

According to the Bureau of Labor Statistics, heat illnesses caused 49 worker deaths in 2018. That same year, 3,950 workers experienced days away from work as a result of nonfatal injuries and illnesses from occupational heat exposure.



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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 SAFETY MONTH

June is National Safety Month. The National Safety Council hosts this event annually. Typically, each week in June focuses on a different safety topic to ensure safety.

The 2022 themes are:

Week 1 - Musculoskeletal Disorders

MSDs are a leading cause of workplace injury and cost billions each year in workers' compensation and lost productivity. Gain the latest resources and practical tools to help your organization take action.

Week 2 - Workplace Impairment

We all know the dangers of substance use on the job. But did you know mental distress, stress and fatigue are also impairing? Access resources to recognize the signs and address impairment, in all its forms.

Week 3 - Injury Prevention

In 2020 alone, more than four million workplace injuries required medical attention in the U.S. Learn about approaches to preventing injuries and deaths, including identifying hazards and assessing risks.

Week 4 - Slips, Trips and Falls

With falls the second-leading cause of unintentional injury-related death, this week focuses on reducing slips, trips and falls, falls from heights and how technology can play a role in saving lives.

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.

ATSPA offers many resources for fall prevention, including a [one-page handout](#) for free that has information on preventing workplace falls. These and other prevention items can be found on our website, www.atspa.org/atspa-materials.

Out of Harm's Way

The Trauma Prevention Publication

JUNE 2022 | Issue 100

Tips to Prevent Workplace Falls

According to the National Safety Council (NSC), in 2019, 880 workers died in falls, and 244,000 were injured badly enough to require days off of work. A worker doesn't have fall from a high level to suffer fatal injuries; 146 workers were killed in falls on the same level in 2019.

<p>Inspect Worksite at Start of Day. Inspect all machines, tools and protective equipment to ensure they are safe to use. Be sure to inspect personal protective equipment, especially if workers will be working from elevated heights.</p>	
<p>Provide Guard Rails. Not only will providing guard rails prevent workers from falling, but also falling into or onto dangerous machines or equipment.</p>	
<p>Provide Personal Protective Equipment. If fall hazards cannot be eliminated, employer should provide appropriate fall prevention equipment. This equipment should include harnesses, hard hats, gloves, or any other appropriate equipment.</p>	
<p>Clean up Site at End of Day. Cleaning up a worksite at the end of each day is crucial for personal safety. Cleaning up any debris or equipment will help prevent any unexpected accidents.</p>	
<p>Train Employees About Fall Protection. Employers are required by Occupational Safety and Health Administration (OSHA) to have a fall protection program for workers who might be exposed to fall hazards. Training must include how to recognize fall hazards and how to minimize them.</p>	

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 Information provided by OSHA and NSC.

TOP NEWS TOPICS

- National Safety Month
- National CPR and AED Awareness Week
- Safety at the Beach
- Firework Safety
- Material Updates
- Latest IVP News and Research

6 Steps to Prevent a Fall

<p>1 - Find a good balance and exercise program. Look to build balance, strength, and flexibility.</p>	<p>2 - Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.</p>	<p>3 - Regularly review your medications with your doctor or pharmacist. Make sure side effects are not increasing your risk of falling.</p>
<p>4 - Get your vision and hearing checked annually and update your eyeglasses. Eyes and ears are key to keeping you on your feet.</p>	<p>5 - Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	<p>6 - Talk to your family members. Enlist their support in taking simple steps to stay safe.</p>

CPR/AED AWARENESS

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.

Do you know how to save a life? The Red Cross suggests the steps below:

- 1- Check the scene for safety, form an initial impression and use personal protective equipment (PPE)
- 2- If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout
- 3- If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment, or tell someone to do so
- 4- Place the person on their back on a firm, flat surface
- 5- Give 30 chest compressions
Hand position: Two hands centered on the chest
Body position: Shoulders directly over hands; elbows locked
Depth: At least 2 inches
Rate: 100 to 120 per minute
Allow chest to return to normal position after each compression
- 6- Give 2 breaths
Open the airway to a past-neutral position using the head-tilt/chin-lift technique
Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath
Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway
- 7- Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

Be prepared for moments that matter by taking a CPR class and you could help save a life.

