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

# Out of Harm's Way

The Trauma Prevention Publication

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## BACK TO SCHOOL MONTH

“Sharing is caring.”

This phrase is used so often by parents that it has become almost cliché. At the same time, adults forget that it doesn't just apply to toys, pens and other inanimate objects. With the first day of school quickly approaching, it is important to remember that you are sharing the road with bikers, pedestrians and buses.

Many kids will be flooding the streets on foot, on bikes and even some in cars. It is important to remember that staying alert and planning is key to safety.

### Here are some tips to help with your new morning commute:

- Leave a little early. Giving yourself enough time to get to where you're going can reduce stress, road rage and crashes.
- Stay Alert. Keep an eye out for pedestrians, cyclists and other drivers.
- Stop when a bus stops. Motorists must stop at least 10 feet away from school buses that have their red lights flashing and stop arm extended.

### Parents and children also play a huge role in safety as well:

- Ensure that children are paying complete attention to where they are walking. Encourage them to put their devices down and remove headphones.
- Inform children that they should cross at the corner of the street, utilize available crosswalks, and always look left, right, left before crossing.
- Children should always walk on the sidewalk. If a sidewalk isn't available, ensure children know to walk facing traffic.

### TOP NEWS TOPICS

- Back to School Month
- Children's Eye Health & Safety Month
- Safe + Sound Week - August 12-18
- Mini Grant Spotlight - Dog Bite Prevention
- A Warm Welcome to Sadie!
- July Updates

# CHILDREN'S EYE HEALTH & SAFETY MONTH

## Is Too Much Screen Time Harming Children's Vision?

by the American Academy of Ophthalmology



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As children spend more time tethered to screens, there is increasing concern about potential harm to their visual development. Ophthalmologists – physicians who specialize in medical and surgical eye care – are seeing a marked increase in children with dry eye and eyestrain from too much screen time. But does digital eyestrain cause lasting damage? Should your child use reading glasses or computer glasses?

It's a fact that there is a world-wide epidemic of myopia, also known as nearsightedness. Since 1971, the incidence of nearsightedness in the US nearly doubled, to 42 percent. In Asia, up to 90 percent of teenagers and adults are nearsighted. Clearly, something is going on. But scientists can't agree on exactly what.

A new study appearing in *Ophthalmology*, the journal of the American Academy of Ophthalmology, offers further evidence that at least part of the worldwide increase in nearsightedness has to do with near work activities; not just screens but also traditional books. And, spending time outdoors—especially in early childhood—can slow the progression of nearsightedness. It remains unclear whether the rise in nearsightedness is due to focusing on phones all the time, or to light interacting with our circadian rhythms to influence eye growth, or none of the above.

While scientists look for a definitive answer, there is no doubt that most computer users experience digital eyestrain. Kids are no different from adults when it comes to digital eyestrain. They can experience dry eye, eyestrain, headaches, and blurry vision, too. While symptoms are typically temporary, they may be frequent and persistent.

But this doesn't mean they need a prescription for computer glasses. It means they need to take more frequent breaks. This is because we don't blink as often while using computers and other digital devices. Extended reading, writing or other intensive near work can also cause eyestrain. Ophthalmologists recommend taking a 20 second break from near work every 20 minutes.

### Tips to help protect your child's eyes from computer eyestrain:

- Alternate reading an e-book with a real book.
- After completing a level in a video game, look out the window for 20 seconds.
- Avoid using a computer outside or in brightly lit areas, as the glare on the screen can create strain.
- Adjust the brightness and contrast of your computer screen so that it feels comfortable to you.
- Use good posture when using a computer and when reading.
- Encourage your child to hold digital media farther away, 18 to 24 inches is ideal.
- Create a distraction that causes your child to look up every now and then.
- Remind them to blink when watching a screen.

To learn more ways to keep your eyes healthy, visit the American Academy of Ophthalmology's [EyeSmart®](#) website.



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# AUGUST 2019 OBSERVANCES

## Monthly Observances:

- Back to School Month
- National Children's Eye Health and Safety Month
- National Immunization Month

## Weekly or Daily Observances:

- August 4-10 - Stop on Red Week
- August 12-18 - Safe + Sound Week
- August 26 - September 2 - Drive Sober or Get Pulled Over Week
- August 31 - International Overdose Awareness Day

# SAFE + SOUND WEEK - AUGUST 12-18

## Start a Safety and Health Program

From August 12 to 18, The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) will celebrate Safe + Sound Week. This week aims to encourage businesses to establish a safety and health program. These programs increase worker satisfaction, productivity and reduce the costs associated with workplace injuries.

**Businesses interested in creating a safety and health program can start with the following:**

**Lead by example.** Practice safe behaviors yourself and make safety part of your daily conversations with workers.

**Provide training.** Train workers on how to identify and control hazards in the workplace, as well as report injuries, illnesses, and near misses.

