

Every day in America,
more than

120

people are
killed with guns.

wearorange.org

Text **orange**
to **644-33**
to find a
Wear Orange
event!



wearorange.org

By texting, you agree to receive communications to your phone number from Emergency organizations.
That they reserve the right to call, text & make calls over your emergency cell phone.



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

NATIONAL WEAR ORANGE DAY

National Wear Orange Day traces its roots back to 2013, when 15-year-old Hadiya Pendleton, from Chicago, was tragically shot and killed in a park, just one week after performing at President Barack Obama's second inauguration. Hadiya's friends chose orange as the color to honor her life because it symbolized safety and visibility in hunting.

Following Hadiya's tragic death, her loved ones sought to turn their grief into action. They launched the Wear Orange campaign, an initiative that aims to raise awareness about the devastating impact of gun violence and advocate for sensible gun laws. In 2015, National Gun Violence Awareness Day was officially designated on June 2nd by the U.S. Senate, marking the birthday of Hadiya Pendleton.

National Wear Orange Day has become a vital platform for raising awareness about gun violence prevention and inspiring collective action. The widespread participation in National Wear Orange Day generates a powerful visual impact, fostering conversations about gun safety, legislation, and the need to address the underlying causes of violence.

Beyond the visual impact, National Wear Orange Day serves as a catalyst for advocacy and community engagement. It encourages people to take concrete actions to prevent gun violence, such as reaching out to elected officials, supporting organizations dedicated to gun safety, and engaging in community events focused on education and awareness.

This day also serves as a reminder that addressing gun violence requires a comprehensive approach that includes advocating for sensible gun laws. The campaign aims to spark conversations about common-sense measures, such as background checks, reporting laws, and preventing domestic abusers from accessing firearms. All of these issues have corresponding legislation in front of the Pennsylvania State Senate.

By wearing orange, supporters of the movement send a clear message to lawmakers that they demand action to prevent further tragedies. The collective display of orange across the nation amplifies the voice of those affected by gun violence, urging policymakers to prioritize public safety and pass legislation that can make a difference.

National Wear Orange Day has emerged as a powerful symbol of unity and advocacy against gun violence. By wearing orange and participating in this annual event, individuals and communities display their commitment to creating a safer society for all. This day provides an opportunity to honor the lives lost, raise awareness, and foster meaningful conversations about the need for sensible gun laws and prevention of gun violence.

Out of Harm's Way

The Trauma Prevention Publication

JUNE 2023 | Issue 111

TOP NEWS TOPICS

- National Wear Orange Day
- Firework Safety
- Grill Safety
- National Safety Month
- Heat-related Illness Prevention
- Lightning Safety
- Latest IVP News and Research

FIREWORK SAFETY

The summer months are synonymous with barbecues, outdoor activities, and of course, fireworks. National Fireworks Safety Month begins in June, and continues through July 4th.

Between 2006 and 2021, injuries with fireworks climbed 25% in the U.S., according to US Consumer Product Safety Commission (CPSC) estimates. A CPSC report shows 11,500 emergency room-treated injuries involving fireworks in 2021. Of those injuries, an estimated 8,500 occurred between June 18 and July 18, 2021.

Use these tips to celebrate safely:

- Never allow young children to play with or ignite fireworks, including sparklers. Sparklers burn at temperatures of about 2,000 degrees Fahrenheit—hot enough to melt some metals.
- Keep a bucket of water or a garden hose handy, in case of fire or other mishap.
- Never place any part of your body directly over a fireworks device when lighting the fuse.
- Light fireworks one at a time, then move quickly away from the fireworks device.
- Never try to relight or handle malfunctioning fireworks. Soak them with water and throw them away.
- Never point or throw fireworks (including sparklers) at anyone.
- After fireworks complete their burning, to prevent a trash fire, douse the spent device with plenty of water from a bucket or hose before discarding the device.
- Make sure fireworks are legal in your area, and only purchase and set off fireworks that are labeled for consumer (not professional) use.
- Never use fireworks while impaired by alcohol or drugs.

