



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

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NATIONAL SAFETY MONTH

June is National Safety Month. The National Safety Council hosts this event annually and for the the 25th Anniversary they have chosen to focus on workplace safety. Their website states, "With the U.S. seeing the highest number of workplace deaths since 2007 – 5,333 fatal workplace injuries in 2019 – this observance is more important than ever."

The 2021 themes are:

Week 1 - Prevent Incidents Before They Start: Identifying risks and taking proactive safety measures to reduce hazard exposure on important topics from ergonomics to chemical management is crucial to creating a safe workplace.

Week 2 - Address Ongoing COVID-19 Safety Concerns: As the pandemic continues, employers play an important role in expanding operations and returning remote workers to physical workspaces, building trust around vaccines, supporting mental health and so much more.

Week 3 - It's Vital to Feel Safe on the Job: Being able to be one's self at work without fear of retaliation is necessary for an inclusive safety culture. Leading organizations focus not only on physical safety, but psychological safety as well.

Week 4 - Advance Your Safety Journey: Safety is all about continuous improvement. Whether organizationally or individually, NSC can help provide guidance for your path forward.

More information on National Safety Month, and actions you can take to be safer, are available at the National Safety Council's website, nsc.org.

TOP NEWS TOPICS

- National Safety Month
- CPR/AED Awareness Week
- Firework Safety
- National Trailer Safety Week
- Summer Safety
- What's New at ATSPA?
- May Updates

CPR/AED AWARENESS WEEK

June 1-7 each year is National CPR and AED Awareness Week, spotlighting how lives can be saved if more Americans know CPR and how to use an AED. According to the American Heart Association (AHA), about 70 percent of out-of-hospital cardiac arrests happen in homes. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. Due to COVID-19, CPR trainings are currently being offered through online courses.

Do you know how to save a life? Follow the tips below:

1- Call 911 if you see a teen or adult suddenly collapse.

2- Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute. Songs include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyonce and “Hips Don’t Lie” by Shakira.

Note: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

CPR:

Cardiopulmonary resuscitation (CPR) can help save a life during a cardiac or breathing emergency.

Before Giving CPR:

- 1 - **Check the scene and the person.** Make sure the scene is safe, then tap the person on the shoulder and shout “Are you OK?” to ensure that the person needs help.
- 2 - **Call 9-1-1 for assistance.** If it’s evident that the person needs help, call (or ask a bystander to call) 9-1-1. Then, send someone for an AED.
- 3 - **Open the airway.** With the person lying on his or her back, tilt the head back slightly to lift the chin.
- 4 - **Check for breathing.** Listen carefully, for no more than 10 seconds, for sounds of breathing. (Occasional gasping sounds do not equate to breathing.) **If there is no breathing, begin CPR.**

American Red Cross CPR Steps:

- 1 - **Give 30 Chest Compressions.**
Push hard, push fast. Place your hands, one on top of the other, in the middle of the chest. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute.
Tip: Person must be on a firm, flat surface.
- 2 - With the person’s head tilted back slightly and the chin lifted, pinch the nose shut and place your mouth over the person’s mouth to make a complete seal. Blow into the person’s mouth for about one second to make the chest rise. **Deliver two rescue breaths, then continue compressions.**
Note: If the chest does not rise with the initial rescue breath, re-tilt the head before delivering the second breath. If the chest doesn’t rise with the second breath, the person may be choking. After each subsequent set of 30 chest compressions, and before attempting breaths, look for an object and, if seen, remove it.



4 Images courtesy of the American Red Cross

- 3 - **Continue CPR steps.** Keep performing cycles of chest compressions and breathing until the person exhibits signs of life, such as breathing, an AED becomes available, or EMS or a trained medical responder arrives on scene.
Note: End the cycles if the scene becomes unsafe or you cannot continue performing CPR due to exhaustion.

Child and Baby CPR:

For children, place the heel of one hand on the center of the chest, then place the heel of the other hand on top of the first hand, and lace your fingers together. Deliver 30 quick compressions that are each about 2 inches deep.

For infants, use 2 fingers to deliver 30 quick compressions that are each about 1.5 inches deep.