<p>CPR: Cardiopulmonary resuscitation (CPR) can help save a life during a cardiac or breathing emergency.</p> <p>Before Giving CPR:</p> <ol style="list-style-type: none">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.) <i>If there is no breathing, begin CPR.</i> <p>American Red Cross CPR Steps:</p> <ol style="list-style-type: none">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. <i>Tip: Person must be on a firm, flat surface.</i>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. <i>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.</i> <p>4 Images courtesy of the American Red Cross</p>	<ol style="list-style-type: none">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. <i>Note: End the cycles if the scene becomes unsafe or you cannot continue performing CPR due to exhaustion.</i> <p>Child and Baby CPR:</p> <p>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.</p> <p>For infants, use 2 fingers to deliver 30 quick compressions that are each about 1.5 inches deep.</p> <p>Hands-Only CPR:</p> <p>Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public.</p> <p>Hands-Only CPR has just two easy steps, performed in this order:</p> <ol style="list-style-type: none">1 - Call 911 if you see a heart or other sudden collapse2 - Push hard and fast in the center of the chest to the depth of a hand width, at least 100 to 120 times per minute <p>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.</p> <p>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.</p> <p>5 Images courtesy of the American Heart Association</p>	<p>AED: AED - Adult or child older than 8 years or weighing more than 55 pounds who is not breathing. <i>TIP: Do not use pediatric AED pads or equipment on an adult or child older than 8 years or weighing more than 55 pounds.</i></p> <p>What To Do: After checking the scene and the injured or ill person:</p> <ol style="list-style-type: none">1 - Turn on AED and follow the voice and/or visual prompts.2 - Wipe Bare Chest Dry <i>TIP: Remove any medication patches with a gloved hand.</i>3 - Attach Pads4 - Plug In Connector, If Necessary5 - 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:<ul style="list-style-type: none">• 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:<ul style="list-style-type: none">• Perform about 2 minutes (or 5 cycles) of CPR.• Continue to follow the prompts of the AED.<i>Tips:</i><ul style="list-style-type: none">• 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. <p>6 Images courtesy of the American Red Cross</p>
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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/atspa-materials.

What to do if the victim is a child or infant:

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.

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.

JUNE 2022 OBSERVANCES

Monthly Observances:

National Safety Month

National Firework Safety Month

Weekly or Daily Observances:

- June 1-7: CPR/AED Awareness Week

- June 3: National Gun Violence Awareness Day

- June 5-11: National Trailer Safety Week

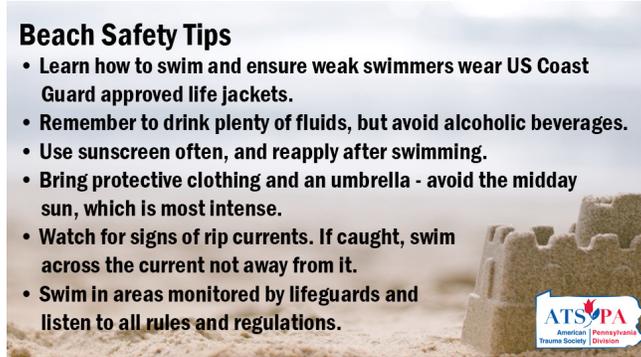
- June 20: National Ride to Work Day

SAFETY AT THE BEACH

Summer, for many Americans means vacation; sun, surf and sand. While Pennsylvania doesn't have any of its own sandy ocean front property, many residents will leave the state for family trips each summer. Surprisingly, best safety practices for the beach are very similar to those when visiting a lake or boating.

Beach Safety Tips

- Learn how to swim and ensure weak swimmers wear US Coast Guard approved life jackets.
- Remember to drink plenty of fluids, but avoid alcoholic beverages.
- Use sunscreen often, and reapply after swimming.
- Bring protective clothing and an umbrella - avoid the midday sun, which is most intense.
- Watch for signs of rip currents. If caught, swim across the current not away from it.
- Swim in areas monitored by lifeguards and listen to all rules and regulations.



Water Safety

According to the CDC, there are an estimated 3,960 fatal unintentional drownings, including boating-related drowning. That is an average of 11 drowning deaths per day.

Just because you are on vacation doesn't mean that the standard water safety procedures no longer apply:

- Ensure there are layers of protection like fencing around pools to prevent entry of little ones
- Assign a sober, adult to watch over children, without distractions.
- Never swim alone.
- Know what to do in the event of a water emergency.
- Learn CPR.

What we may not be familiar with are the dangers that can be specific to coastal waters. Tidal waters, such as oceans or lakes, have their own hazards that parents and beach goers in general need to be aware of.

The Red Cross suggests these tips for safe swimming at the beach:

- Enter the water feet first for your safety - never dive head first into surf.
- Do not enter the water from a height, such as a bridge or boat.
- Be careful when standing to prevent being knocked over by currents or waves.
- Be aware of currents, rip currents and drifting.
- Check conditions before entering the water: Ask a lifeguard about water conditions, beach conditions, and potential hazards.
- While in the water, stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

Sand Traps

Castle moats, large holes to China, tunnels for water, digging on the beach is an innocent exercise for children and adults, but it could carry the risk of injury or death. Sand is not a stable building material, it often caves in and is difficult to clear out. Ocean City, MD beach patrol has four rules for digging on beaches:

1. No deeper than the knees of the smallest member of the beach-going group.
2. No tunneling allowed.
3. Never leave your hole unattended.
4. Always fill it back in so it isn't a hazard to others.

