

Shine a Green Light!

National Injury Prevention Day

November 18, 2022

Join prevention efforts in your community: www.injuryfree.org

Lighting a Pathway to Safety!



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

Out of Harm's Way

The Trauma Prevention Publication

NOVEMBER 2022 | Issue 105

NATIONAL INJURY PREVENTION DAY

Injuries are the leading cause of death and disability to U.S. children 1-18 years old. Every day 20 children needlessly die from preventable injuries – resulting in more deaths than all other diseases combined. But the good news is, many of these injuries are preventable with the use of safety practices and equipment and the implementation of strong legislation.

National Injury Prevention Day is November 18th, annually. This day provides a special opportunity to reach out to communities and provide prevention education on a wide array of topics.

Participating partners are encouraged to light up their hospitals or offices in green the evening of November 18. The green light signifies the commitment to injury prevention. Injury Free Coalition for Kids™ is planning a Twitter chat from 1-2 pm EST. at their handle @injuryfreekids. They will be covering a range of topics from gun safety to child passenger safety. Responses should also include the hashtag #BeInjuryFree. All interested parties are encouraged to participate by replying to prompts provided by Injury Free Coalition for Kids.

More information about Injury Free Coalition for Kids™ and National Injury Prevention Day is available on the Injury Free Coalition for Kids [website](http://www.injuryfree.org).

TOP NEWS TOPICS

- National Injury Prevention Day
- Decorating with Safety in Mind
- National Drowsy Driving Week
- 2023 ATSPA Annual Conference
- Hunting Safety
- Notice from ATSPA Staff
- Latest IVP News and Research

DECORATING WITH SAFETY IN MIND



Seasonal decorations, including lights, trees and wreaths, can help put your household in the holiday spirit. However, when not used properly, decorations—particularly lights—can create safety hazards or cause fires.

Keep your family safe during the holidays. Prior to use, read the manufacturer's instructions for each item to understand how to use it properly. In addition, follow these best practices to ensure your holiday lights and decorations are installed correctly:

1. Double check lights for frayed wires or cracks, and be sure there is a bulb in each socket. Discard and replace damaged strands.
2. Lights should be approved by Underwriters Laboratory. "UL" will be clearly displayed on the tag, signifying the product has been inspected for potential safety hazards. Red UL marks indicate the lights are safe for indoor/outdoor use, and green UL marks indicate the lights are only safe for indoor use.
3. Do not hammer tacks or nails into the electrical cord when hanging lights. Instead, use clips to safely attach lights to the house.
4. Use heavy-duty extension cords, and only use cords outdoors if they are designated for outdoor use. Avoid overloading extension cords by using no more than three sets of standard lights per cord.
5. Outdoor lights and inflatable decorations should be plugged into circuits protected by ground fault circuit interrupters (GFCI). GFCIs help prevent electric shock by breaking the circuit when differences in the currents of hot and neutral wires occur.
6. Use a timer or turn off lights before going to bed, or if you will be away from home.
7. Indoor lights and candles should not touch or be placed near drapes, furniture or carpeting.
8. Prevent tripping by placing cords and decorations in low-traffic areas where they won't be walked on. Avoid twisting, kinking or crushing cords.
9. Be aware of your physical limitations first and foremost – Do you have difficulty balancing? Do you take any medications that could impact your balance? If yes, being conscious of this before you start decorating, and making a plan that involves others can save your life, or at the very least prevent an injury.
10. Review the rules of ladder safety – If you will be climbing a ladder to decorate your tree or hang lights, take a few moments to go over the rules of ladder safety first. These include:
 - Placing the ladder squarely on the ground before climbing it.
 - Placing the ladder away from any doorways.
 - Always maintaining three points of contact with the ladder (i.e., two hands and one foot or two feet and one hand).
11. Get some help if you can – If a loved one is available to help you decorate, take advantage of the extra pair of hands and ask for help, especially if you will be climbing a ladder to hang your decorations.
12. Check the weather conditions before decorating outside – Put off your outside decorating if a storm or other adverse weather is predicted.
13. Consider hiring professionals – If your holiday decorating plans are fairly elaborate, hire some pros to handle your decorating so you can fully minimize the risk of an accident and injuries.
14. Anchor all large and/or heavy decorations so that animals and young children cannot pull them down.



