



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

50 YEARS OF SAVING LIVES

This year, we at the ATSPA are celebrating a milestone...our Golden Anniversary! For the next year, we are celebrating 50 Years of Saving Lives!

On June 12, 1973, the ATSPA received its charter and began its work, strengthening PA's newly-emerging trauma centers, and solidifying what is now the ATSPA's mission: injury prevention and mitigation through education, intervention, and advocacy. Hospital members were recruited and partnerships formed, expanding injury prevention efforts across Pennsylvania.

From "Be Alert...Trauma Hurts!" and "The Trauma of Drinking, Drugs, and Driving" to bleeding control kits and rear-view monitoring systems for farm equipment to prevent backover injuries, the ATSPA presses forward, providing an ever-expanding array of injury prevention resources.

Today, the ATSPA boasts 55 hospital/trauma center members and 27 EMS members; and those numbers continue to grow. We stand with our members as we battle traumatic injury, all with the goal of keeping Pennsylvanians safe.

The ATSPA is passionate about the safety of all Pennsylvanians, and we hope you will join us in celebrating this Golden Anniversary!

In case you missed it, the ATSPA's CEO, Krista Brands, was on the Chick 2 Chick podcast to talk about the anniversary and our history. [Use this link to share or watch.](#)



(L-R) Scott Charles, MAPP; Amy Goldberg, MD; the late Webb Hersperger, MD; and the late Dr. John Templeton, Jr.



Current ATSPA CEO, Krista Brands fitting a helmet.

Out of Harm's Way

The Trauma Prevention Publication

JULY 2023 | Issue 112

TOP NEWS TOPICS

- 50th Anniversary

- Alternative Terrain Vehicles: UTV, ATV, and Golf Cart safety

- Summer Sports Safety

- ATSPA Important Notices

- Micro Grant Spotlight

- Latest IVP News and Research

ALL THE TERRAINS, NONE OF THE INJURIES: ATVs, UTVs, GOLF CARTS, AND SAFETY

As the warm weather beckons, many of us are eager to hit the trails, explore off-road adventures, or enjoy a leisurely round of golf. All-terrain vehicles (ATVs), utility task vehicles (UTVs), and golf carts have become increasingly popular for these recreational activities. However, it's important to prioritize safety to ensure that these enjoyable experiences remain accident-free.

Use the tips below to keep your family safe and enjoy your next ride.

1. Know Your Vehicle:

Before hopping on an ATV, UTV, or golf cart, take the time to familiarize yourself with its features, controls, and operating procedures. Understanding your vehicle's specifications will help you make informed decisions and avoid dangerous situations.

2. Wear Appropriate Safety Gear:

Safety should always be a priority when operating off-road vehicles. Make sure to wear a helmet, goggles, gloves, and sturdy, closed-toe footwear. These items will protect you in case of an accident or rollover. Additionally, wearing long sleeves, long pants, and knee and elbow pads can shield your body from potential scratches, cuts, or impacts.

3. Ride Within Your Skill Level:

Off-roading can be exhilarating, but it's important to know and respect your limits. Stay within your comfort zone and ride at a speed and on terrain that suits your skill level. Pushing yourself beyond your abilities significantly increases the risk of accidents and injuries.

4. Observe Trail Etiquette and Regulations:

When enjoying the trails, adhere to designated paths and follow local rules and regulations. Respect private property and avoid venturing into areas off limits to off-road vehicles. Be mindful of environmental restrictions and maintain a responsible approach to preserve natural habitats for everyone's enjoyment.

5. Avoid Impaired Riding:

Never operate an ATV, UTV, or golf cart under the influence of alcohol, drugs, or medication. Impaired judgment and reduced reaction time can lead to serious accidents. If you plan to consume alcohol or take medication, designate a sober driver or consider alternate transportation.

6. Passenger Safety:

If your vehicle is designed to carry passengers, ensure that all passengers are seated properly and securely. Follow the manufacturer's guidelines regarding passenger capacity and age restrictions. Adding passengers can significantly alter the vehicle's stability and handling, so it's crucial to maintain proper balance and control.

7. Stay Vigilant and Aware:

Maintain constant awareness of your surroundings while riding. Keep an eye out for other vehicles, pedestrians, wildlife, and potential hazards such as rocks, ditches, or obstacles on the trail. Avoid distractions like mobile phones or headphones that may compromise your focus and reaction time.

8. Regular Maintenance Matters:

To ensure safe operation, perform regular maintenance on your ATV, UTV, or golf cart. Regularly inspect and maintain brakes, tires, lights, and steering. Follow the manufacturer's recommended maintenance schedule and promptly address any issues or concerns that arise. Well-maintained vehicles are less likely to experience mechanical failures that could lead to accidents.

9. Promote Safety Education:

Stay informed about the latest safety guidelines and regulations for ATVs, UTVs, and golf carts. Consider taking a safety course to enhance your knowledge and skills. Share safety information with friends and family, encouraging them to prioritize safety and responsible riding practices.

Safety resources are available at the ATSPA website, www.atspa.org. Stay alert, ride responsibly, and create lasting memories while keeping yourself and others out of harm's way.

JULY 2023 OBSERVANCES

Monthly Observances:

National Firework Safety Month

Weekly or Daily Observances:

- July 4: Independence Day

- July 25: World Drowning Prevention Day

SUMMER SPORTS SAFETY

From swimming and cycling to soccer and tennis, the possibilities for summer sports are endless. Add in practice for fall sports starting in late July or early August, the chance for heat related illness is high. It's crucial to prioritize safety to ensure that our summer adventures remain injury-free and enjoyable.

