



**National Injury Prevention Day**  
**November 18, 2021**



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 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.

The Injury Free Coalition for Kids® is comprised of over 40 sites located in Level I Trauma Centers of 30 states across the country in all the country's Federal Trauma Regions. These sites, including yours, have hospital-based, community-oriented injury prevention programs whose efforts are anchored in research, education, and advocacy. Each site has independent, physician-led programs driven by the Coalition's mission: preventing injury to children. While research determines where the injuries take place and which ones are most prevalent and severe, most of the injuries addressed occur in urban environments. Coalition members work to empower the diverse populations who live there, and they address the injuries most prevalent in their areas.

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 Injury Prevention Day is available on the Injury Free Coalition for Kids [website](http://www.injuryfreekids.org).

# Out of Harm's Way

The Trauma Prevention Publication

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## TOP NEWS TOPICS

- National Injury Prevention Day
- Wilderness First Aid
- Drowsy Driving Awareness
- Safe Toys for the Holidays
- Food Safety
- 2022 Annual Conference
- October Updates

# WILDERNESS FIRST AID

## What to do when an emergency happens and you are far from help.

Hunters face a variety of possible injuries; fractures, sprains, surface and deep wounds, and blisters, just to name a few. Injuries can be unexpected, but preparation will mitigate their effects for a successful trip. Before a hunt, use these tips to prepare and prevent tragedy:

**Plan** – before you leave, learn about potential hazards and plan appropriately. Check the weather and dress for the occasion. Pack extra water and food in case you get stranded. Also pack a first aid kit, flashlight, and whistle.

**Communicate** – let family or friends know where you are going, what time you will be leaving, if you expect to check in and the latest time you expect to be back.

**Learn** – having a basic knowledge of wilderness first aid may prevent a hunting trip from becoming a tragedy. Learning the basic skills below can improve the likelihood of survival and prevent serious injury.



The below instruction is not a replacement for proper medical training, advice, or attention. In all emergency situations, you should contact 911 immediately.

### Bleeding Control

Depending on the situation, different types of bleeding control strategies may be needed. As with any open wound, it is very important to keep the wound clean and free of debris.

- **Direct Pressure & Elevation** – For most cuts and surface wounds, direct pressure and elevation will work to control bleeding. To perform direct pressure, use your hand and a piece of fabric, preferably sterile gauze, to apply pressure directly to the source of bleeding. If blood soaks through the gauze, leave it in place and add more on top. If movement will not create more harm, elevation of the extremity may help decrease the bleeding.
- **Wound Packing** - For injuries where it may be difficult to apply a tourniquet, pack (or stuff) the wound with hemostatic gauze, plain gauze, or a clean cloth. Afterward, apply direct pressure.
- **Tourniquet** - Tourniquets are tight bands of cloth or fabric, used to completely stop the blood flow to a wound. Not all situations require a tourniquet. Tourniquets are for limb injuries only and cannot be applied to the head or torso.

#### To apply a tourniquet:

1. Find the source of the bleeding and apply pressure. If the bleeding does not slow or stop when pressure is applied, you will need to apply a tourniquet.
2. Position the tourniquet. The Red Cross recommends placing the cloth 2 inches above the wound and not on a joint. Tie a square knot, like the knot used when tying your shoes, but without the loops.
3. Use a stick, pen, marker, or other item strong enough to act as a lever to twist the tourniquet tighter and hold it in place. Place your lever on the first knot and tie another square knot with the loose ends
4. Twist the lever to increase the pressure. Watch the source bleeding for slowing, continue to twist until all the bleeding has stopped or is significantly reduced.
5. Once the bleeding has slowed or stopped secure the lever and pressure by tying the ends to the person's arm or leg.
6. Mark the time. It is very important for first responders and medical staff to know when you applied the tourniquet as they can only be applied for a certain amount of time.
7. If the item that created the wound is still in the injury do not remove it. Items such as arrows, knives, branches, or rocks that are stuck in a person could be holding the source of bleeding closed and removing the item will cause more damage.

Wilderness first aid training is offered by the American Red Cross and the Boy Scouts of America. This training includes assessing an injury, proper treatment of an injury and how to get help. It also comes with in depth instructions on what to do in case of an emergency.

# NOVEMBER 2021 OBSERVANCES

## Monthly Observances:

NONE

## Weekly or Daily Observances:

- Nov. 3-10: Drowsy Driving  
Prevention Week

- Nov. 18: Injury Prevention  
Day

- Nov. 25: Thanksgiving

# DROWSY DRIVING PREVENTION WEEK

To bring heightened awareness to the perils of driving while sleep-deprived, the National Sleep Foundation declares November 3-10, 2021 as Drowsy Driving Prevention Week®. The Foundation's annual outreach effort aims to reduce the number of drivers who decide to drive sleep-deprived — responsible for more than 6,400 U.S. deaths annually — through accessible research and communications tools.

A new poll commissioned by the National Sleep Foundation (NSF) shows that a total of 97% of those polled see drowsy driving as a threat to safety, with more than 68% considering it to be a major threat. Furthermore, three in 10 Americans reported not knowing how many hours they could be awake without sleep and still drive safely. These findings highlight the need for public education on how to assess one's alertness and risk of driving while drowsy.



Photo from Adobe Stock

## TOY SAFETY FOR THE HOLIDAYS

Approximately 50 percent of all United States toy purchases are made between Black Friday and Christmas. According to a U.S. Consumer Product Safety Commission (CPSC) report, 226,000

toy-related injuries were reported in 2018.