Additionally, if you have children in your home, use safety caps on all electrical outlets that are not in use to prevent shock. Keep sharp objects out of reach, as well as items that could be swallowed.

DROWSY DRIVING WEEK

To bring heightened awareness to the perils of driving while sleep-deprived, the National Sleep Foundation declares November 6-13, 2022 as Drowsy Driving Prevention Week®. The Foundation's annual outreach effort aims to reduce the number of drivers who decide to drive sleep-deprived. Being a diligent driver starts with being aware – drowsy driving is preventable.

Sleepiness can slow down your reaction time, decrease awareness, impair judgment, and increase your risk of crashing. Whenever you are getting ready to drive, ask yourself, "Am I alert enough to operate a 3,000-pound moving machine on public roads?"

Be proactive. Plan every short and long trip ahead of time. Ask a friend to join you on long-distance drives, so that your companion can help look for early warning signs of driver fatigue and switch drivers when needed.

8 Drowsy Driving Warning Signs to Watch for:

- Finding it hard to focus on the road, frequent blinking, or heavy eyelids
- Starting to daydream, wandering eyes, and have disconnected thoughts
- Having trouble remembering the last few miles driven
- Missing an exit or ignoring traffic signs
- Yawning repeatedly or rubbing your eyes
- Finding it hard to keep your head up or nodding off
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip
- Feeling restless and irritable, or becoming aggravated with common annoyances such as sitting in traffic

If you notice these warning signs for drowsy driving, pull over to a safe place and get some rest, stretch, or drink a caffeinated beverage. Continue driving only when you feel alert and refreshed.

Some groups of drivers are at greater risk for drowsy-driving crashes. Research has shown there are 5 key groups of focus.

- Young drivers — especially males under 25 years old.
- Shift workers and people with long work hours — working the night shift can increase your risk of drowsy driving by nearly six times. Rotating-shift workers and people working more than 60 hours a week need to be particularly careful.
- Commercial drivers — especially long-haul drivers. At least 15% of all heavy truck crashes involve fatigue and sleep-deprived driving.
- People with undiagnosed or untreated disorders — People with untreated obstructive sleep apnea have up to seven times the risk of falling asleep at the wheel.
- Business travelers — who spend long hours driving or may be jet-lagged from a previous trip.

For more information about drowsy driving, visit the [Drowsy Driving Prevention Week](#) page to learn more.

NOVEMBER 2022 OBSERVANCES

Monthly Observances: *None*

Weekly or Daily Observances:

- November 6-13: [Drowsy Driving Prevention Week](#)
- November 18: [National Injury Prevention Day](#)
- November 24: *Thanksgiving*



2023 ATSPA ANNUAL CONFERENCE





Prepare Prevent Provide

SAVE THE DATE

2023 ATSPA ANNUAL CONFERENCE

- Continuing Education Credits
- Networking Opportunities
- Trauma Relevant Session topics

April 25 & 26, 2023
Kalahari Resorts & Conventions
250 Kalahari Blvd., Pocono Manor, PA 18349

Keep an eye on our website and newsletter for more information!

See you in the Poconos!

ATSPA has announced the date and location for the 2023 ATSPA Annual Conference.

At the release of this newsletter there is hotel and sponsorship/exhibiting information available. Scholarship and annual award information is expected before the end of the month. Registration is expected to open shortly after the first of the year.

We hope that you will share this opportunity with trauma nurses, doctors, social workers, EMS Personnel and physical/occupational therapists.