**Address emergencies.** Identify foreseeable emergency scenarios and develop instructions on how to respond in each case. Meet to discuss these procedures and post them in a visible location in the workplace.

**Seek input on workplace changes.** Before making significant changes to the workplace, work organization, equipment, or materials, consult with workers to identify potential safety or health issues.

**Make improvements to the program.** Set aside a regular time to discuss safety and health issues, with the goal of identifying ways to improve the program.

More information on the benefits of and how to start a safety and health program are available at [OSHA's website](#).

# 2019 MINI GRANT AWARDEE SPOTLIGHT

## Approaching a Dog Bite Problem



Photo by John 'Zach' Musico

ATSPA partners with the Pennsylvania Department of Health to offer its members the opportunity to fund an injury prevention project through mini grants of \$1,000-3,000. In this new installment to the monthly newsletter, we will explore the projects and results of past mini grant trauma prevention initiatives.

John 'Zach' Musico is the community program specialist at UPMC Children's Hospital of Pittsburgh and was awarded a mini grant to fund a dog bite education and prevention program. Musico began by designing and purchasing a variety of educational materials such as brochures and posters. He distributed brochures to every dog park in the city of Pittsburgh, at local pet stores and veterinarian clinics and sent posters to local school nurses. He presented school programs, set up information booths and requested posters hung in every UPMC primary care office in western PA. This program reached more than 10,000 people and was so popular, UPMC permitted Zach to use additional funds when he exceeded the awarded grant.

Surprised by the number of people who shared stories of being bitten or attacked, Zach noted that most families with dogs that he spoke with did not think their dog was a threat to their children.

Zach said, "I believe if each child is taught the importance of approaching a dog at a young age, that we could significantly decrease dog bites." He believes this program was a success and is looking forward to continuing it.

# A WARM WELCOME TO SADIE!

ATSPA welcomed new Communications Coordinator, Sadie R. Carns, on July 11. She has previous experience in marketing and graphic design at the Ned Smith Center for Nature and Art.

Sadie graduated from Mechanicsburg Area Senior High in 2008 and studied Communications/Journalism with an emphasis in Public Relations at Shippensburg University. She and her husband share their home with two beagles.

Reach out to Sadie and welcome her to the team! She can be reached at [scarns@atspa.org](mailto:scarns@atspa.org) or 717-766-1616, extension 106.



## ATSPA JULY UPDATES

- Matt Frampton, SCPAHS Coordinator, and Chris Bendl, SCPAHS Assistant Coordinator, held a vendor display table during a UPS safety fair in Harrisburg on July 30.
- Matt Frampton, SCPAHS Coordinator, hosted a Bicycle Rodeo at the Cumberland Valley Rail Trail for a Boy Scout Troop in Newville on July 27.
- Kim Nunemaker, Educational Program and Events Coordinator, attended Farm Safety Days on July 27 in Quarryville.
- Matt Frampton, SCPAHS Coordinator, taught a 4 hour AARP Smart Driver course in Harrisburg on July 25.
- Chris Bendl, SCPAHS Assistant Coordinator, gave four educational presentations to a summer migrant and ESL group on July 24 at the Rutherford Elementary School in Harrisburg. This event consisted of 4 presentations to students from kindergarden to 12th grade and their parents.
- Matt Frampton, SCPAHS Coordinator, and Karen Rowe, SCPAHS Program Specialist participated in a Facebook live event on July 24 with the Swatara Township Police Department in Harrisburg. The recorded event focused on aggressive driving and a law enforcement crack down.
- Chris Bendl, SCPAHS Assistant Coordinator, participated in a Turnpike Safety Event at the Blue Mountain Rest Area on July 18.
- Kim Nunemaker, Educational Program and Events Coordinator, gave a Bike Safety presentation on July 18 at Sky's the Limit Learning Center in Mechanicsburg.
- The South Central PA Highway Safety Team assisted Dauphin County Safe Kids with car seat checks and loaner installations on July 16 in Harrisburg.
- Chris Bendl, SCPAHS Assistant Coordinator, participated in a Turnpike Safety Event at the Cumberland Valley Rest Area on July 15.
- The South Central PA Highway Safety Team assisted Dauphin County Safe Kids with car seat checks and loaner installations on July 9 in Hershey.
- Allyson Fulton, Assistant Director, recorded an interview with Mark Sims from RadioPA on July 8. The interview was available to 60 radio stations across the state and covered summer safety.
- Matt Frampton, SCPAHS Coordinator, recorded a 3-4 minute spot for ABC27's Good Day PA! program on July 3 in Harrisburg. Matt discussed vehicular heatstroke and children left in vehicles.
- The South Central PA Highway Safety Team performed a car seat safety check on July 2 in Harrisburg.

Stay connected with us:



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