Hands-Only CPR:

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:

- 1 Call 911 if you see a loved one at risk during a collapse
- 2 Push hard and fast in the center of the chest for at least 2 inches deep for 100-120 times per minute

Music Can Save Lives:
Song examples include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira or “Walk the Line” by Johnny Cash. Some feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

5 Images courtesy of the American Heart Association

AED:

AED—adult or child older than 8 years or weighing more than 55 pounds who is not breathing.
Tip: Do not use pediatric AED pads or equipment on an adult or child older than 8 years or weighing more than 55 pounds.

What To Do:

After checking the scene and the injured or ill person:

- 1 - **Turn on AED and follow the voice and/or visual prompts.**
- 2 - **Wipe Bare Chest Dry**
Tip: Remove any medication patches with a gloved hand.
- 3 - **Attach Pads**
- 4 - **Plug In Connector, if Necessary**
- 5 - **Stand Clear**
Make sure no one, including you, is touching the person. Say “EVERYONE, STAND CLEAR.”
- 6 - **Analyze Heart Rhythm**
Push the “analyze” button, if necessary. Let AED analyze the heart rhythm.
- 7 - **Deliver Shock**
If shock is advised:
 - Make sure no one, including you, is touching the person.
 - Say, “EVERYONE, STAND CLEAR.”
 - Push the “shock” button, if necessary.
- 8 - **Perform CPR**
After delivering the shock, or if no shock is advised:
 - Perform about 2 minutes (or 5 cycles) of CPR.
 - Continue to follow the prompts of the AED.*Tips:*
 - If at any time you notice an obvious sign of life, stop CPR and monitor breathing for any changes in condition.
 - If two trained responders are present, one should perform CPR while the second responder operates the AED.



6 Images courtesy of the American Red Cross

These images are courtesy of the ATSPA “Emergencies: Are You Ready?” Booklet. For more information on this publication and other ATSPA materials, visit atspa.org.

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.

According to the National Fire Protection Association, in 2017, U.S. hospital emergency departments treated an estimated 12,900 people for firework related injuries; 54% of those injuries were to the extremities and 36% were to the head.

Use the following tips to ensure you’re safe while using legal fireworks:

- Never allow young children to handle fireworks.
- Never use fireworks while impaired by drugs or alcohol.
- Never light fireworks indoors.
- Only light fireworks away from people, houses and flammable material.

[For more firework safety tips, visit the National Fire Protection Association website.](http://www.nfpa.org)



FIREWORK SAFETY

Fireworks are often used in celebration, but also cause thousands of burns and injuries each year. According to the National Fire Protection Association, fireworks cause an average of 18,500 reported fires per year.

Leave the fireworks to the professionals.
If you choose to use fireworks, abide by the following safety tips.

DO:

- Obey all local laws regarding the use of fireworks.
- Ensure a responsible adult is supervising all firework activities.
- Know your fireworks; read the caution labels and performance descriptions before igniting.
- Wear safety glasses when shooting fireworks.
- Use fireworks outdoors in a clear area; away from buildings, vehicles, and trees.
- Light one firework at a time and quickly move away.
- Dispose of spent fireworks by wetting down and placing in a metal trash can away from any building or combustible materials.
- Have a bucket of water and charged water hose nearby.

DO NOT:

- Give fireworks to children.
- Drink alcohol when lighting fireworks.
- Relight a “dud” firework. Wait 20 minutes, then soak it in a bucket of water.
- Experiment with homemade fireworks.
- Carry fireworks in your pocket.
- Shoot fireworks into a metal or glass container.

Information provided by The National Council on Fireworks Safety and National Fire Protection Association.

JUNE 2021 OBSERVANCES

Monthly Observances:

National Safety Month

National Firework Safety Month

Weekly or Daily Observances:

- June 1-7: CPR/AED Awareness Week

- June 6-12: National Trailer Safety Week

- June 21: National Ride to Work Day

NATIONAL TRAILER SAFETY WEEK

National Trailer Safety Week takes place June 6-12 and is meant to improve the safety of the nation's roadways by raising trailer safety awareness through education of end-users, dealers and manufacturers on safe trailering practices.

According to the NTSW website, "End-users are vastly under-educated on the proper use of trailers, and it is crucial to utilize the connections that dealers and manufacturers have with consumers in order to raise awareness of proper towing techniques and maintenance."

With millions of trailers traveling the nation's roadways, it is critical to ensure that trailers are being towed safely for the sake of everyone on the roads.