[Click here for a flyer you can share with others.](#)

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

HUNTING SAFETY

On of the biggest hunting days of the year is the first day of "rifle season". Taking place on Saturday, November 26, 2023, this is the first chance for hunters who want to bag a deer by rifle.

STEPS to Safe Tree Stand Hunting

By remembering these STEPS to tree stand safety, you can reduce your risk of falling and be prepared to signal for help if you do fall.

Safety harness or belt: Always wear a full-body safety harness whenever your feet leave the ground.

Tree stand maintenance: Check your stand for missing or broken parts before each use.

Evaluate your stand site: Select trees that are alive and will support your weight.

Partners and plans: Hunt with a partner and have a plan in case of an emergency.

Signals: Carry a whistle or other signaling device should you need assistance.

Also, after you are secured in the stand, use a haul line to bring gear up to you. Make sure firearms are unloaded with the action open.

Hunting Safety Tips

- Positively identify your target! Be sure you are shooting at legal game. Never shoot at sounds or movement.
- Stay in the zone! Hunters should be spaced 25 to 40 yards apart, and always in sight of one another. Each hunter's zone of fire spans about 45 degrees directly in front of the hunter. Never shoot at game moving between you and someone else.
- Plan your hunt! Let someone know where you're hunting and when you'll return. Leave a note with your vehicle with the same information in case park rangers or game wardens need to find you.
- Keep fit! Hunting is hard work. Don't become a statistic, keep physically fit. Start with a check-up and follow your doctor's advice.
- Don't get lost! Become familiar with your hunting area. Learn how to use a map and compass or GPS unit. Be prepared for emergencies. Carry a basic survival/first aid kit and know how to use it.
- Be seen! Wear or display the required amount of fluorescent orange clothing.

For more information or to take a hunter's safety course, visit the [Pennsylvania Game Commission website](https://www.penn.gov/ga/commission/).

Latest IVP News and Research

Research

- [Study investigates the intersection of race, ethnicity, and sex in new functional limitations of trauma survivors](#)

Report

- [The cost of surviving gun violence: Who pays?](#)

News

- [CALL 911! Emergency department doctors, nurses need help now against violence](#)

- [Feds: 11 More Crash Deaths Linked to Automated Driving Systems](#)



Hunting Safety Tips

Make safety the #1 priority!

Hunting Safety Tips:

- Positively identify your target.** Be sure you're shooting at legal game. Never shoot at sounds or movement.
- Plan your hunt.** Make sure someone knows where you're hunting and when you plan to return.
- Stay in the zone.** Know your safe zone-of-fire and never shoot at game moving between you and someone else.
- Keep fit.** Keep physically fit. Start with a check-up and follow your doctor's advice.
- 911 Stay found.** Become familiar with your hunting area and be prepared for emergencies.
- Be seen.** Wear or display the required amount of fluorescent orange.

Think SMART About Firearm Safety:

- Safe direction:** Keep your firearm pointed in a safe direction at all times.
- Make sure:** Positively identify your target.
- Always check:** Know what's beyond your target before shooting.
- Respect firearms:** Treat all firearms as if they are loaded.
- Trigger caution:** Don't touch the trigger until you are ready to shoot.

Important Notice from ATSPA Staff

ATSPA has decided to change the dates for the Annual Membership Survey. Typically, this would take place December 1-31. However, we will be postponing the survey until Summer 2023.

ATSPA does appreciate your feedback and if you feel you need to share any success or shortcomings with us, we do encourage you to do so.

You can reach a staff member by emailing atspa@atspa.org.

Stay connected with us:



2 Flowers Drive, Mechanicsburg, PA 17050

Email: scarns@atspa.org, Web: www.atspa.org

© All rights reserved by The American Trauma Society, PA Division.

[ATSPA, SCPAHS, and Safe Kids PA Staff](#)

Krista Brands, ATSPA Chief Executive Officer

Allyson Fulton, ATSPA Assistant Director

Kim Nunemaker, ATSPA Educational Program and Event 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