

## Beat the Heat Heating Up...

Heat is one of the leading weather-related killers in the U.S., on average, more than 800 die to occur each year.

Your body normally cools itself by sweating. During hot weather, especially when it's 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.

### Types of 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 activity in extreme heat.

#### Heat Exhaustion

Heat exhaustion can happen when someone in a hot climate or environment hasn't been drinking enough liquids.

Symptoms can include: increased thirst, weakness, dizziness or lightheadedness, muscle cramps, nausea and/or vomiting, irritability, headache, increased sweating, cool, clammy skin and a rapid body temperature, but less than 104°F (40°C).

#### Heatstroke

Heatstroke is a life-threatening medical emergency. Call 911.

During heatstroke, the body cannot regulate its own temperature. Body temperature can soar to 107°F (41°C) or even higher, leading to brain damage or even death if it isn't quickly treated. Prompt medical care is needed to bring the body temperature under control.

## ...And Staying Cool

### How can you prevent heat illness?

- Keep hydrated by drinking cool (not cold) non-alcoholic beverages.
- Find shelter in an air-conditioned environment. If you don't have air conditioning in your home, spend some time in another air-conditioned environment (library, mall, etc.) during the hottest part of the day.
- Wear light weight clothing.
- Don't engage in strenuous activities during the hottest hours of the day.
- Take frequent breaks to rest and hydrate.
- Remember to check your backseat for children before getting into the vehicle.

### How to treat heat illness

Remember, children and those age 65 and older are more prone to heat-related health problems:

#### If you find someone suffering from heat illness:

- Move the person into an air-conditioned building, room, or car.
- Give the person water.
- Apply cold compresses to neck, armpits, groin.
- Seek medical attention, call 911.



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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)

# Out of Harm's Way

The Trauma Prevention Publication

# NATIONAL HEATSTROKE PREVENTION DAY

Did you know that heatstroke can occur in temperatures as low as 57 degrees?

Heatstroke begins when the core body temperature reaches approximately 104 degrees, while a core temperature of about 107 degrees is lethal. Vehicle heatstroke deaths are preventable.

Use the helpful tips below from the [National Highway Traffic Safety Administration \(NHTSA\)](http://www.nhtsa.gov) to ensure it doesn't happen to you.

- Place a briefcase, purse, or cell phone next to the child's car seat so that you'll always check the back seat before leaving the car.
- Call your significant other or another caregiver to confirm you've dropped your child off.
- Teach children that a vehicle is not a play area.
- Have your daycare provider call you if your child doesn't arrive.
- If you see a child alone in a hot vehicle, ensure the child is okay and responsive, and call 911 immediately.

Individuals should also ensure that they know the warning signs of heatstroke: red, hot, and moist/dry skin; no sweating; a strong rapid pulse or a slow weak pulse; nausea, etc.

Heatstroke doesn't just effect humans. Leaving animals in hot cars is a common source of illness in the summer. Even with the window cracked, your vehicle can reach dangerous temperatures.

For more information on heat illness and how to prevent it, visit our website, [atspa.org](http://atspa.org).

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## TOP NEWS TOPICS

● National Heatstroke Prevention Day

● Child Passenger Safety

● Grilling Safety

● ATS Member Benefits

● June Updates

# CHILD PASSENGER SAFETY, IT'S YOUR RESPONSIBILITY

Car seats can often be confusing and a source of frustration for new parents. Worrying about installation, expiration dates and correct fit are legitimate concerns for any expecting parent, whether you're having your first child or your sixth. In Pennsylvania, it is the driver's responsibility to ensure that children are in the proper seats, that those seats are installed correctly and that children are safely secured. Knowing the law and a few helpful hints could save new parents time, money and ultimately, tragedy.

## The Law:

### Birth – Age 4: Primary Enforcement: Section 4581 (a) (1) Restraint Systems

All drivers are responsible to secure children from birth up to age four in an approved child passenger restraint system anywhere in the vehicle. A child younger than two years of age shall be secured in a rear-facing child passenger restraint system, to be used until the child outgrows the maximum height and weight limits designated by the car seat manufacturer. Fine: Maximum fine of \$75 plus additional fees.