Use these tips and precautions while engaging in your favorite activities:

- 1. Stay Hydrated** - Drink plenty of water before, during, and after your games or workouts. Avoid excessive consumption of sugary drinks or caffeine, as they can contribute to dehydration.
- 2. Warm Up and Cool Down** - Before an activity, do light stretching exercises and gradually increase your intensity. Similarly, after your sports session, cool down by performing gentle stretches to help prevent muscle soreness and promote recovery.

3. Use Proper Equipment - Make sure you have the appropriate gear and equipment for your chosen sport. Whether it's helmets for cycling, shin guards for soccer, or proper footwear for running, wearing the right equipment significantly reduces the risk of injuries. Regularly inspect and maintain your gear to ensure it's in good condition and offers adequate protection.

4. Protect Your Skin - A broad-spectrum sunscreen with an SPF of 30 or higher should be applied every two hours to all exposed skin, even on cloudy days. Additionally, wear a wide-brimmed hat, sunglasses, and lightweight, breathable clothing.

5. Listen to Your Body - Pay attention to your body's signals and take breaks when needed. Overexertion can lead to fatigue and increase the likelihood of injuries. If you experience pain, dizziness, or shortness of breath, stop your activity and seek medical attention if necessary.

6. Be Mindful of Weather Conditions - Extreme heat, thunderstorms, or high humidity levels can pose risks to your safety. Adjust your plans accordingly and seek shelter or reschedule if weather conditions become hazardous.

7. Seek Proper Training and Guidance - If you're trying out a new sport or technique, seek proper training and guidance from qualified instructors or coaches. Learning the correct techniques and strategies not only enhances your performance but also reduces the risk of injuries.

By following these summer sports safety tips, you can ensure a summer filled with fun, fitness, and most importantly, safety.

ATSPA IMPORTANT NOTICES

Member Survey

The answers provided in these surveys directly shape the programs, materials and continuing education that the ATSPA offers its members. YOU can make a difference with just a moment of your time. Anyone who fills out a survey will be entered to win a \$50 visa gift card. Surveys will be open July 1-31.

Look for an email on July 1 with a link to complete the survey.

*Please take a moment to look at your Emergency Department Data and determine the top three mechanisms of injury you see. EMS members, please take a moment to review your data for the top three injuries you see.

Save the Date

2024 ATSPA Annual Conference April 24 & 25

Lancaster Marriott at Penn Square
25 S. Queen Street
Lancaster, PA 17603

This event will include a 50th Anniversary Gala for an additional cost.

Please keep an eye out for more information.

*If you have research or an outreach project you'd like to present a poster on, abstracts will be accepted in the coming months.

Mini and Micro Grant Applications

The mini and micro grant application window will open July 26 and close August 23.

*Want to prepare in advance?
Great idea!*

You can visit the ATSPA website for guidelines, sample applications, past awardees and more. These items are located under "Member Benefits" and past examples. All items are subject to change.

MICRO GRANT SPOTLIGHT

Each Pennsylvania ATS member, both institutional and EMS, are able to apply for injury prevention grants annually by the ATSPA. Mini grants of up to \$4,000 are offered to institutional members and micro grants of up to \$2,000 are offered to EMS members. Members can apply for these grants once a year during the application window.

Chestnut Ridge EMS 2022-23 Micro Grant Project

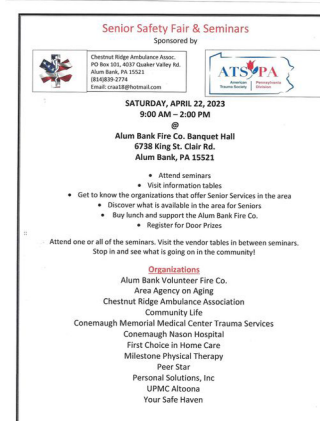
In the fall of 2022 Chestnut Ridge Ambulance Association (Chestnut Ridge) applied for a micro grant of \$2,000 for a fall prevention initiative. They hosted a senior fair that included a 30-minute seminar titled 'Keeping your Loved Ones Safe while Keeping them at Home'. The seminar presentation included a power point from the ATSPA on "Fall Prevention" followed by Q&A. According to the final report, "everyone who attended raved about the education they received." The association worked with 14 organizations/businesses who provided education at their tables; several provided a 30-minute seminar for attendees.

They hoped to reach 100 but were only able to confirm 57 attendees. However, the feedback from their partners was that the event was well attended. They noted the community reacted favorably to the event, "there were many who commented on the Ambulance Facebook page that this was a great event for our small community."

"The first attendee came through the doors at 9:00 AM sharp. This person was also the last attendee to leave the fair. She stated she [was] not planning on being there so long. She just came in to see what information there was but there was so much great information that she wanted to absorb it all and attend all of the seminars that were presented."

As with any event there is always something to learn, "most organizations ran over their allotted time which threw the schedule off a little. Next time, we would consider holding multiple seminars at the same time."

Chestnut Ridge Ambulance has completed their grant project and submitted a final report. They are planning another event in Spring 2024, with plans to expand.



Latest IVP News & Research

News

- [You can't be what you don't see': How DNPs of Color is amplifying diverse voices in nursing leadership](#) - Becker's
- [6 ways to quickly build patient trust](#) - EMS 1

Research

- Rimmer A. [Workplace pressures are forcing doctors to leave medicine. GMC warns](#) BMJ 2023; 381 :p1454 doi:10.1136/bmj.p1454
- Nora D. Volkow, M.D., Robert M. Califf, M.D., Marta Sokolowska, Ph.D., Lawrence A. Tabak, D.D.S., Ph.D., and Wilson M. Compton, M.D., M.P.E. [Testing for Fentanyl — Urgent Need for Practice-Relevant and Public Health Research](#) N Engl J Med 2023; 388:2214-2217
DOI: 10.1056/NEJMp2302857

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