For more firework safety tips, visit the [US Consumer Product Safety Commission website](https://www.cpsc.gov/US-Consumer-Product-Safety-Commission-website).

The ATSPA also offers firework safety rack cards and printables on the website, atspa.org.

GRILL SAFETY

With the arrival of warmer weather, many of us are eager to fire up the grill and enjoy delicious outdoor meals with family and friends. However, it's important to prioritize safety when grilling to prevent accidents and ensure a memorable and worry-free experience. In this edition, we'll discuss some essential tips for grilling safely and responsibly.

- **Location, location, location:** Choose your grilling spot wisely. Keep your grill at least 10 feet away from any structures, including your house, deck, and trees. Ensure it is placed on a stable, flat surface, away from flammable materials and foot traffic.
- **Check your equipment:** Regularly inspect your grill and its components for any signs of damage or wear. Ensure the gas connections are secure and there are no leaks. If you're using a charcoal grill, make sure the ash catcher is clean and the charcoal is properly extinguished before disposal.
- **Proper attire:** When grilling, it's crucial to dress appropriately. Avoid loose-fitting clothing or long sleeves that could accidentally catch fire. Use heat-resistant mitts and long-handled tools to keep a safe distance from the flames.
- **Keep a safe zone:** Establish a designated grilling area and keep children and pets at a safe distance. Consider setting up physical barriers or boundaries to prevent accidental contact with the hot grill or open flames.
- **Never leave unattended:** Never leave a lit grill unattended, even for a short period. Flames can quickly get out of control, leading to accidents or fires. Stay vigilant and keep a close eye on the grill at all times.
- **Proper lighting and fueling:** When using a gas grill, ensure you follow the manufacturer's instructions for lighting it safely. Avoid using excessive amounts of lighter fluid in charcoal grills, and never add it to a lit fire. Consider using a chimney starter to light charcoal instead.
- **Fire safety:** Have a fire extinguisher or a bucket of sand nearby in case of emergencies. It's better to be prepared than to risk the spread of fire. If using a fire extinguisher, remember the acronym PASS: Pull the pin, Aim at the base of the fire, Squeeze the handle, and Sweep from side to side.
- **Ventilation matters:** Grilling should always take place in a well-ventilated area to prevent the buildup of dangerous gases like carbon monoxide. Never grill indoors, including inside garages or tents, as it poses a significant health hazard.
- **Post-grilling cleanup:** After the grilling session, make sure to properly clean and maintain your grill. Dispose of hot coals safely and ensure the grill is cool before storing it. Keep the grill and surrounding area clean of grease buildup to minimize fire risks.
- **Follow food safety guidelines:** Finally, remember that grilling safety extends beyond the grill itself. Follow proper food handling and cooking guidelines to prevent foodborne illnesses. Use separate utensils and plates for raw and cooked foods to avoid cross-contamination.

By implementing these grilling safety tips, you can enjoy delicious meals and create lasting memories while keeping your loved ones safe.

BURN TREATMENT

1. As quickly as possible, **soak the burn in cool water**. Don't hesitate to run cool water over the burn long enough to cool the area and relieve the pain immediately after the injury.
2. **Cool any smoldering clothing immediately** by soaking with water, then remove any clothing from the burned area unless it is stuck firmly to the skin. In that case, cut away as much clothing as possible.
3. **If the injured area is not oozing, cover the burn with a sterile gauze pad or a clean, dry cloth.**
4. **If the burn is oozing, cover it lightly with sterile gauze if available and immediately seek medical attention.** If sterile gauze is not available, cover burns with a clean sheet or towel.

