



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.

In this Issue

National Trauma Awareness Month

National Safe Boating Week

National Bike Month

ATSPA April Update

Party Safely This Cinco De Mayo

Stroke Awareness Month

Thank You Nurses!

Motorcycle Safety Awareness Month

“Injury is no accident: 30 years of making a difference”

The American Trauma Society (ATS), in collaboration with the Society of Trauma Nurses, will again honor May as [National Trauma Awareness Month](#). 2018 is the 30th anniversary of National Trauma Awareness Month.

In coordination with ATS's 50th anniversary, the theme “Personal Recreational Vehicle Safety – ‘Safety At Any Speed’” will expand to cover injury prevention efforts as a whole and the concept that injury is no accident.

The 2018 theme concentrating on personal recreational vehicle safety focuses on jet ski, golf cart, snowmobile and dirt bike safety.

Jet skiing: As the weather warms up, more individuals will be riding jet skis at the lake, bay, ocean, or river. However, jet ski incidents account for 26 percent of all registered marine vessel incidents in the United States.

Golf Cart: According to the American Trauma Society, someone dies every week from falling out of a golf cart, which can often weigh 1,000 pounds.

Snowmobile: Snowmobiling is a popular winter sport, but each year mishaps result in approximately 200 deaths and 14,000 injuries due to excessive speed, alcohol, inexperience and poor judgment.

ATV: The Consumer Product Safety Commission reports that in 2016, there were 337 all-terrain vehicle (ATV) fatalities and an estimated 101,200 ATV-related emergency department-treated injuries in the United States.

Around the United States on Wednesday, May 16th, [National Trauma Survivors Day \(NTSD\)](#) will seek to draw inspiration from and provide support to survivors of traumatic injuries and their caregivers, opening the road to their recovery from trauma. Visit the ATS Trauma Survivors Network website to see how you can get involved.

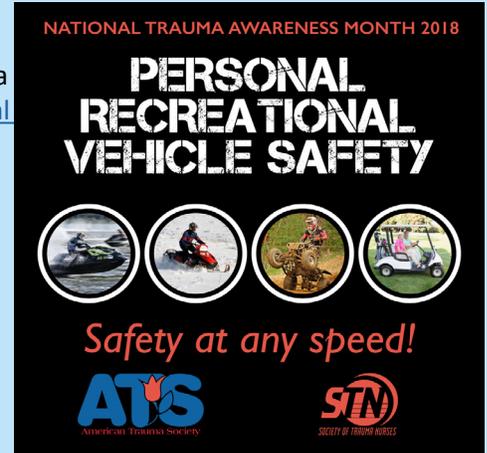


Image courtesy of the ATS.

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National Safe Boating Week

Did you know that drowning was the reported cause of death in 80 percent of all boating fatalities in 2016? Of those, 83 percent were reported as not wearing life jackets. National Safe Boating Week will be observed May 19-25, 2018 and aims to encourage boaters to always wear a life jacket while on the water.

While boaters are required to have a U.S. Coast Guard-approved wearable life jacket on board for every person on their boat, boating safety advocates recommend that everyone on board wears a life jacket. Individuals commonly have the idea that life jackets are uncomfortable, heavy and bulky, but modern life jackets are just the opposite.



Image courtesy of the Safe Boating website.

When choosing your life jacket, you want to ensure that it fits and is worn properly. Follow the safety tips below:

- 1- Make sure the life jacket is properly fastened
- 2- All straps, buckles or zippers are secure
- 3- Hold your arms straight up over your head
- 4- Ask a friend to grasp the tops of the arm openings and gently pull upward

Visit the [Safe Boating website](#) for more information and to learn how to get involved.

National Bike Month

Benefits of riding your bicycle include: staying in shape, seeing the sights, saving money on gas, and ultimately reducing pollution. However, bicyclists need to take caution as they share the road with motor vehicles. According to Injury Facts 2017, the statistical report on unintentional injuries created by the [National Safety Council](#), 488,123 individuals were treated in emergency departments in 2015 after being injured riding a bike. Established in 1956, National Bike Month is a way to showcase the many benefits of bicycling while encouraging more individuals to participate.

Follow the tips below to ensure you're safe on your bicycle all year:

- Wear brightly colored clothing.
- Choose a bicycle that fits you now. Do not buy a bigger bike and wait to grow into it.
- Drive your bicycle on the right side of the road and obey all traffic signs and signals.
- Always wear a properly fitted bike helmet.
- Be aware of your surroundings and roadway hazards.

The ATSPA office in Mechanicsburg sells bicycle helmets in a variety of sizes for just \$10! Call the office today to schedule your helmet fitting.

