

## Playground Safety Tips:

1. **Dress appropriately for the playground.** Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Helmets should not be worn on playgrounds.
2. **Check equipment.** Ensure that equipment is in proper working order and safely anchored. Check materials and surfaces for temperature.
3. **Observe the ground for proper covering.** The play area should have sand, pea gravel, wood chips, shredded rubber, turf, or rubber surfacing that meets the depth requirements.
4. **Supervise children.** An attentive adult should always be present at the playground when children are playing.
5. **Ensure the child is playing on age-appropriate equipment.** There should be an area for infants and toddlers, preschoolers, and school age children. Be sure the child is playing on the proper equipment.



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 PLAYGROUND SAFETY WEEK

National Playground Safety Week (NPSW) will be observed from April 26 to 30, 2021 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. **Dress appropriately for the playground.** Remove necklaces, purses, scarves or clothing with drawstrings that can get caught on equipment and pose a strangulation hazard. Helmets should not be worn on playgrounds.
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For more information on playground safety and NPSW, please visit the [NPPS website](http://www.npps.org).

## Out of Harm's Way

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### TOP NEWS TOPICS

- National Playground Safety Week
- Window Safety Week
- Sexual Assault Awareness Month
- National Youth Sports Safety Month
- ATSPA Educational Webinar Series
- ATSPA 2021 Recognition Awards
- National Trauma Awareness Month Resources
- March Updates

# 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 the first full week of April. However, open windows can be dangerous any time of year for young children who are not properly supervised.

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.

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

## Protect your children with these tips:

1. Keep windows closed and locked.
2. Use windows located out of a child's reach.
3. Avoid placing furniture near windows.
5. Don't rely on insect screens to prevent a window fall.
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.
8. Teach your child how to safely use a window to escape during an emergency, such as a fire.

# SEXUAL ASSAULT 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 2021 campaign, "We Can Build Safe Online Spaces", is the 20th 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.

# 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. Lastly, 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.

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

## APRIL 2021 OBSERVANCES

### Monthly Observances:

*Distracted Driving*

*Sexual Assault Awareness*

*National Youth Sports Safety*

### Weekly or Daily Observances:

*April 7: National Walking Day*

*April 4-10: National Window  
Safety Week*

*April 11-17: National Dog  
Bite Prevention Week*

*April 26-30: National Work  
Zone Safety Awareness Week*

*April 26-30: National  
Playground Safety Week*

## 2021 EDUCATIONAL WEBINAR SERIES

The 6 part ATSPA educational webinar series will take place from 12-1 p.m. on Wednesdays in April and May. This series serves as an opportunity for our members and the healthcare community to earn continuing education credits. As a thank you to the many sacrifices made by the healthcare community, **ATSPA will offer this series free of charge.** Use the links below to register for each webinar individually. For more information on the 2021 Educational Webinar Series, [visit our website](#).

**All webinars will take place on a Wednesday from 12 p.m. to 1 p.m.**

- [April 7 - Suicide: Off the Record](#)  
Sarah Ames, EMT, Firefighter – Sergeant, Garden Spot Fire Rescue
- [April 14 - Boston Marathon Bombing – Perspective from the Finish Line](#)  
David Hirsch, MD, MPH, FACEP, FAEMS – Emergency/EMS Physician, Littleton Regional Healthcare
- [April 21 - Unprecedented Violence During an Unprecedented Pandemic](#)  
Jeremy Cannon, MD, SM, FACS – Trauma Program Medical Director, University of Pennsylvania
- [April 28 - When All the Puzzle Pieces Fit Perfectly: A Successful Mass Casualty Incident Response](#)  
Gigi Taylor, MSN, RN, TCRN, CEN – Trauma Outreach Coordinator, University of Tennessee Medical Center  
Deborah Tuggle, RN, CEN - Pediatric Trauma/Injury Prevention Coordinator, University of Tennessee Medical Center
- [May 5 - The Effects of Emotional Trauma](#)  
Melissa Porrey, NCC, LPC – Mental Health Associate, American Red Cross
- [May 12 - Acute Stress: A Normal Response To An Abnormal Event](#)  
Richard Kamin, MD, FACEP – EMS Program Director, Associate Professor of Emergency Medicine, University of Connecticut Health Center

\*This activity has been submitted to the Emergency Nurses Association for approval to award contact hours. Emergency Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## 2021 RECOGNITION AWARD NOMINATIONS

Annually, the American Trauma Society, PA Division (ATSPA) recognizes individuals or organizations carrying out the mission of trauma prevention in Pennsylvania. ATSPA is pleased to announce the nomination period is now open for the following awards. Please review the guidelines on our website and nominate a deserving individual or group today!

