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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

DECEMBER 2020 | Issue 82

## SAFE TOY MONTH

December was declared Safe Toy and Gift Month by Prevent Blindness America. This observance encourages everyone to consider the age appropriateness and individual skills and abilities prior to gifting certain toys, especially for infants and children under age three. Shoppers may forget about safety factors when it comes to purchasing their children's desired toys and gifts. Before making purchases, it is essential to examine the safety and age range of the toys you select.

### Guidelines for choosing safe toys:

- Inspect toys before purchasing. Avoid those with flying parts or that shoot.
- Toys should not have sharp edges or points and should be sturdy enough to withstand any significant impact without breaking.
- Choose toys for children with special needs that appeal to different senses such as texture, sound, and movement. Consider toys that are sized appropriately and those that allow the child to play with others.
- Inspect the toys your child receives. Check for age and skill level. Make sure the toy is developmentally appropriate.
- Make sure the toys have passed a safety inspection. "ASTM" indicates the toy has met the American Society for Testing and Materials standards.
- Make sure crayons are "nontoxic."
- Make sure the toys do not have small parts, including magnets or small button batteries.
- Make sure the toys do not contain lead.

More safe toy guidelines can be found by visiting [www.safekids.org](http://www.safekids.org).

### TOP NEWS TOPICS

- Safe Toy Month
- Winter Weather Safety
- Mini Grant Spotlight
- ATSPA Review of 2020
- Membership Survey Information
- November Updates

# WINTER WEATHER SAFETY TIPS

Winter storms create a higher risk of car crashes, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter weather presents a serious risk to older adults and children. It can also create dangerous situations for those who are not prepared.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can:

- Last a few hours or several days;
- Knock out heat, power, and communication services; and
- Place older adults, young children, and sick individuals at greater risk.

## HOW TO STAY SAFE WHEN A WINTER STORM THREATENS:

- Prepare your home to keep out the cold with insulation, caulking, and weather stripping.
- Learn how to keep pipes from freezing.
- Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

## WHAT TO DO UNDER A WINTER STORM WARNING:

- If you are under a winter storm warning, find shelter right away.
- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Limit your time outside. If you need to go outside, wear layers of warm clothing.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

## PREPARING TO DRIVE IN WINTER WEATHER:

- Stay on main roads and avoid back roads and shortcuts.
- Top off antifreeze, windshield wiper fluid, gas, oil and other fluids.
- Keep bagged salt or sand in the trunk for extra traction and to melt ice.
- Clear snow from entire car, headlights and windows.
- Keep a cold-weather kit in your trunk. It should include a blanket or sleeping bag, gloves, hard candy, bottled water, a folding shovel, first aid kit, flashlight and cell phone charger.

## RECOGNIZE AND RESPOND

**Frostbite** causes loss of feeling and color around the face, fingers, and toes.

**Signs:** Numbness, white or grayish-yellow skin, firm or waxy skin

**Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage area or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

**Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness

**Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and cover with warm blankets, including the head and neck.



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## WHAT IF YOU GET TRAPPED IN YOUR CAR?

- Remain inside. Rescuers are more likely to find you there.
- Run the engine and heater for 10 minutes every hour. Clear any snow from the exhaust pipe to reduce your risk of carbon monoxide poisoning.
- Move around to maintain heat.
- Use maps, floor mats and seat covers for insulation.
- Drink fluids to avoid dehydration.
- Turn on the inside light at night so rescue crews can find you.
- If you're stranded in a remote area, stomp out the words "SOS" or "HELP" in the snow.



# DECEMBER 2020 OBSERVANCES

## Monthly Observances:

Safe Toy and Gift Month

## Weekly or Daily Observances:

- Dec. 10-17: Hanukkah
- Dec. 25: Christmas

### MINI GRANT APPLICATIONS

Applications are due by December 17.

For more information [click here.](#)

# WHAT WAS NEW AT ATSPA IN 2020?

2020 has been a different and challenging year. COVID-19 forced us all to adapt for the sake of trauma prevention; ATSPA was no exception.

In our attempt to adapt, we added several webpages to [atspa.org](https://atspa.org); including bike safety, social media resources, and downloadable activity guides. We created new programs such as the Fall Prevention program, available to our institutional members. ATSPA also updated the power point presentations, Bike Smart Club and a few print materials, all of which are available to members and the public.

ATSPA hopes to continue to offer the best services and programs to Pennsylvania. Our mission is trauma prevention and mitigation through education and advocacy. We would not be able to accomplish that mission without the help of our members, communities and partners. We will continue to innovate and adapt, thanks to your support.

### The International Shark Attack File, maintained by the Florida Museum of Natural History at the University of Florida, investigated 140 shark-human interactions worldwide in 2019.

### Bike Safety

Being a bike rider is a responsibility. Safety and helmets can do all. But before you jump on your bike for a ride, review the tips below to make sure you are "Bike Smart". Have fun and be safe!

**Helmets**

- Always wear your helmet. It's the best way to protect your head.
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**Position**

- Adjust the side straps so that a "V" shape is formed around your ears.
- Buckle your chin strap and tighten it.
- The strap should fit across your chin and chest.
- The strap should fit snugly.

**When should I replace my helmet?**

- If the helmet is damaged.
- If the helmet is old.
- If the helmet is not certified.

### Be Strong, Be Balanced, Be Safe.

# 2020 MINI GRANT AWARDEE SPOTLIGHT

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 installment to the monthly newsletter, we will explore the projects and results of past mini grant trauma prevention initiatives.