ATSPA April Update

- Good Day PA! Television Appearance - Bicycle Helmet Safety
- Good Day PA! Television Appearance - National Playground Safety Week
- Morale, Welfare, Recreation (MWR) Naval Base Employee Leisure Fair
- Shippensburg University Children's Fair
- PennDOT Traffic Safety Conference in State College, PA
- Lebanon County Farm Safety Day
- Legislative Meeting with Representative Sturla
- "Stop the Bleed" School Training at Northern York School District
- Newville Kiwanis Club Meeting: Bike Safety Event
- Carlisle YMCA Healthy Kids Day
- Amish Safety Committee Meeting
- Capital Blue Health Safety Day

- Safety Day: I-81 Welcome Center
- Child Safety Seat: New Tech Class
- Aggressive Driver News Conference - Troop H
- Child Passenger Safety Certification Course
- Safe Driving Class - Paxton Ministry
- Safe Driving Class - Rettew Engineering



Party Safely This Cinco De Mayo

Celebrating Mexico's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War on the fifth of May has become synonymous with fiestas and margaritas in the United States. According to [Traffic Safety Marketing](#), from 2012-2016, there were 305 people killed in drunk-driving crashes over the Cinco de Mayo holiday period (6PM May 4th – 5:59 AM May 6th). If you're having a fiesta this year, ensure you're thinking before you're drinking with the following tips:

Plan Ahead: Before you head out for the night, be sure to designate a trusted and sober designated driver. If you're planning on drinking, be sure to leave your car keys at home to avoid temptation. Always know how you're getting home before the party starts.

Drive Only If You're Sober: In the United States, it's illegal to drive with a BAC of .08 or higher. Always remember that 'Buzzed Driving Is Drunk Driving'. Drunk drivers can face jail time, loss of their driver's licenses, increased insurance rates, expenses for attorney fees, court costs and much more. The last drink and celebration is not worth all this or the loss of a life.



Image courtesy of NHTSA

Stroke Awareness Month

According to the American Stroke Association (ASA), 80 percent of strokes are preventable, meaning that the vast majority of stroke deaths and disabilities never have to happen.

Types of Strokes:

- **Ischemic (Clots):** Occur as a result of an obstruction within a blood vessel supplying blood to the brain. Accounts for 87 percent of all stroke cases.
- **Hemorrhagic (Bleeds):** Occur when a weakened blood vessel ruptures.
- **TIA (Transient Ischemic Attack):** Caused by a temporary clot. Often called a "mini stroke".

Stroke Risks: The changes you make now might change what happens later.

- **Things You Can Control:** High Blood Pressure is the leading cause of stroke and the most significant controllable risk factor for stroke. Smoking cigarettes, having a poor diet, lack of exercise and being overweight or obese are all risk factors for stroke that can be controlled.
- **Things That You Cannot Control:** Family history, sex, race, age, and prior stroke, TIA or heart attack (all three can raise your risk for stroke).

For more information on stroke awareness month, visit the [American Stroke Association website](#).

Thank You Nurses!

According to the American Nurses Association (ANA), the public has rated nursing as the most honest and ethical profession for the past 16 years. National Nurses Week begins each year on May 6th and ends on May 12, Florence Nightingale's birthday.

The 2018 National Nurses Week theme is "Nurses: Inspire, Innovate, Influence". Visit the [American Nurses Association website](#) for more information and to get everything you need to celebrate National Nurses Week.

Be sure to thank the nurses in your life for all that they do!



Image courtesy of the American Nurses Association website.

Motorcycle Safety Awareness Month

May is Motorcycle Safety Awareness Month and is a national initiative aimed at working to get motorists and motorcyclists to “Share the Road” with each other. According to the [National Safety Council Injury Facts](#), “Although motorcycles make up 3% of all registered vehicles and only .7% of all vehicle miles traveled in the U.S., motorcyclists accounted for 14% of all traffic fatalities, 17% of all occupant fatalities and 4% of all occupant injuries in 2014.”

A helmet is the most important piece of equipment that a biker can use, as helmets saved an estimated 1,772 lives in 2015.

The following tips are crucial when selecting a helmet:

- A full-coverage helmet offers the most protection.
- Look for the Department of Transportation sticker, which guarantees the helmet meets safety standards required by law.
- Never buy a used helmet.



Image courtesy of NHTSA.

[Pennsylvania law](#) requires individuals 20 years of age and younger to wear a helmet.

Cause of Death	Odds of Dying
Heart Disease and Cancer	1 in 7
Chronic Lower Respiratory Disease	1 in 28
Intentional Self-harm	1 in 95
Unintentional Poisoning by and Exposure to Noxious Substances	1 in 96
Motor Vehicle Crash	1 in 114
Fall	1 in 127
Assault by Firearm	1 in 370
Car Occupant	1 in 645
Pedestrian Incident	1 in 647
Motorcycle Rider Incident	1 in 985

Image courtesy of the National Safety Council.



We welcome ideas for future “**Out of Harm’s Way**” issues. Contact Danielle Adams, ATSPA Communications Coordinator, at dadams@atspa.org with your suggestions.

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