### Age 4 – Age 8: Primary Enforcement: Section 4581 (a)(1 .1)

All drivers are responsible to secure children from four up to eight years of age in a seat belt system and an appropriately fitting child booster seat. Fine: Failure to comply with the provisions in 4581 (a) (1.1) shall be guilty of a summary offense with a maximum fine of \$75 plus additional fees.

### The following guidelines are allowed under the law for children ages 4 to 8 who:

- Weigh less than 40 lbs.: May remain securely fastened in a child restraint system with a full harness appropriate for their age and weight.
- Weigh more than 80 lbs. or are 4'9" or taller: May be fastened in the safety belt system without using a child booster seat.
- Ride in a vehicle which was not originally equipped with a shoulder safety belt: Shall be fastened in the safety belt system without the use of a child booster seat or may be fastened in a child passenger restraint system with a full harness.

### Age 8 – Age 18: Primary Enforcement: Section 4581 (a)(2) Restraint Systems

Drivers are responsible to secure themselves and all children from eight through 18 years of age in a seat belt system anywhere in the vehicle.

## Guidelines to Follow:

- All children younger than age 13 should be restrained in the rear seat.
- Children two years or older should use a forward-facing child safety seat with harness for as long as possible, up to the height and weight limit of the seat.
- Regardless of age, children less than 4 feet, 9 inches tall should be secured using a booster seat. Booster seats raise children up on the vehicle's seat so that the lap/shoulder belt fits correctly.
- Children who are old enough and large enough to use the seat belt alone should always use lap and shoulder belts.

## Helpful tips from the South Central PA Highway Safety team:

- Children should not wear puffy clothing such as coats, vests or blankets under their harness.
- Once you have a car seat, you can contact a local child passenger safety technician to help with installation.

For more information on child passenger safety, please visit the South Central PA Highway Safety website, [scpahs.org](http://scpahs.org). ATSPA also offers an easy to use rack card with this information and more. To request this resource, please visit the ATSPA website, [ATSPA.org/atspa-materials](http://ATSPA.org/atspa-materials).

## Pennsylvania Vehicle Code Safety Violations Child Passenger Safety Laws

All drivers are responsible for securing children in the appropriate restraint system.

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### Age 4 – Age 8: Primary Enforcement: Section 4581 (a)(1 .1)

All drivers are responsible to secure children from four up to eight years of age in a seat belt system and an appropriately fitting child booster seat. Fine: Failure to comply with the provisions in 4581 (a) (1.1) shall be guilty of a summary offense with a maximum fine of \$75 plus additional fees.

### The following guidelines are allowed under the law for children ages 4 to 8 who:

- Weigh less than 40 lbs.: May remain securely fastened in a child restraint system with a full harness appropriate for their age and weight.
- Weigh more than 80 lbs. or are 4'9" or taller: May be fastened in the safety belt system without using a child booster seat.
- Ride in a vehicle which was not originally equipped with a shoulder safety belt: Shall be fastened in the safety belt system without the use of a child booster seat or may be fastened in a child passenger restraint system with a full harness.

### Age 8 – Age 18: Primary Enforcement: Section 4581 (a)(2) Restraint Systems

Drivers are responsible to secure themselves and all children from eight through 18 years of age in a seat belt system anywhere in the vehicle. Fine: \$10 plus additional fees.

#### Best Practice Guidelines:

- All children younger than 13 should be restrained in the rear seat.
- Children two years or older should use a forward-facing child safety seat with harness for as long as possible, up to the height and weight limit of the seat.
- Regardless of age, children less than 4 feet, 9 inches tall should be secured using a booster seat. Booster seats raise children up on the vehicle's seat so that the lap/shoulder belts fit correctly.
- Children who are old enough and large enough to use the seat belt alone should always use lap and shoulder belts.



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This program was funded by the Pa. Department of Health.