## Expanding a Childhood Abusive Head Trauma Prevention Program

According to the application, 40 abuse related fatalities occurred in the state of Pennsylvania in 2017, 27.5% of the deaths occurred within Philadelphia County. St. Christopher's Hospital for Children recognized this issue and implemented a program to "educate and support caregivers in an attempt to reduce rates of shaken baby syndrom (SBS) and abusive head trauma (AHT)."

## This project had three goals:

- 1) Enhancing the maintenance and expansion of the The Period of PURPLE Crying Program hospital-wide.
- 2) Utilize advanced technology to fit the target population in providing caregivers with resources from the Booklet/ DVD package to the mobile device Booklet/App package.
- 3) Incorporating male caregiver participation in receiving education on SBS/AHT.

All three goals were accomplished; most notably, the expansion of the program from three hospital units to 7 and the outreach and education of 85 caregivers in the community. In particular, St. Christopher's partnered with IDAAY Young Father's United to present the Period of PURPLE Crying Program to 17 fathers between the ages of 15-25. This was a part of IDAAY's 13 week city-wide parenting workshop.

### Presentations

ATSPA offers a variety of educational activity guides for free download. The public is encouraged to download and print these materials and use them to teach children about various safety topics.

- Fire & Burn Prevention: Home, School, and Community
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### Activity Guides

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### Space Heater Safety

Keeping your home warm during the peak winter months can be a challenge. Space heaters can be an effective supplemental heating source for one room of your home, but we must remember they pose potential fire hazards too. Unfortunately, space heater fires are common and costly.

- 80% of home heating fire deaths involve space heaters.
- 32% of home heating fires are caused by space heaters.
- 24% of home heating fire deaths are due to space heaters placed too close to flammable materials.
- 50% of all home heating fire occur in the winter months (December, January and February).
- 33% of American households estimate they have at least one space heater in their home.

### Lightning Safety

**THE SHOCKING TRUTH**

- Lightning strikes the ground at the beginning and the end of the storm. Put activities on hold and remain in safe shelter for 30 minutes after the last lightning bolt and thunder bang.
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### Beat the Heat

**Heating Up...**

Heat is one of the leading weather-related killers in the U.S., on average, more than 600 deaths occur each year.

- Your body normally cools itself by sweating. During hot weather, especially when it is very humid, sweating just isn't enough to cool you off. Your body temperature can rise to dangerous levels and you can develop a heat illness.
- Heat Cramps: Heat cramps are brief, painful muscle cramps in the legs, arms, or belly that can happen during or after vigorous exercise in extreme heat.
- Heat Exhaustion: Heat exhaustion can happen when someone in a hot climate or environment hasn't been drinking enough fluids.
- Heat Stroke: Heatstroke is a life-threatening medical emergency. Call 911.

### Window Safety Tips

Keep windows closed and locked when not in use.

- Avoid placing furniture near windows.
- Don't rely on insect screens to prevent a window fall.
- Supervise children to keep their play area free from windows, balconies or patio doors.
- Use approved window locks.
- Teach your child how to safely use a window to escape during an emergency, such as a fire.

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# MEMBERSHIP SURVEYS

In light of the changes and challenges that 2020 has thrown at us, ATSPA would like to take this opportunity to hear from our members. This week, we sent Membership surveys to our institutional and EMS members. The goal of these surveys is to learn how ATSPA can assist members in injury prevention and outreach initiatives. This is an opportunity for members to shape member benefits and the programs that we focus on moving forward. ATSPA wants to provide the most valuable services, programs and materials for our members.

This survey is open to all staff who utilize ATSPA resources, at hospitals or agencies that are American Trauma Society members.

We hope to have all responses by Friday, December 18. Each person to complete a survey will be entered to win a \$25 Visa gift card. The winner will be notified early, Monday, Dec. 21 and announced across our social media accounts later that day.

If you are an EMS or institutional member and have not received the link to take the survey, please contact Sadie Carns at [scarns@atspa.org](mailto:scarns@atspa.org) or call 717-766-1616 ext. 106.

Thank you in advance for your help directing the future of ATSPA.

## ATSPA NOVEMBER UPDATES

- November 2-11: Conducted several High School Seatbelt Surveys at schools in Central Pennsylvania (PA).
- November 3: Participated in National Highway Traffic Safety Administration's (NHTSA) evaluation of PA's Occupant Protection Program.
- November 4: Attended the PennTIME quarterly meeting.
- November 5: Participated in American Society for Association Executives webinar: Finance or the Nonfinancial Manager.
- November 5: Provided a Child Passenger Safety (CPS) Renewal Testing Course, in Waynesboro.
- November 5: Participated in a AAA planning meeting.
- November 9-11: Attended the Professional Women in Advocacy Conference.
- November 12: Attended the Safe States Alliance webinar: Strengthening Partnerships between Business & Public Health: A Roadmap for Advancing Injury and Violence Prevention.
- November 12: Attended an AARP Expert Panel Interview: Vision & Driving.
- November 17: Attended the International Association of Measure and Evaluation of Communication webinar presenting their 7 Principles for Measuring and Evaluating PR in 2021.
- November 23: Hosted bimonthly PA Trauma Systems Foundation Injury Prevention Committee Meeting.
- November 24: Attended an ATS webinar on Firearm Violence Prevention in a Pandemic.
- November 24: Partnered w/ Safe Kids Dauphin County to present Child Safety Seat Basics to PSP Cadets, in Hershey.
- November 24: Hosted the Safe Kids PA November Quarterly Networking Meeting.
- November 25: Participated in the Cumberland County Commissioners Workshop.

Stay connected with us:



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