit the [Electrical Safety Foundation International website](#).

MAY IS... NATIONAL TRAUMA AWARENESS MONTH

Distracted to Death

Pay Attention or Pay the Price

National Trauma Awareness Month 2020



For more information on National Trauma Awareness Month, please visit the [American Trauma Society's website](#).

ATSPA MARCH UPDATES

- March 2: Assisted PA State Police and Safe Kids Dauphin County to assess a Harrisburg-area pre-school's use of former school buses and child safety seats.
- March 6-7: Templeton Pediatric Trauma Symposium, Philadelphia.
- March 9: PennDOT Traffic Records Coordinating Committee Meeting, Harrisburg.
- March 11: Safe Kids Dauphin County quarterly meeting, Camp Hill.

Stay connected with us:



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