



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](http://www.atspa.org)

# SUPER BOWL PARTY SAFETY

The Super Bowl is not just a football game; it's a cultural phenomenon that brings friends and family together for a day of excitement, good food, and camaraderie. However, amidst the festivities, it's essential to prioritize safety to ensure that everyone has a memorable and incident-free experience. In this article, we'll explore key tips for hosting a safe and enjoyable Super Bowl party.

### Venue Safety

- Ensure that party areas have clear pathways to prevent tripping hazards. Arrange furniture and decorations in a way that allows easy movement for guests.
- Identify and keep emergency exits clear in case of any unforeseen events. This is especially crucial for large gatherings.
- Keep sharp objects, small items, and choking hazards out of reach of children.

### Food Safety

- Keep perishable items refrigerated until serving time and avoid leaving them out for extended periods.
- Label dishes with allergen information to help guests with dietary restrictions.

### Alcohol Awareness

- Plan for designated drivers or alternative transportation, advise guests to do the same.
- Promote responsible drinking and provide a range of non-alcoholic beverage options.

### TV Safety

- Ensure that the TV is securely mounted or placed on a stable stand to prevent tip-overs.
- Organize and secure cords to avoid tripping hazards.
- Keep remote controls and other small items out of the reach of children.

Hosting a Super Bowl party can be a blast, but it's crucial to prioritize safety to make it an enjoyable experience for everyone. By taking precautions you can create a fun and secure environment for your guests. With a little planning and consideration, your Super Bowl party can be a touchdown in terms of both excitement and safety.

# Out of Harm's Way

The Trauma Prevention Publication

February 2024 | Issue 119

### TOP NEWS TOPICS

- Super Bowl Safety Tips
- Teen Dating Violence Awareness Month
- 2024 ATSPA Annual Conference
- American Heart Month
- The Latest News and Research

# TEEN DATING VIOLENCE AWARENESS MONTH

February is not only the month of love but also a time to raise awareness about Teen Dating Violence (TDV). Recognized as Teen Dating Violence Awareness Month, this observance aims to shed light on the prevalence of abusive behaviors in teen relationships and promote healthy relationships among adolescents.

Teen Dating Violence refers to physical, emotional, or sexual abuse within a dating relationship among adolescents. This type of violence can occur in person or electronically, and it knows no boundaries, affecting teens from all backgrounds. It is crucial to understand the signs and consequences of TDV to address and prevent it effectively.

According to the Centers for Disease Control and Prevention (CDC), nearly 1 in 11 high school students reported experiencing physical dating violence in the last year. Additionally, a significant number of teens face emotional and sexual abuse in their relationships. These statistics emphasize the urgent need to address TDV and provide resources for those affected.

Teen Dating Violence Awareness Month serves as an opportunity to implement educational initiatives that focus on healthy relationship dynamics. Schools, community organizations, and parents can play a crucial role in educating teens about the importance of mutual respect, communication, and consent.

One key aspect of combating Teen Dating Violence is recognizing the signs early on. Common signs include changes in behavior, isolation from friends and family, unexplained injuries, and emotional distress. Educators and parents should be vigilant in observing these signs and providing a supportive environment for teens to discuss their concerns. By providing teens with the tools to navigate relationships in a healthy manner, we can contribute to breaking the cycle of violence.

It's essential to make resources readily available for teens who may be experiencing dating violence. Hotlines, counseling services, and support groups can provide a lifeline for those in need. Communities and schools should collaborate to ensure that information on available resources is easily accessible to teens.

Teen Dating Violence Awareness Month serves as a crucial reminder of the need to address and prevent abuse in adolescent relationships. By fostering open communication, promoting educational initiatives, and providing resources for support, we can contribute to creating a safer environment for teens.



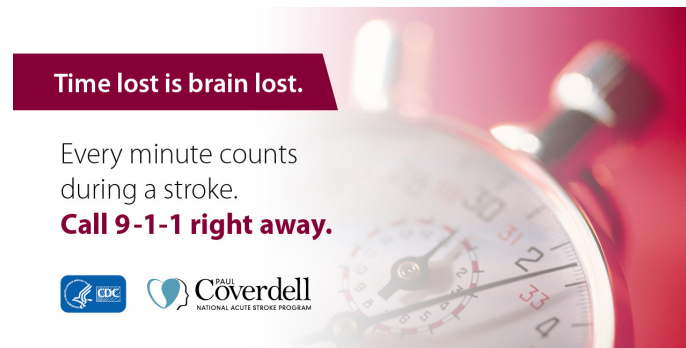
# AMERICAN HEART MONTH

February is designated as American Heart Month. It is not only associated with expressions of love but also serves as a timely reminder to prioritize our heart health. Heart diseases, including heart attacks and strokes, are among the leading causes of death in the United States. American Heart Month aims to raise awareness about cardiovascular health and inspire preventive actions.

