



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

For more information visit:
www.atspa.org

INTERNATIONAL SNOWMOBILE SAFETY WEEK

International Snowmobile Safety Week takes place in January, drawing attention to the need for caution and awareness when engaging in snowmobiling activities. The week serves as a reminder to riders about the potential risks associated with snowmobiling and encourages the adoption of safety measures to ensure a safe and enjoyable experience for all.

Safety Tips for Snowmobilers

- **Education and Training:** Familiarize yourself with local regulations and take a certified safety course to learn essential skills such as maneuvering, handling emergencies, and understanding the terrain.
- **Use Appropriate Gear:** Invest in a high-quality helmet, goggles, gloves, and insulated clothing to protect yourself from the cold weather and potential hazards. Reflective clothing can also enhance visibility, especially during low-light conditions.
- **Be Mindful of Weather Conditions:** Keep a close eye on weather forecasts before heading out. Extreme weather conditions can significantly impact snowmobiling safety. High winds, heavy snowfall, or rapidly changing temperatures can pose risks, so it's crucial to adjust plans accordingly.
- **Ride at Safe Speeds:** Excessive speed is a leading cause of snowmobiling accidents. Always ride at a safe and controlled speed, especially in unfamiliar terrain. Slow down when approaching turns, intersections, or areas with limited visibility.
- **Avoid Riding Alone:** Whenever possible, ride with a companion or in a group. In the event of an emergency or accident, having others nearby can be crucial for receiving assistance. Communicate with your group and establish a plan for staying together.
- **Carry Emergency Essentials:** Pack a safety kit that includes essentials such as a first aid kit, communication devices, a map, and emergency supplies.
- **Never Ride Under the Influence:** Just like any other motorized vehicle, operating a snowmobile under the influence of alcohol or drugs is illegal and extremely dangerous.

International Snowmobile Safety Week emphasizes the importance of responsible and safe snowmobiling practices. By following these safety tips and promoting awareness, snowmobilers can enjoy the beauty of winter landscapes while minimizing the risks associated with this thrilling winter activity.

Out of Harm's Way

The Trauma Prevention Publication

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TOP NEWS TOPICS

- International Snowmobile Safety Week
- National Bath Safety Month
- 2024 ATSPA Annual Conference
- A Look Back at 2023
- The Latest News and Research

NATIONAL BATH SAFETY MONTH: TIPS FOR OLDER ADULTS AND CHILDREN

Bathing is a daily activity that promotes hygiene and relaxation, but it's crucial to recognize the potential hazards that can arise in the bathroom, especially for older adults and children. January is designated as National Bath Safety Month, emphasizing the importance of creating a safe environment to prevent accidents and injuries.

Bath Safety Tips for Older Adults:

- **Install Grab Bars:** Installing grab bars in strategic locations, such as near the bathtub and toilet, provides extra support for older adults. These bars assist in maintaining balance and preventing slips and falls.
- **Non-Slip Mats:** Place non-slip mats inside and outside the bathtub or shower to minimize the risk of slipping on wet surfaces. These mats provide traction and stability, reducing the chances of accidents.
- **Adjust Water Temperature:** Set the water heater to a safe and comfortable temperature to avoid scalding. Older adults may have reduced sensitivity to hot water, making them more susceptible to burns.
- **Accessible Showers:** Consider installing walk-in or roll-in showers with low thresholds for easy access. These modifications eliminate the need to step over high barriers, reducing the risk of tripping.
- **Proper Lighting:** Adequate lighting is essential for preventing accidents. Ensure that the bathroom is well-lit, and consider using motion-activated night lights to improve visibility during nighttime bathroom visits.
- **Use a Shower Chair:** For those with mobility issues, a shower chair can provide a secure seating option. It reduces the risk of falls during bathing and allows for a more comfortable and stable experience.

Bath Safety Tips for Children:

- **Supervision:** Always supervise young children during bath time. Never leave them unattended, even for a moment. Accidents can happen quickly, and constant supervision is the first line of defense.
- **Secure Bath Toys:** To prevent slips and falls, make sure bath toys are securely stored when not in use. A clutter-free bathtub reduces the risk of children stepping on toys and losing their balance.
- **Water Temperature:** Check the water temperature before placing a child in the bath. Use a bath thermometer to ensure the water is comfortably warm but not too hot, reducing the risk of burns.
- **Non-Slip Mats:** Just as for older adults, non-slip mats are crucial for children's safety. Place them in the bathtub to provide a secure surface, minimizing the risk of slips.
- **Child-Friendly Products:** Choose bath products specifically designed for children, such as tear-free shampoo and mild soap. This helps prevent skin irritation and ensures a positive bathing experience.
- **Childproof Bathroom:** Childproof the bathroom by securing cabinets with locks and covering electrical outlets. Keep potentially harmful items out of reach to create a safe space for curious little ones.