**Nominations will be accepted through April 30, 2021.**

**Barbara Esposito Excellence in Trauma Nursing Award:** Awarded to a trauma staff nurse who has displayed excellence in any one of the following areas: clinical expertise, leadership, research, education, prevention, outreach and patient advocacy.

**2021 ATSPA Civilian Savior and Survivor Award:** This award will honor one who takes it upon him/herself to offer a helping hand to a fellow citizen during a period of adversity or personal danger, and/or one who withstands peril and dangerous conditions and demonstrates a determined will to survive.

**Dr. John M. Templeton, Jr. Physician Award for the Commitment to Excellence in Trauma Care:**

Awarded to a physician who has displayed a commitment to excellence in trauma care in the following areas: clinical expertise, philanthropy, leadership, trauma-related research and trauma prevention and education.

**2021 ATSPA First Responder Call to Action Award:** Awarded to a first responder who has gone above and beyond the call of duty in trauma prevention and care.

**2021 ATSPA Trauma Prevention Recognition Award:** Awarded to an individual or group who has gone above and beyond the call of duty in trauma prevention. The honoree is someone who exemplifies the goals of ATSPA in preventing needless injury and death. Nominees can be any individual or group who has shown a determination to excel in trauma prevention.

For more information, visit the ATSPA Website, [www.atspa.org](http://www.atspa.org).

## ATSPA MARCH UPDATES

- March 3: Presented Teen Driver Safety to six driver's education classes at East Pennsboro High School virtually and attended a quarterly meeting for the Dauphin County Safe Kids Coalition.
- March 4: Participated in the Pennsylvania Trauma Systems Foundation (PTSF) Trauma Program Leadership Forum, the Safe Kids Worldwide State Leaders Call and a webinar titled "Farm Safety for Children and Youth: Risks and Rewards".
- March 5: Participated in Pennsylvania Society for Association Excellence (PSAE) Communication and Marketing Roundtable Discussion, the Reimagined in America Webinar: Advancing Food Justice and attended the periodic committee that oversees the local United Way chapter's "Early to School, Early to Succeed" initiative.
- March 8: Attended the periodic meeting of PennDOT's Traffic Records Coordinating Committee and met with a Department of Health (DoH) representative to review various ATSPA contracts with the PA DoH virtually.
- March 9: Attended the ATSPA Board of Directors meeting and ATS National Divisions Council meeting virtually.
- March 10: Participated in Celebrating Together: Every Kid Healthy Week 2021 webinar.
- March 11: Participated in PSAE Meeting Planners Roundtable.
- March 15: Held a webinar entitled Teaching your Teen to Drive 101.
- March 16: Participated in PTSF Strategic Planning Retreat and presented as guest speakers for Camp Hill High School Driver's Education classes.
- March 17: Attended Pennsylvania Emergency Health Services Council Board of Directors meeting, ATS National Membership Committee Meeting and Indiana University of Pennsylvania Novice Driver Program, Part 2 webinar.
- March 22: Participated in the quarterly PTSF meeting.
- March 22-26: Attended the Virtual Summit for Nonprofit Changemakers: BEING THE CHANGE.
- March 23: Participated in the ATS National Board of Directors meeting and the monthly meeting of Safe Kids PA Lycoming County.
- March 23-26: Held a Child Passenger Safety Certification course.
- March 24: Participated in a Child Safety Seat Check, in Halifax.
- March 25: Participated in Safe States Alliance Advocacy Day and the Safe Kids PA McKean County meeting.
- March 26: Held a Child Safety Seat Check Event, in Mechanicsburg.
- March 30: Attended the Upswell Pop-Up webinar titled "The Intersection of Trust and Racial Equity"

Stay connected with us:



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