Being aware of the risk factors for heart disease is the first step towards prevention. These factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, and a sedentary lifestyle. A significant focus of American Heart Month is encouraging healthy lifestyle choices. Regular physical activity, a balanced diet rich in fruits and vegetables, and avoiding tobacco use are fundamental in promoting cardiovascular health. Awareness campaigns highlight the benefits of maintaining a healthy weight and managing stress, both of which contribute to overall heart well-being.

Early detection of heart-related issues is crucial for effective prevention and intervention. Blood pressure checks, cholesterol screenings, and discussions with healthcare professionals can help individuals understand their heart health status and make necessary adjustments to their lifestyles.

American Heart Month serves as a timely reminder to prioritize the well-being of our hearts. By understanding risk factors, adopting healthy lifestyles, and engaging with community initiatives, individuals can take proactive steps toward maintaining optimal heart health.



# 2024 ATSPA ANNUAL CONFERENCE

Registration is now OPEN!! [Click here to register.](#)

We hope that you will share this opportunity with trauma nurses, doctors, social workers, EMS Personnel, PT/OT, and others interested in trauma prevention and treatment.

## Agenda at a Glance

### Tuesday, April 23

9:00 am	Conference Registration Opens
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 – Templeton Poster Showcase Lightning Round
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

## FEBRUARY 2024 OBSERVANCES

### Monthly Observance:

*American Heart Month*

*Teen Dating Violence*

*Awareness Month*

### Weekly or Daily Observances:

- Feb. 4-10: [National Burn Awareness Week](#)

- Feb. 11: *Superbowl Sunday*

### Register NOW!

## 2024 ATSPA Annual Conference

April 23 & 24

Lancaster Marriott at Penn  
Square

Our website also contains information for:

[Sponsorship and Exhibitor Opportunities](#)  
(Closing Feb. 24! Register NOW!)  
[Hotel Information](#)

For more information, visit our [website](#).

### Register NOW!

## 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](#).

# WHAT'S BACK IN STOCK?

Use our [website](#) to order educational materials seen here. ATS members are entitled to unlimited print materials.

**FIREARM SAFETY**

More than a third of all unintentional shootings of children take place in the homes of their friends, neighbors, or relatives.

**HOW TO PREVENT A TRAGEDY**

There are a few simple ways that you can prevent a tragedy in your home and community:

**LEARN** about safe storage and policy options, which help reduce the risk of gun violence.

**ACT** responsibly and always store your firearms locked, unloaded, and out of the reach of children and those who may be a danger to themselves or others.


**TALK** with your family, friends, and community about responsible gun ownership. Having regular conversations about gun safety with those close to you reduces the chance of family fire incidents.

**ASK** family, friends, and community members about access to unlocked and/or loaded guns in the home.

**FIREARM STORAGE**


Modeling responsible behavior promotes safe behaviors of those around you. If you are acting safely, your children, family and friends will follow. Start by properly storing your firearms:

- Unloaded
- Locked
- Out of Reach



**SAFETY FIRST**

**LOCK IT. STORE IT.**



Properly securing firearms when not in use is the #1 way to help prevent theft, misuse, and injury.

Safe Storage is employing precautions and multiple safeguards that provide an additional barrier against unauthorized use. Safe Storage is the responsibility of every firearm owner.

- Unloaded firearms should be stored in a **locked** cabinet, safe, gun vault or storage case.
- Be sure to place the locked storage case in a location **inaccessible to children**.
- Unloaded firearms can also be secured with a **gun locking device** that renders the firearm inoperable. (A *gun lock should be used as an additional safety precaution and not as a substitute for secure storage.*)
- If firearms are **disassembled**, parts should be securely stored in separate locations.
- Store ammunition in a locked location **separate from firearms**.
- Always **re-check** firearms carefully and completely to be sure that they are **unloaded**.

For ATS Members ONLY - We have also restocked a limited supply of tourniquet kits. There are limitations to the program. For complete information, visit the Stop the Bleed page of our [website](#).

## Latest IVP News and Research

- [Effective Treatments for Opioid Use Disorder — Finding Recovery and Staying Safe](#)
- [Infections and falls increased in private equity-owned hospitals](#)
- [Book Review: 'Trauma Sponges' a Gritty, Honest, and Well-Written Look At Firefighter EMS Response](#)
- [Communications and Emerging Prehospital Care Models](#)

Stay connected with us:



2 Flowers Drive, Mechanicsburg, PA 17050  
Email: [scarns@atspa.org](mailto:scarns@atspa.org), Web: [www.atspa.org](http://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