DID YOU KNOW?

According to the Centers for Disease Control and Prevention, approximately 370 individuals are injured in a bathroom every day in the U.S.

Learn More at www.atspa.org



A SAFE BATHROOM STARTS WITH ACCESSORIES

More fall prevention tips at www.atspa.org

National Bath Safety Month serves as a reminder to take proactive measures to create a safe bathing environment. By implementing these tips, we can significantly reduce the risk of injuries, promoting a sense of security and well-being during this daily routine. Remember, a few simple modifications can go a long way in ensuring safety.

2024 ATSPA ANNUAL CONFERENCE

Registration will open shortly after the first of the year, watch for details.

We hope that you will share this opportunity with trauma nurses, doctors, social workers, EMS Personnel, PT/OT, and others who want to attend.

Agenda at a Glance

Tuesday, April 23

9:00 am	Conference Registration open
9:00 am – 3:45 pm	Exhibits open
9:00 – 10:00 am	Continental Breakfast
10:00 – 11:10 am	Opening Remarks and Session #1 (Templeton Lecture) Gun Violence in America: How Healthcare Workers can Drive Social Change!
11:15 am – 12:05 pm	Session #2 The Evolution of Mild Traumatic Brain Injury Care and Optimizing TBI Care Equity
12:05 – 12:30 pm	Awards Presentation
12:30 – 1:30 pm	Networking Luncheon
1:30 – 2:20 pm	Session #3 From Katrina to Maui: Lessons Learned in Nineteen Years of Urban Search and Rescue
2:25 – 3:15 pm	Session #4 – Poster Session
3:15 – 3:35 pm	Beverage Break
3:35 – 3:40 pm	Poster Award Presentation
3:40 – 4:30 pm	Session #5 Life Derailed: A Patient Perspective on Polytrauma and Recovery
5:00 – 6:00 pm	Networking Reception
6:00 – 8:00 pm	50th Anniversary Dinner Celebration

Wednesday, April 24

7:30 am	Conference Registration opens
7:30 am – 1:00 pm	Exhibits open
7:30 – 8:30 am	Breakfast Buffet
8:30 – 9:40 am	Session #6 (Hersperger-Pryor Lecture) What Saves Lives at a Mass Shooting Event: Lessons Learned from the Tragedy at Tree of Life Synagogue
9:40 – 10:00 am	Beverage Break
10:00 – 10:50 am	Session #7 Addressing Inequities through the Injury Equity Framework
10:55 – 11:45 am	Session #8 Keeping Heads Above Water: Investigating Methods to Promote Water Safety in every Community
11:45 am – 12:45 pm	Networking Luncheon
12:45 – 1:35 pm	Session #9 Transfusion in Trauma: The Military and Civilian Experience
1:40 – 2:30 pm	Session #10 Disaster Preparedness: Lessons from the Chocolate Factory
2:30 – 2:45 pm	Raffle Drawing & Closing Remarks

JANUARY 2024 OBSERVANCES

Monthly Observance:

National Bath Safety Month

National Winter Sports TBI Month

Weekly or Daily Observances:

- Jan. 1: New Years Day

- Jan. 15: Martin Luther King Jr. Day

- Jan. 20-27: International Snowmobile Safety Week

Save the Date!

2024 ATSPA Annual Conference

April 23 & 24

Lancaster Marriott at Penn Square

Our website also contains information for:

[Award Nominations](#)

[Sponsorship and Exhibitor Opportunities](#)

[Scholarship Information](#)

[Hotel Information](#)

For more information, or to check the status of our planning, visit our [website](#).

Save the Date!

ATSPA 50th Anniversary Celebration!

April 23, 2024

Lancaster Marriott at Penn Square

This business attire event will include a reception and dinner.

Please join us in celebrating “50 Years of Saving Lives!”

For more information on the 50th Anniversary, visit our [website](#).

A LOOK BACK AT 2023...



The ATSPA staff attended events to share injury prevention education across the state. These events include senior fairs, conferences for partner organizations, rural health and safety days, and Penn State's Ag Progress Days.



The ATSPA hosted its Annual Conference with an increased attendance of 130.



The ATSPA began celebrating "50 Years of Saving Lives" with a podcast appearance and video series.

Latest IVP News and Research

- [The Health and Economic Toll of Gun Violence in Youth](#)
- [CHOP Researchers Find Pediatric E-Scooter Injuries Rose More than 70% from 2020 to 2021](#)

Stay connected with us:



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