## A Reference for Proper Child Restraint Use

	<b>Rear-facing Infant or Convertible Seat</b> A child must be rear-facing until he/she is at least 2 years of age or has reached the maximum height and weight of the rear-facing car seat. Never place a rear-facing child seat in a seating position with an active frontal air bag.	<b>The Harness:</b> <ul style="list-style-type: none"> <li>• Straps must be at or below the child's shoulders.</li> <li>• Straps must fit snugly. The harness should lie straight without sagging.</li> <li>• Chest clip should be at armpit level.</li> </ul>	<b>The Car Seat:</b> <ul style="list-style-type: none"> <li>• Must be secured with the seat belt or lower anchor strap threaded through the correct belt path.</li> <li>• Must be tightly installed, allowing no more than one inch of side-to-side movement when pulled at the belt path.</li> <li>• Must be in a semi-reclined position, no more than 45 degrees, following the manufacturer's instructions.</li> </ul>
	<b>Forward-facing Seat</b> Once a child has outgrown the rear-facing child seat, he/she can move to a forward-facing child seat. Children should remain forward-facing for as long as possible, up to the maximum height and weight allowed by the seat manufacturer.	<b>The Harness:</b> <ul style="list-style-type: none"> <li>• Straps must be at or above the child's shoulders.</li> <li>• Straps must fit snugly. The harness straps should lie straight without sagging.</li> <li>• Chest clip should be at armpit level.</li> </ul>	<b>The Car Seat:</b> <ul style="list-style-type: none"> <li>• Must be secured with the tether and seat belt or lower anchor strap, threaded through the correct belt path.</li> <li>• Must be tightly installed, allowing no more than one inch of side-to-side movement when pulled at the belt path.</li> <li>• Must be in an upright position, unless the manufacturer allows the seat to be reclined in the forward-facing position.</li> </ul>
	<b>Belt Positioning Booster Seat</b> Children should use the lap and shoulder belt, with the booster seat, until they fit the vehicle's seat belt correctly, at approximately 4 feet, 9 inches tall and between 8 to 12 years of age. Note: A child should use a high-back booster seat if the vehicle has low seat backs or no head restraints.	<b>The booster seat must be used with the vehicle's lap and shoulder belt following the correct belt path.</b> <b>The lap belt:</b> <ul style="list-style-type: none"> <li>• Must cross the lower hips and upper thighs, and should be snug.</li> </ul> <b>The shoulder belt:</b> <ul style="list-style-type: none"> <li>• Must be adjusted so it crosses the center of the shoulder and chest.</li> <li>• Must never be worn behind the back or under the arm.</li> </ul>	
	<b>Safety Belt</b> A child wearing a safety belt must be at least 8 years of age or 4 feet, 9 inches tall and able to wear the safety belt correctly. The lap belt should be low and snug on the hips/upper thighs, and the shoulder belt snug across the center of the chest and shoulder.	<b>Passengers should sit upright with their backs against the vehicle's seat back cushion.</b> <ul style="list-style-type: none"> <li>• The child's knees should bend comfortably at the front edge of the vehicle's seat, with their feet flat on the floor.</li> <li>• The lap belt must be low and snug across the hips and upper thighs – never across the abdomen.</li> <li>• The shoulder belt must be snug across the center of the chest and shoulder – never behind the back or under the arm.</li> <li>• The head restraint should be properly positioned behind the child's head.</li> </ul>	

Images courtesy of the Center for Injury Research and Prevention at The Children's Hospital of Philadelphia.

# JULY 2021 OBSERVANCES

## Monthly Observances:

National Firework Safety Month

## Weekly or Daily Observances:

- July 4: Independence Day

- July 31: National Heatstroke Prevention Day

# GRILLING SAFETY

The Fourth of July has become synonymous with fireworks, grilling, and outdoor activities while celebrating our nation's independence. Follow the tips below to ensure that you're safe while sporting the red, white, and blue.

Hot dogs and hamburgers on the grill is a staple for the Fourth of July. However, be sure to follow these tips from the National Fire Protection Association (NFPA) to keep everyone safe.

## DO:

- Ensure that propane and charcoal BBQ grills are used outdoors.
- Keep your grill clean by removing grease or fat buildup.

## DON'T:

- Place your grill close to your home, deck railings, branches, etc.
- Allow children and pets to be near the grill area.
- Leave your grill unattended.

