



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization dedicated to trauma prevention and mitigation through education and advocacy.

For more information visit:  
[www.atspa.org](http://www.atspa.org)

# NATIONAL TRAUMA AWARENESS MONTH

The National Highway Traffic Safety Administration (NHTSA) projects that an estimated 42,915 people died in motor vehicle traffic crashes in 2021. Roadways continue to be over crowded, drivers are distracted, and safety hazards are growing, thus contributing to this rapidly evolving crisis. The timely theme of 2023 National Trauma Awareness Month (NTAM) is “Roadway Safety is No Accident - Prevention is Key: Safety is a Choice.” This theme focuses on a variety of issues facing drivers, passengers and all those who use the roadway.

This year’s committee chose five areas to focus prevention efforts. The focus areas cover a broad range of issues facing motorists of all ages and skill levels.

Below you will find the five focus areas and links to more information on each:

- [Passenger Advocacy](#)
- [Distracted Driving](#)
- [Experience](#)
- [Impairment](#)
- [Traffic Safety](#)

This year, the American Trauma Society and Society of Trauma Nurses have partnered to provide a toolkit with resources for each of the focus areas, in addition to two webinars. Learn more about NTAM, find resources, and register for the webinars by visiting [amtrauma.org/page/NTAM2023](http://amtrauma.org/page/NTAM2023).

### National Trauma Survivors Day

As part of NTAM, ATS and STN will also celebrate National Trauma Survivor’s Day on May 17. Trauma Survivor Network sites across the country will host events celebrating the amazing patients that survived and continue to thrive.

Individuals can participate and support survivors by printing [this sign](#) and writing your words of advice or inspiration. Take a picture holding the sign, upload the sign to social media with #TraumaSurvivorsDay and #NTSD and tag your friends and family along with your local trauma center.

# Out of Harm’s Way

The Trauma Prevention Publication

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Be A Helpful Co-Pilot

1. Read aloud street signs or addresses.
2. Point out an available parking spot.
3. Tell the driver when the intersection is clear (in one direction).
4. Point out potential road hazards.
5. help driver navigate in time to complete a maneuver.
6. Remind driver to put on lights, high beams, and then turn them off.
7. Informing driver of road hazards in blind spots.

Learn more online: [www.nidirect.gov.uk/articles/be-safe-passenger](http://www.nidirect.gov.uk/articles/be-safe-passenger)



## TOP NEWS TOPICS

- National Trauma Awareness Month
- Motorcycle Safety Month
- National Bike Safety Month
- Water Safety Month
- Recognition Banner
- Latest IVP News & Research

# MOTORCYCLE SAFETY MONTH

May is Motorcycle Safety Month, an important time to raise awareness about the importance of safe riding practices for both motorcyclists and other motorists on the road. As the weather warms up, more and more riders will be hitting the road, making it crucial to prioritize safety and prevent accidents.

**Here are some tips for motorcyclists to keep in mind while on the road:**

- **Wear Protective Gear:** Wearing a helmet, gloves, and other protective gear is essential to minimize the risk of serious injury in the event of an accident. Make sure your gear is properly fitted and in good condition.
- **Be Visible:** Make yourself as visible as possible to other motorists. Wear bright or reflective clothing and use your headlights during the day.
- **Stay Alert:** Keep your eyes and ears open for potential hazards on the road, including other vehicles, pedestrians, and road conditions.
- **Practice Defensive Riding:** Assume that other drivers may not see you and be prepared to react to sudden movements or changes in traffic patterns.
- **Follow Traffic Laws:** Obey all traffic laws, including speed limits, stop signs, and signals. Riding recklessly or illegally can put you and others on the road in danger.

**For other motorists, it's important to be aware of motorcycles on the road and take extra caution when driving near them. Here are some tips:**

- **Check Your Blind Spots:** Always check your blind spots, especially before changing lanes or making turns.
- **Keep Your Distance:** Leave plenty of space between your vehicle and motorcycles on the road, as they may need to maneuver quickly to avoid hazards.
- **Use Turn Signals:** Always use your turn signals to indicate your intentions to other drivers, including motorcyclists.
- **Look Twice:** Double-check before making a turn or pulling out from a stop sign to ensure there are no motorcycles in your path.
- **Share the Road:** Remember that motorcycles have the same rights and privileges as other vehicles on the road, and share the road accordingly.