Wildlife (not for rescue)

We all know that being outdoors comes with access to wildlife. Where there is water, there are fish; Where there is sky, there are birds; and where there is ocean there are sharks. NOAA offers these tips for safely viewing wildlife:

- Know the law—learn the regulations and viewing guidelines specific to the area you are visiting and the species you may encounter.
- Report animals that appear injured or sick and keep your distance.
- Keep pets away from marine life. If you are traveling with pets, keep them on a leash and away from areas frequented by marine animals. Report incidents of people or pets tormenting, disturbing, or attempting to touch a marine mammal or sea turtle to NOAA's National Enforcement Hotline at (800) 853-1964.
- Never feed or attempt to feed marine animals—it's illegal.
- Lend a hand with trash removal.

Drowning Prevention

According to the Centers for Disease Control and Prevention, about 10 people die from unintentional drownings every day. Of these deaths, 2 of those are children under 14 years of age.

Always swim in lifeguarded areas - never swim alone.

Know what to do in an emergency - learn CPR.

Swimming pools are the most common site for a drowning to occur among children ages 4 and under.

Install four-sided fencing around pools and spas - fencing should include a self-latching gate that locks.

Review water safety rules/guidelines before entering the water.

In 2013, 77% of all fatal boating incident victims drowned, and of those who drowned, 94% were not wearing a life jacket.

Teach children how to swim - learn survival skills.

Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets.

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The International Shark Attack File, maintained by the Florida Museum of Natural History at the University of Florida, investigated 140 shark-human interactions worldwide in 2019.

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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, fireworks started an estimated 19,500 fires in 2018. These fires caused five deaths, 46 civilian injuries, and \$105 million in direct property damage. In 2018, U.S. hospital emergency rooms treated an estimated 9,100 people for fireworks related injuries; half of those injuries were to the extremities and 34% were to the eye or other parts of the head. Children younger than 15 years of age accounted for more than one-third (36%) of the estimated 2018 injuries.

[For more firework safety tips, visit the National Fire Protection Association website.](#)



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.

MATERIAL UPDATES

ATSPA's ATV safety resource has been updated. This resource now reflects the safety issues faced by riders each time they start their engines. This material will be available by order on our website, atspa.org/atspa-materials.

Gear Up for ATV Safety

Gearing up to hit the trail is important for a safe and successful ride. According to the Consumer Product Safety Commission's latest research, Pennsylvania ranks second, only to Texas, with the highest number of ATV fatalities in the country.

Use these questions to help plan your next ride.

Where should I ride?

- On privately owned property, with the consent of the owner or lease holder
- On designated trails in PA state forests

What should I wear?

- A properly fitted and approved helmet
- Long pants
- Long sleeves
- Gloves
- Goggles
- Boots that cover the ankle

What should I take with me?

- Cell phone
- First aid kit
- Water

What age do I need to be?

- Children under the age of 8 are not permitted to operate an ATV on Pennsylvania public lands
- Youth under the age of 16 are not permitted to operate an ATV, unless the youth has a valid safety certificate and is supervised by an adult
- ALWAYS** supervise children when using ATVs

What safety tips should I follow?

- Check the weather
- Tell someone else your route and expected time to be back
- Choose an ATV that is appropriate for your age, size and skill
- Take a certified safety course prior to use of an ATV
- Follow all ATV manufacturer guidelines and warnings

What does the law say?

- Always ride sober, never under the influence of alcohol or drugs
- Never ride with a loaded firearm
- Always follow the marked speed limit and any other regulations or rules
- Always carry only the number of people the ATV is made for, single-rider ATVs are just for the driver
- Pennsylvania requires any person operating or riding on an ATV or UTV to wear a helmet
- You are required to both title and register an ATV with the Department of Conservation and Natural Resources (DCNR) unless its use is exclusively as a farm or business vehicle

Where can I find more information?

This is not a comprehensive list of safety protocol or codified law. It is the responsibility of the operator or a parent/guardian to know the law and enforce safety measures. For more information, visit the DCNR website, www.dcnr.pa.gov.



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Latest IVP News & Research

[American College of Surgeons, Committee on Trauma, announces release of the revised National Guideline for the Field Triage of Injured Patients](#)

[CDC Vital Signs: Firearm Deaths Grow, Disparities Widen - Comprehensive Strategies Can Prevent Violence and Help Reduce Racial and Ethnic Disparities](#)

[Study finds increased risk of dementia after hospitalization for major TBI](#)

[Initiative focuses on trauma of gun violence](#)

[How to Prevent Wheelchair Falls](#)

[Violence Prevention: School-based Anti-bullying Interventions](#)

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