JUNE 2023 OBSERVANCES

Monthly Observances:

National Safety Month

National Firework Safety Month

Weekly or Daily Observances:

- June 1-7: CPR/AED Awareness Week

- June 2: National Gun Violence Awareness Day

- June 4-10: National Trailer Safety Week

- June 19: National Ride to Work Day

NATIONAL SAFETY MONTH

June is National Safety Month, an annual observance dedicated to raising awareness about the importance of safety in our daily lives. Whether it's at home, in the workplace, or on the road, safety should always be a top priority. In this edition, we'll explore the significance of National Safety Month and provide practical tips to help you create a safer environment for yourself and those around you.

The primary goal of National Safety Month is to prevent accidents, injuries, and fatalities by promoting safety awareness and education. It serves as a reminder to evaluate our behaviors and surroundings, identify potential hazards, and take necessary precautions to minimize risks. By embracing a proactive approach to safety, we can create a culture that prioritizes well-being and protects everyone.

Here are some key areas where you can focus your efforts during National Safety Month:

2023 Weekly Topics



WEEK 1



WEEK 2



WEEK 3



WEEK 4

The ATSPA offers a wide variety of resources for each week at atspa.org.

HEAT-RELATED ILLNESS

As the scorching summer months approach, it is crucial to prioritize our health and take necessary precautions to prevent heat-related illnesses. With rising global temperatures and the increased frequency of heatwaves, understanding how to protect ourselves from the heat has become more important than ever. The ATSPA aims to provide practical tips for safeguarding against heat-related illnesses, ensuring a safe and enjoyable summer season for everyone.

- **Stay Hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid excessive consumption of alcoholic or caffeinated beverages as they can contribute to dehydration. Opt for hydrating drinks such as coconut water or electrolyte-rich sports drinks to replenish essential minerals lost through sweating.
- **Dress Appropriately:** Choose lightweight, loose-fitting, and light-colored clothing made of breathable fabrics such as cotton, linen, or moisture-wicking materials. Don't forget to wear a wide-brimmed hat and sunglasses to shield yourself from the sun's rays.
- **Seek Shade and Limit Outdoor Activities:** When the sun is at its peak, usually between 10 a.m. and 4 p.m., try to stay indoors or seek shade whenever possible. If you need to be outside, take frequent breaks in shaded areas. Plan your outdoor activities for early morning or late afternoon when temperatures are relatively cooler.
- **Create a Cool Environment:** Ensure your living space remains cool and well-ventilated. Use fans, air conditioning, or natural ventilation techniques like opening windows and using cross breezes to circulate air. If you don't have access to air conditioning, consider visiting public places such as libraries, shopping malls, or community centers that offer cool environments.
- **Practice Sun Safety:** Apply a broad-spectrum sunscreen with a high SPF before going outdoors. Reapply it every two hours, especially if you're sweating or swimming. Wear lightweight, long-sleeved clothing to shield your skin from direct sun exposure. Don't forget to protect your eyes with UV-blocking sunglasses.
- **Know the Warning Signs:** Educate yourself about the signs and symptoms of heat-related illnesses, such as heat exhaustion and heatstroke. Common symptoms include excessive sweating, dizziness, nausea, headache, rapid heartbeat, confusion, and fainting. If you or someone around you experiences these symptoms, immediately move to a cool place, drink water, and seek medical assistance if necessary.
- **Check on Vulnerable Individuals:** Take care of those who may be more susceptible to heat-related illnesses, such as the elderly, young children, and individuals with chronic illnesses. Ensure they have access to a cool environment, stay hydrated, and regularly check on their well-being. Encourage them to seek medical help if they show any signs of heat-related distress.

Preventing heat-related illnesses requires a proactive approach and mindful actions. By staying hydrated, dressing appropriately, seeking shade, creating a cool environment, practicing sun safety, knowing the warning signs, and looking out for vulnerable individuals, we can safeguard ourselves and our loved ones from the risks of excessive heat. Remember, being prepared and taking necessary precautions are the keys to enjoying a healthy and safe summer season.