For more information on safe riding and sharing the road, please visit the [Pennsylvania Department of Transportation](https://www.transportation.pa.gov/).

# NATIONAL BIKE SAFETY MONTH

May is National Bike Safety Month, and whether you're a seasoned cyclist or a beginner, it's essential to take the necessary precautions to ensure your safety on the roads.

First and foremost, wearing a helmet is one of the most important things you can do to protect yourself while cycling. Helmets can greatly reduce the risk of head injuries in the event of an accident. Make sure your helmet fits snugly and is properly adjusted before each ride.

Secondly, obey traffic laws and signals just as if you were driving a car. This means stopping at stop signs and traffic lights, using hand signals when turning or changing lanes, and staying in designated bike lanes or on the right side of the road. Avoid weaving in and out of traffic or riding against traffic flow.

Visibility is also a critical factor in bike safety. Wear bright, reflective clothing or accessories to make yourself more visible to motorists, especially when riding at night or in low light conditions. Make sure your bike has proper lighting, including a front headlight and a rear red reflector or light.

Finally, always be aware of your surroundings and ride defensively. Stay alert for hazards such as potholes, debris, and other obstacles on the road. Be prepared for sudden stops or changes in traffic, and give yourself plenty of time to react.

By following these simple guidelines, we can all help make Pennsylvania's roads safer for cyclists. Happy National Bike Safety Month, and ride on!

More bike safety information is available on our website, [atspa.org](https://www.atspa.org).



# MAY 2023 OBSERVANCES

## Monthly Observances:

National Trauma Awareness

National Bike Safety

CPS Tech

Global Youth Traffic Safety

Mental Health Awareness

Motorcycle Safety

National Electrical Safety

Stop the Bleed®

Stroke Awareness

Water Safety

## Weekly or Daily Observances:

- May 1: Heatstroke Prevention Day

- May 1-5: Stand Down for Workplace Falls Week

- May 3: Trauma Registry Professionals Day

- May 4: Bike to School Day

- May 6-12: National Nurses Week

- May 11: Injury Prevention Professionals Day

- May 21-27: EMS Week, National Safe Boating Week, Health & Safe Swimming Week

- May 17: Trauma Survivors Day

- May 19: Stop the Bleed® Day

# WATER SAFETY MONTH

As summer approaches and the weather warms up, many people will be spending more time in or around the water. However, it is important to remember that water can be dangerous if proper safety precautions are not taken. May is recognized as Water Safety Month, which serves as a reminder to be mindful of the dangers water presents and to take the necessary steps to ensure a safe and enjoyable summer. May 21-27, 2023 is also recognized as Safe Boating Week.

Follow these tips to ensure your next boat day is tragedy free.

- Prepare for your trip. Check that your boat is in good condition and that you have all the necessary safety equipment on board, including life jackets, flares, and a first aid kit. Look at the weather and ensure that you won't be caught in open water during a storm.
- Ensure that there is a US Coast Guard approved life jacket for everyone. They should be easily accessible in an emergency. Children under 13 and those who are not strong swimmers should be wearing their life jackets at all times.
- Follow the rules of the waterway. Boating is a bit like driving a car, you need to have a license and follow the law. You should always be aware of other boats and their movements.
- Do NOT drink and drive. Alcohol consumption can be exacerbated by dehydration and long periods in the sun. If you are responsible for driving the boat, do not drink any alcohol. Other legal adults should also be aware of their alcohol consumption.

Another vital component of water safety is Safe Swimming.

- Provide close and constant attention to children you are supervising in or near water.
- Swim in designated areas supervised by lifeguards. Always swim with a buddy; do not allow anyone to swim alone.
- Designate a "water watcher" whenever in a group setting. Provide close and constant attention to children you are supervising. Avoid distractions including cell phones.
- Teach children to always ask permission to go near water.
- Take smart precautions and use layers of protection. If you have a pool, secure it with appropriate barriers to prevent unsupervised access to the water.
- Stay within an arm's reach of any weak or inexperienced swimmer who is in the water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Ensure that everyone in the family learns to swim and knows what to do in a water emergency.