### Use these tips to ensure safe gift giving this year:

1. Consider your child's age when purchasing a toy or game. Take a moment to read the warning label and locate the suggested age range. This information is placed on toy packaging to help ensure the safety of children. Small game pieces or accessories can be a choking hazard for children and pets. Toys that heat up may need parental supervision to avoid burns.
2. Pay attention to gifts needing batteries. According to the American Academy of Pediatrics, more than 2,500 children ingest button batteries every year. Keep a close eye on batteries and gifts that require them. These include remote controls, singing greeting cards, watches, hearing aids, children's toys, key fobs, tea light candles, flashing holiday jewelry, decorations, and many other everyday items.
3. Consider Toxicity. Children are known for putting things in their mouths. Ensure that any paints, crayons, markers, putty, play clay, etc. are non-toxic. Pay close attention to children when they are using these items to prevent ingestion.
4. After play time is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that could catch little fingers. Also, ensure that all parts and pieces make their way into the bin before being put away.
5. Stay informed about harmful products. Safe Kids Worldwide makes it easy for you by sending an e-mail alert twice a month. Parents can sign up at [www.safekids.org/product-recalls](http://www.safekids.org/product-recalls).

## FOOD SAFETY

In America, many holidays revolve around food. There seems to be a preset menu for everything from New Year's to Fourth of July. None more so than Thanksgiving: turkey, gravy, stuffing, mashed potatoes and pumpkin pie. But it is easy to forget that cooking can also be dangerous. From hot stoves to undercooked food, Thanksgiving can present a myriad of hazards.

### Food Safety tips:

1. Safely Thaw Your Turkey - Never thaw your turkey by leaving it out on the counter.
2. Safely Handle Your Turkey - Raw poultry can contaminate anything it touches with harmful bacteria. Follow the four steps to food safety – cook, clean, chill, and separate – to prevent the spread of bacteria to your food and family.
3. Safely Prepare Stuffing - Use a food thermometer to make sure the stuffing's center reaches 165°F.
4. Safely Cook Your Turkey - To make sure the turkey has reached a safe internal temperature of 165°F, check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joints.

For more food safety tips visit, [foodsafety.gov](http://foodsafety.gov).

## ATSPA OCTOBER UPDATES

- October 1: Gave an ATS Divisions presentation to TSN Coordinator Course, participated in the Safe States Policy Fellowship Call and attended Safe States Alliance's "Strengthening Partnerships through Evaluation - Greensboro Downtown Greenway's Journey" webinar.

- October 4: Hosted the ATSPA Board of Directors Meeting.

- October 5-7: Attended the PennDOT Communication Workshop.

- October 6: Attended the Pennsylvania Emergency Health Services Council Board of Directors meeting and a remote kick-off meeting for a pilot program on Health Equity Assessments for Multidisciplinary Teams.

- October 7: Attended the Lancaster County Farm Safety Committee Meeting, in Lancaster, participated in the Safe Kids Worldwide Monthly State Leaders call and attended Safe States Alliance's "Strengthening Partnerships and Creating Connection by Sharing Progress - Ardmore Behavioral Health Collaborative's Journey" webinar.

- October 8: Attended Safe States Alliance's "Strengthening Partnerships through Performance - Construction Suicide Prevention Partnership's Journey" webinar.

- October 13: Attended the PACHC Conference, in Lancaster, the Pennsylvania Trauma Systems Foundation Annual Conference and Bi-monthly meeting for PennDOT grantees in Region 2.

- October 14: Presented Mature Driver Safety Tips and Traffic Law Update, in Millerstown.

- October 15: Attended "How to Take on Harmful Jaywalking Laws and gave Adult Pedestrian Safety Presentation" webinar, in Waynesboro.

- October 18-22: Attended the Othering and Belonging Conference, the UpSwell Conference and the Professional Women in Advocacy Conference.

- October 20: Co-hosted, along with Safe Kids-Dauphin County, a Child Passenger Safety Update/Refresher Course.

- October 21: Participated as a panelist on falls prevention at Thomas Jefferson University Hospital's New Waves in Trauma Conference and participated in a Children's Safety Network Webinar: Partnerships to Prevent Fire and Burn-Related Injuries Among Children.

- October 23: Assisted the Mount Holly Springs Police Department at a Bicycle Safety, Pedestrian Safety, and Child Passenger Safety event, in Mount Holly Springs.

- October 26: Participated in part one of the Older Adult Injury Prevention Task Force Summit, hosted by the Michigan Trauma Coalition Older Adult Injury Prevention Summit Planning Committee and attended "How to Write an Awesome Annual Report With Gratitude and Impact" webinar.

- October 26-29: Hosted a Child Passenger Safety Technician Certification Course, in Mechanicsburg.

- October 29: Hosted a Child Safety Seat Check Event at Good Hope Fire Station, in Mechanicsburg.

## Save the Date



Prepare



Prevent



Provide

## 2022 ATSPA Annual Conference

April 5 & 6, 2022

**Kalahari Resorts & Convention Center**

250 Kalahari Blvd.; Pocono Manor, PA 18349

**With sessions on Pediatric Burns, Civil Disturbance, Gun Violence and more.**

- Sponsorship and exhibitor information coming in Mid-November.
- Registration opening in January.
- Award nominations and scholarship applications coming soon.

Stay connected with us:



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