LIGHTNING SAFETY

As we welcome the summer season, it's important to be aware of the potential dangers associated with thunderstorms and lightning. Lightning is a fascinating yet powerful natural phenomenon that demands our respect and caution. The ATSPA offers tips and materials to help you stay safe during stormy weather.

- **Stay informed:** Keep an eye on weather forecasts and be aware of any thunderstorm warnings or watches in your area.
- **Seek shelter:** When thunderstorms are approaching, it is crucial to find a safe place to seek shelter, preferably indoors. Find a sturdy building or a fully enclosed metal vehicle with windows rolled up. Avoid seeking shelter under trees. If you're caught outdoors with no shelter available, crouch down low, minimizing your contact with the ground and reducing your exposure to lightning.
- **Stay away from water:** Lightning can travel through plumbing and electrical systems, so avoid using water during a thunderstorm. Refrain from taking showers, washing dishes, or using faucets. Also, swimming, boating, and other water-related activities should be avoided until the storm passes.
- **Unplug electronics:** Lightning can cause power surges that may damage electronic devices. Unplug appliances, televisions, computers, and other valuable equipment to prevent potential damage. It's a good idea to use surge protectors for essential electronic devices that cannot be unplugged.
- **Wait for the all-clear:** After a thunderstorm has passed, it's important to wait at least 30 minutes from the last observed lightning or thunder before venturing outside. Lightning can still pose a risk even after a storm has seemingly dissipated.
- **Educate children:** Teach your children about lightning safety from an early age.
- **Be prepared:** If you enjoy outdoor activities, such as hiking, camping, or sports, be prepared for sudden weather changes.
- **Be cautious indoors:** Although indoor spaces generally provide a safe haven during a thunderstorm, it's essential to remain cautious. Avoid using corded phones, as lightning can travel through telephone lines. Additionally, stay away from windows and doors.

By being informed, prepared, and proactive, you can greatly reduce the risks associated with thunderstorms and lightning.

Lightning resources can be found at atspa.org.

Latest IVP News & Research

News

- [Lehigh Valley News: Surviving trauma: How one man came close to death and lived to tell about it](#)
- [The Express: Tips for an injury-free summer](#)
- [EMS1: 8 things we wish the general public knew about EMS](#)

Research

- [LaVeist TA, Pérez-Stable EJ, Richard P, et al. The Economic Burden of Racial, Ethnic, and Educational Health Inequities in the US. JAMA. 2023;329\(19\):1682–1692. doi:10.1001/jama.2023.5965](#)
- [Sawada Y, Isshiki Y, Ichikawa Y, et al. \(May 16, 2023\) The Significance of the Treatment for Elderly Severe Trauma Patients Who Required Intensive Care. Cureus 15\(5\): e39110. doi:10.7759/cureus.39110](#)
- [Harris E. Sex Differences in Post-Heart Attack Rehospitalizations. JAMA. Published online May 17, 2023. doi:10.1001/jama.2023.8660](#)

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LIGHTNING SAFETY THE SHOCKING TRUTH

Know the facts:

- Lightning's heat exceeds 50,000 degrees Fahrenheit. That is three times hotter than the surface of the sun!
- According to the National Weather Service, lightning kills 20 or more people per year and injures hundreds more.
- Once lightning strikes the ground, it can spread up to 60 feet across the surface.
- Those struck by lightning do not carry a charge and can be handled safely.
- Many lightning strike deaths occur at the beginning and the end of the storm. Put activities on hold and remain in safe shelter for 30 minutes after the last lightning bolt and thunder bang.
- Being struck by lightning can cause serious nerve damage, leading to long term health complications.
- **Some effects of a lightning strike include:**
 - Cardiac arrest
 - Muscle soreness
 - Headache
 - Nausea
 - Confusion
 - Dizziness and balance problems
 - Slower reactions
 - Irritability and personality change
 - Chronic pain
 - Difficulty sleeping
 - Depression

If someone you know is struck by lightning, call 911.

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