For more information on National Trailer Safety Week or to learn more about towing safety, visit the NTSW website trailersafetyweek.com.



SUMMER SAFETY

It's warming up and summer is almost here. We are all striving to find ways to get outside and stay safe.

BE WATER SMART

- Young children or inexperienced swimmers should wear U.S. Coast Guard-approved life jackets
- Don't swim alone and only swim in designated areas supervised by lifeguards.
- In the event of an emergency, reach or throw an object to the person in trouble. Don't go in!
- Supervise children around water and avoid distractions.
- Build and secure pools with appropriate barriers that children cannot easily gain access.
- Designate a water watcher whose sole responsibility it is to oversee the activity in the water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Don't share goggles, nose clips, snorkels or other personal items.
- A kiddie or inflatable pool can be a great way to have fun, but be sure to provide constant supervision to children in and around the water.

GRILLING SAFETY

- Always supervise a barbecue grill when in use.
- Don't add charcoal starter fluid when coals have already been ignited.
- Never grill indoors.
- Make sure everyone, including children and pets, stay away from the grill.
- Keep the grill away from the house or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill.

TRAVEL SAFETY

- Check fluid levels: brake, automatic transmission, power steering, windshield washer and coolant. Make sure each reservoir is full and if you see any sign of fluid leakage, take your vehicle in to be serviced.
- Check the air pressure in all tires, including the spare.
- Check battery life and inspect batteries and battery cables.
- Pack an emergency kit including: flashlight, emergency flat tire repair and/or spare tire, gloves, blankets and towels, first aid kit, water for both the car radiator and your family, and high-calorie, non-perishable food.
- Always use proper safety restraints for all occupants, especially children.

Most of all enjoy your summer activities in a safe and healthy way. Take this time to bond with friends and family and enjoy some sun and fresh air.

WHAT'S NEW AT ATSPA?

Over the course of May, ATSPA has been hard at work developing new ways to help our members and the public. We are continuously striving for the best quality materials and most up to date information.

Recently we added two new infographics to our ever expanding list. The topics include [Workplace Fall Prevention and Furniture Tipover Prevention](#).

We have also added [Fall Prevention](#) and [Farm Safety](#) pages to our website. These pages include links to our materials, helpful videos and tips for avoiding tragic injury.

Lastly, we have added nightlights for fall prevention to our material inventory. These nightlights are available to institutional and EMS members free of charge, they can be ordered like any other material. Like some of our other materials (bath treads, reflective light whistles, waterbottles and zipper pulls), these nightlights must be accompanied by education.

You can find these materials and more on our webpage, www.atspa.org.



ATSPA MAY UPDATES

- ATSPA hosted the last two of a six part weekly series of educational webinars. These webinars were offered free of charge and provided continuing education credits for nurses, physicians and EMTs.

- May 3: Hosted trauma prevention legislative meetings with Senator Pat Browne (Lehigh County) and Representative Stan Saylor (York County), participated in the Safe States Alliance, Mind Set Matters webinar and attended the TPC 6th Annual IP Professional Symposium.

- May 6: Partnered with Giant and Penn State Children's Hospital to hold a Child Safety Seat Check Event.

- May 11-14: Hosted a Child Passenger Safety Certification Course, in Waynesboro.

- May 12: Hosted a trauma prevention legislative meeting with Representative Frank Farry (Bucks County).

- May 14: Held a Child Safety Seat Check Event for the general public, in conjunction with a CPS Certification Course, in Waynesboro.

- May 17: Attended the periodic Traffic Records Coordinating Committee Meeting, hosted by the PennDOT Traffic Records Unit.

- May 19: Partnered with PA State Police to hold a Child Safety Seat Check Event, in Harrisburg.

- May 20: Participated in Ready! Set! Write! Grant Writing from A to Z webinar series.

- May 22: Presented Child Safety Seat Basics 101 to PA State Police Cadets, in Hershey.

- May 24: Presented bike safety and helmet information at a United Way bicycle safety event, in Newport. Also, hosted the ATS National Divisions Council.

- May 25: Participated in the Pennsylvania Emergency Health Services Council EMS-C meeting.

- May 26: Hosted a Child Passenger Safety Renewal Testing Course.

- May 27-28: Participated in the ATS National Board of Directors meeting.

Stay connected with us:



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