[For specific safety information on propane and charcoal grills, visit the NFPA website.](#)

# ATS MEMBER BENEFITS

ATS Institutional Membership provides organizations with professional opportunities, information, and patient support resources to help meet the ever-changing challenges in the trauma field. It also symbolizes commitment to advancing excellence in trauma prevention and care. Some key benefits include (but are not limited to):

## Professional Development

- Member pricing for all staff members on comprehensive, nationally recognized courses for trauma registrars/data managers, trauma program managers & injury prevention specialists
- Free access to all archived professional development webinars
- Member pricing on all educational and injury prevention materials and programs such as 2nd Trauma

## Information & Resources

- Free institutional access to the Trauma Survivor Network Program
- News, analysis and updates from the weekly newsletter, the "ATS INFORM", and the monthly newsletter, the "ATS PULSE"
- Access to nationwide trauma center information and data through our Trauma Information Exchange Program national database
- Full access to members-only content on the ATS website

## Career Center

- Access to members only job board with nationwide job opportunities
- Ability to post unlimited job openings for one's institution

## Additional Benefits through ATSPA

- An opportunity to showcase one's trauma center in an edition of the "Out of Harm's Way" monthly newsletter
- Ability to apply for grant opportunities
- Unlimited access to printed trauma prevention materials including rack cards, booklets, reflective zipper pulls and more
- Ability to host Advanced Burn Life Support classes
- Materials to host STOP THE BLEED® classes
- Access to continuing education credits

# Coming Soon!



Prepare



Prevent



Provide

ATSPA is pleased to announce that the 2021 Educational Webinar Series is will be available on-demand!

The six 1-hour sessions are available on our website, starting July 12 through August 9 for both nursing and pre-hospital credits.

The opportunity for continuing education credits is free and open to all nurses and prehospital staff.



More information about benefits and memberships can be found on the American Trauma Society's website, [amtrauma.org](http://amtrauma.org). More information about the Pennsylvania Division and the extra benefits we offer, is available at [atspa.org](http://atspa.org).

**Have a happy and safe 4th of July.  
Celebrate responsibly.**

## ATSPA JUNE UPDATES

- June 1: Appeared on Good Day PA to discuss Bike Safety and presented seat belt awards to Mechanicsburg Area High School, Boiling Springs High School, Cumberland Valley High School, and Red Land High School.
- June 2: Attended the bi-monthly PennDOT Region 2 Team Meeting, as well as assisted with a Child Safety Seat (CSS) Check Event hosted by Penn State Hershey Medical Center and Giant Foods Community Outreach Program, in Hershey, and a CSS Check Event with the Pennsylvania State Police (PSP), in Chambersburg.
- June 3: Assisted Safe Kids Dauphin County with a CSS Check Event, in Hershey, and participated in a Safe Kids Worldwide State Leaders Call.
- June 4: Attended a press event for a Traffic Safety-themed Geocache Trail, created by a neighboring PennDOT Safety Press Officer and Community Traffic Safety Program, in Clearfield. Also participated in the Pennsylvania Society for Association Excellence Marketing and Communications Roundtable.
- June 5: Assisted the PSP Carlisle with a CSS Check Event, in Mechanicsburg.
- June 7: Attended a PennTIME Responder Safety meeting. Also attended a Traffic Records Coordinating Committee Meeting and hosted the quarterly ATSPA Board of Directors Meeting.
- June 8: Attended a Lancaster County Farm Safety Meeting, in Leola, and a CSS check event with Safe Kids Dauphin County, in Harrisburg.
- June 9: Improving Traffic Signals for Bicycling and Walking and assisted Derry Township Police Department and PSU Medical Center with a Child Safety Seat Check Event, held during the Cocoa Packs food distribution for needy families in the Hershey Area.
- June 16: Participated in PEHSC Board Meeting.
- June 17: Participated in the Safe States Annual Conference Planning Committee Meeting and attended a Operation Safe Driver Week Planning Meeting, in Mechanicsburg.
- June 18: Attended Pennsylvania Society for Association Excellence Taste of Success Webinar.
- June 22: Attended the Lancaster County DUI Awareness Conference.
- June 25: Attended the American Trauma Society - National Strategic Planning Retreat.
- June 28: Hosted the ATS Divisions Council meeting.
- June 29: Participated in Safe Kids Worldwide Moderator Training for Lightning Talks during PrevCon.
- June 29-30: Assisted with instruction at a Child Passenger Safety Certification Course, in Dover.

Stay connected with us:



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