

## Tips to keep your kids safe:

1. Look before you lock.
2. Keep something you need in the backseat.
3. Always lock the doors.
4. Put the keys and fobs away.
5. Have a plan with your childcare provider.
6. If you see something, do something.



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

## NATIONAL HEATSTROKE PREVENTION DAY

There is no doubt that summer is upon us. Temperatures are climbing and everyone is looking for a way to stay cool. With the heat and humidity breathing down your neck, it's easy to be forgetful; especially when it comes to heatstroke. It doesn't even need to be that hot out, heatstroke can occur in temperatures as low as 57 degrees.

Tragically, children die from heatstroke every year. So far in 2022, seven deaths have been reported. According to the National Safety Council, on average, 38 children under the age of 15 die each year from heatstroke after being left in a vehicle. Nearly every state has experienced at least one death since 1998. Fortunately, these deaths are entirely preventable.

Heatstroke begins when the core body temperature reaches approximately 104 degrees, while a core temperature of about 107 degrees is lethal. Vehicle heatstroke deaths are preventable.

### Safe Kids WorldWide uses the ACT method to remind everyone about heatstroke safety:

**A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And lock your doors and keep your keys and key fobs out of the reach of kids. Ask your neighbors to do the same.

**C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

**T:** Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Individuals should also ensure that they know the warning signs of heatstroke: red, hot, and moist/dry skin; no sweating; a strong rapid pulse or a slow weak pulse; nausea, etc.

Heatstroke doesn't just effect humans. Leaving animals in hot cars is a common source of illness in the summer. Even with the window cracked, your vehicle can reach dangerous temperatures.

For more information on heat illness and how to prevent it, visit our website, [atspa.org](http://atspa.org).

## Out of Harm's Way

The Trauma Prevention Publication

JULY 2022 | Issue 101

### TOP NEWS TOPICS

- National Heatstroke Prevention Day
- Firearms: Asking Saves Kids
- Grilling Safety
- Saying Goodbye
- Meet the New Executive Committee
- ATSPA Updates
- The National Suicide Prevention Lifeline Changes Phone Number
- Latest IVP News and Research

### Beat the Heat Heating Up...

Heat is one of the leading weather-related killers in the U.S., on average, more than 600 deaths occur each year.

Your body normally cools itself by sweating. During hot weather, especially when it is very humid, sweating just isn't enough to cool you off. Your body temperature can rise to dangerous levels and you can develop a heat illness.

#### Types of Heat Illness

##### Heat Cramps

Heat cramps are brief, painful muscle cramps in the legs, arms, or belly that can happen during or after vigorous exercise/activity in extreme heat.

##### Heat Exhaustion

Heat exhaustion can happen when someone in a hot climate or environment hasn't been drinking enough liquids.

**Symptoms can include:** increased thirst, weakness, dizziness or fainting, muscle cramps, nausea and/or vomiting, irritability, headache, increased sweating, cool, clammy skin and a raised body temperature, but less than 104°F (40°C)

##### Heatstroke

Heatstroke is a life-threatening medical emergency. Call 911.

During heatstroke, the body cannot regulate its own temperature. Body temperature can soar to 106°F (41.1°C) or even higher, leading to brain damage or even death if it isn't quickly treated. Prompt medical care is needed to bring the body temperature under control.

# FIREARMS: ASKING SAVES KIDS

The number one killer of children is firearms. This is an epidemic that has been forefront on the minds of Pennsylvanians and healthcare providers. While this issue, like many, is complicated and irrevocably intertwined with any number of other issues, there is one thing that parents and caregivers alike can do to help prevent firearm injuries and death; Ask. Asking about the presence and safe storage of firearms saves lives.

We have all heard the ownership statistics, forty-two percent of homes have at least one firearm. Firearm storage practices vary widely, in part due to the type of firearm owned and reasons for ownership. According to one study, nearly one-third of firearm owners report storing at least one gun loaded and unlocked. In fact, one study found, 4.6 million kids live with unlocked, loaded guns. But did you know, between 2015 and 2020, there were at least 2,070 unintentional shootings by children, and people are at an increased risk for suicide and homicide when a gun is in the home.

It is well documented that keeping firearms loaded and not locked up is associated with increased risk of suicide, unintentional injury, and use of firearms by children in the home. Some healthcare providers believe that a child as young as three years old may have the strength to pull a trigger.

So how can physicians and the public address firearm injury prevention? Start with conversations. We understand that as with anything else, this topic has become highly contentious and politicized. That doesn't mean that you shouldn't be having safety conversations.

Firearm owners need to focus on safe storage and understand risk factors that lead to crises and signs that someone is in a crisis. Owners also need to change cultural norms around what safe, responsible firearm ownership looks like. Some are already engaged, but their voices are not being heard.

Non-firearm owners need heightened awareness of guns in other people's homes. If you're a parent, there's a 1 in 3 chance your kid is going to a friend's house with firearms. Just as you'd ask about pets, allergies, and supervision before your child visits another home, ask one more important question: "Is there an unlocked gun in your house?"

By including firearm safety with other safety topics, you take the focus off a potentially controversial topic and put it on the safety of your child.



## GRILLING SAFETY

The Fourth of July has become synonymous with fireworks, grilling, and outdoor activities while celebrating our nation's independence. Follow the tips from the National Fire Protection Association (NFPA) below to ensure that you're safe while sporting the red, white, and blue.