If there is an Emergency, you should be prepared.

- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Know how and when to call 9-1-1 or the local emergency number.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Enroll in home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

Other important water safety tips include:

- Never dive into water unless you know how deep it is and are certain there are no hidden obstacles.
- Always wear a life jacket when participating in water sports, such as jet skiing or water skiing.
- If caught in a current, try to remain calm and swim parallel to the shore until you are out of the current.

In conclusion, Water Safety Month serves as a reminder of the importance of taking water safety seriously. By following these tips and taking the necessary precautions, everyone can all enjoy a safe and fun summer on the water. Don't forget, ATSPA offers many water safety resources at [www.atspa.org](http://www.atspa.org).

**Drowning Prevention**

According to the Centers for Disease Control and Prevention, about 10 people die from unintentional drownings every day. Of those deaths, 2 of those are children under 14 years of age.

Always swim in lifeguarded areas – never swim alone.

Know what to do in an emergency – learn CPR.

Swimming pools are the most common site for a drowning in the U.S. among children ages 4 and under.

Install four-sided fencing around pools and spas – fencing should include a self-latching gate that locks.

Review water safety rules/guidelines before entering the water.

In 2013, 77% of all fatal boating incidents victims drowned, and of those who drowned, 84% were not wearing a life jacket.

Teach children how to swim – learn survival skills.

Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets.

**ATSPA**  
American Trauma Society, Pennsylvania Division  
2 Flowers Drive, Mechanicsburg, PA 17050  
Phone: (717) 766-1616 Web: [www.atspa.org](http://www.atspa.org)



TO OUR SUPERHEROES,

# THANK YOU: NURSES, EMERGENCY MEDICAL SERVICE PERSONNEL, AND CHILD PASSENGER SAFETY TECHNICIANS!

We're grateful for all you do!

## Latest IVP News and Research

### Research

- Timmer-Murillo SC, Schroeder ME, Trevino C, et al. [Comprehensive Framework of Firearm Violence Survivor Care: A Review](#). JAMA Surg. Published online March 22, 2023. doi:10.1001/jamasurg.2022.8149
- Navathe AS, Connolly JE. [Hospital Consolidation: The Rise of Geographically Distant Mergers](#). JAMA. Published online April 13, 2023. doi:10.1001/jama.2023.5391
- Barocas JA, Nall SK, Axelrath S, et al. [Population-Level Health Effects of Involuntary Displacement of People Experiencing Unsheltered Homelessness Who Inject Drugs in US Cities](#). JAMA. Published online April 10, 2023. doi:10.1001/jama.2023.4800
- Rubin R. [It Takes an Average of 17 Years for Evidence to Change Practice—the Burgeoning Field of Implementation Science Seeks to Speed Things Up](#). JAMA. Published online April 05, 2023. doi:10.1001/jama.2023.4387

### News

- The Hill - [Affordable Health Care, Drug Use Grow as Top American Concerns: Gallup](#)
- Good Housekeeping - [6 Gun Safety Rules All Parents Should Follow in the Home](#)
- Governing - [In Communities Where Civic Health Is Poor, Lives Are Shorter](#)
- US News & World Report - [U.S. Suicide Rates Began to Rise Again in 2021](#)

Stay connected with us:



2 Flowers Drive, Mechanicsburg, PA 17050  
Email: [scarns@atspa.org](mailto:scarns@atspa.org), Web: [www.atspa.org](http://www.atspa.org)

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[ATSPA, SCPAHS, and Safe Kids PA Staff](#)  
Krista Brands, ATSPA Chief Executive Officer  
Allyson Fulton, ATSPA Assistant Director  
Kim Nunemaker, ATSPA Educational Program and Events Coordinator  
Sadie Carns, ATSPA Communications Coordinator  
Matt Frampton, SCPAHS Coordinator  
Chris Bendl, SCPAHS Assistant Coordinator  
Karen Rowe, SCPAHS Program Specialist  
Jessica Ritter, Safe Kids Pennsylvania State Office Coordinator