[For specific safety information on propane and charcoal grills, visit the NFPA website.](#)

### Grilling Safety Tips

- Ensure that propane and charcoal BBQ grills are used outdoors.
- Keep your grill clean by removing grease or fat buildup.
- Don't place your grill close to your home, deck railings, branches, etc.
- Never allow children and pets to be near the grill area.
- Never leave your grill unattended.



# JULY 2022 OBSERVANCES

## Monthly Observances:

National Firework Safety Month

## Weekly or Daily Observances:

- July 4: Independence Day

- July 25: World Drowning Prevention Day

- July 31: National Heatstroke Prevention Day

# SAYING GOODBYE

The end of this fiscal year means that we are saying goodbye and thank you to the President of our Board of Directors, Dr. Michael Reihart.

In his tenure with ATSPA, Dr. Reihart has assisted in raising standards and establishing strategic purpose for the organization. Dr. Reihart also played a large role in the ATSPA's rearview monitor program.

Dr. Reihart will always be an inspiration and supporter of the ATSPA and for that we are truly thankful.



# MEET THE NEW ATSPA EXECUTIVE COMMITTEE

Some of you may know that ATSPA held elections for executive committee members of our Board of Directors in late March. It is our pleasure to publicly announce the results of that election today. As of July 1, the four individuals below will take their place on the ATSPA executive committee. We look forward to their commitment in serving the ATSPA. Congratulations!



President - Robert Barraco, MD, MPH, FACS, FCCP

### What is your current position?

Dr. Barraco is currently the Chief Academic Officer at the Lehigh Valley Health Network.

### What made you want to join the ATSPA Board of Directors?

"To improve injury prevention and education across the Commonwealth."

### What is the best piece of work-related advice you have ever been given?

There are a few: "it is work-life integration, not balance. One can rarely attain a true balance (i.e. 50-50) between them.", "Learn to say no" and "Live in the moment, learn from the past and plan for the future."



Vice President - Shawn Safford, MD, MBA

### What is your current position?

Dr. Safford is currently a Pediatric Surgeon at UPMC Children's Hospital of Pittsburgh in Central PA.

### What made you want to join the ATSPA Board of Directors?

"I arrived back in the Pennsylvania area two years ago and immediately became involved with the Amish Safety Committee in Lancaster. The ATSPA was such an engaged group with the Amish Safety Committee, both from involvement but also with a thoughtfulness of the Plain Community that can be lacking from NGOs."

### As a child, what did you want to be when you grew up?

Shawn wanted to be a surgeon from the time he was able to read (and watch tv). "A major influence on my becoming a surgeon and entering the military was M.A.S.H."



Secretary - Samuel Monismith, D.Ed.

### What is your current position?

Dr. Monismith is currently retired, after having worked as an Associate Professor of Health Education, at Penn State Harrisburg.

### What made you want to join the ATSPA Board of Directors?

Sam's concern about DUIs is what brought him to the ATSPA Board of Directors.

### What is something you are passionate about outside of work?

Sam is passionate about the Olympic Games.



Treasurer - Sarah Mattocks, MSN, RN, TCRN, NE-BC

### What is your current position?

Sarah is currently the Director of Trauma Services at UPMC Hamot.

### What made you want to join the ATSPA Board of Directors?

"My desire to join the ATSPA Board of Directors was purely driven by my desire to continue to improve trauma care and trauma prevention in the state of Pennsylvania."

### What is something you are passionate about outside of work?

Sarah is passionate about adoption. "Our third child came to us through the gift of adoption. It has been life changing for our entire family. It has given me an entirely new perspective on life."

# ATSPA UPDATE

July 1 is the start of a new fiscal year at ATSPA. It is also the start of website changes. We are starting by updating and reorganizing the materials that can be ordered from the ATSPA. We have also changed the order forms to match.

You will either order as a member (EMS Agency, Individual or Institution) or as the Community (non-ATS members). Both are free to order and ship. However, there are limits to how many items the public can order and what items they can order. Some of the materials must be accompanied by education that members provide.

When these changes go into effect, early July, you will receive an email and see a notice on our home page. They will explain the changes in further detail and walk users through how to use them.

Also, due to an increase in the helmets we purchase, bicycle helmets will now be available for \$15. Contact us today to schedule a fitting.

## THE NATIONAL SUICIDE PREVENTION LIFELINE CHANGES PHONE NUMBER

On July 16, 2022, the National Suicide Prevention Lifeline (1-800-273-8255) will transition to an easy-to-remember, 3-digit number (988). This represents an unprecedented opportunity to strengthen and expand the existing network of over 200 locally operated and funded crisis centers across the country.

In advance of the 988 transition in July, the Lifeline suicide & crisis network is looking to bring on new volunteers and paid employees to answer calls, chats, and texts from people in crisis. All employees and volunteers receive training, so if you are a caring person who wants to help those in crisis, [apply today](#).

Find YOUR opportunity: <https://www.samhsa.gov/find-help/988/jobs>  
Read more about 988 at <https://www.samhsa.gov/find-help/988>

### Latest IVP News & Research

Report: [The Impact of Injury Control Research Centers: Advancing the Field of Injury and Violence Prevention – An Update](#). This report describes key achievements from ICRCs annual and interim progress reports from 2012–2019.

Resources: National Children's Center for Rural and Agricultural Health and Safety - [ATV and UTV Safety page](#).

News: [UPMC Health Column: Nurse gives summer bicycle safety tips](#) by Annalisa Negrea, RN, Injury Prevention Coordinator Trauma Services, UPMC

Have a happy and safe 4th of July.  
Celebrate responsibly.

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 Programs and Events 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