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## NATIONAL FARM SAFETY AND HEALTH WEEK

Each year since 1944, the third week of September has been recognized as National Farm Safety and Health Week. This year, that week is September 19-25. The theme for 2021 is "Farm Safety Yields Results"; a theme that resonates in Pennsylvania.

Nationally, this observance is led by the National Safety Council and the National Education Center for Agricultural Safety (NECAS). Each day of the week is given a theme and NECAS will hold webinars at noon for each topic.

Locally and all year round, ATSPA is working to help educate farmers across the state and in hard to reach communities, on safety issues their families could face. A grant from the Psalm 103 Foundation has allowed ATSPA the opportunity to offer hay hole covers and rearview monitors to the Plain Community and rural farm families, at no cost to them. ATSPA also offers educational materials on farm safety including an infographic, puzzle and rack card.

More information on National Farm Safety and Health Week is available on [NECAS's website](#). If you would like to see a complete list of what ATSPA offers or to order materials, please visit the [ATSPA website](#).



### 2021 National Farm Safety and Health Week Themes

- Monday** - Tractor Safety/Rural Roadway Safety
- Tuesday** - Overall Farmer Health
- Wednesday** - Safety & Health for Youth in Agriculture
- Thursday** - Agricultural Fertilizer & Chemical Safety
- Friday** – Safety & Health for Women in Agriculture



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)

# Out of Harm's Way

The Trauma Prevention Publication

September 2021 | Issue 91

### TOP NEWS TOPICS

- National Farm Safety and Health Week
- National Preparedness Month
- Falls Prevention Awareness Week
- Concussion Awareness Day
- 2021 Recognition Awards
- Lightning Talks
- Save the Date
- August Updates

# NATIONAL PREPAREDNESS MONTH

National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. As our nation continues to respond to COVID-19, there is no better time to be involved than this September.

The 2021 NPM theme is: "Prepare to Protect. Preparing for disasters is protecting everyone you love."

**The month is broken down into four weeks to help you and your family prepare for disasters.**

## **Week 1 - September 1-4: Make A Plan**

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control and Prevention (CDC) recommendations due to the coronavirus.

## **Week 2 - September 5-11: Build A Kit**

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the CDC.

## **Week 3 - September 12-18: Prepare for Disasters**

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act quickly if you receive a local warning or alert.

## **Week 4 - September 19-25: Teach Youth About Preparedness**

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.

For more information on National Preparedness Month, please visit [www.ready.gov](http://www.ready.gov).

# FALLS PREVENTION AWARENESS WEEK

Each year, thousands of educators, caregivers, health and aging professionals, and older adults across the country take one week to focus their efforts on one goal: preventing falls. This year, that week is September 20-24. Falls Prevention Awareness Week is organized by the National Council on Aging (NCOA) and the Falls Free® Initiative.

ATSPA spends time year-round educating the public about fall prevention. We are proud to offer a variety of educational items to the public and our members. These materials are available free of charge and can be viewed or ordered from the [ATSPA website](#).

Items include:

- A home checklist
- Rack card
- Infographic
- Brochure
- Powerpoint presentation

ATSPA also offers "Fall Prevention Bags" to help our member hospitals educate their senior patients. This synch-top bag contains items to help prevent falls like a nightlight, anti-slip treads for the bath tub and various other items. This resource also includes literature to help prevent future falls. The bags are available to member hospitals, free of charge, and are intended for patients being discharged for fall-related injuries. For more information on this program, please visit our website.

To find out more about Falls Prevention Awareness Week, visit [the National Council on Aging website](#).

## Prevent a Fall

Prepare | Plan | Prevent



# SEPTEMBER 2021

## OBSERVANCES

### Monthly Observances:

- National Alcohol and Drug Addiction Recovery Month
- National Emergency Preparedness Month
- Baby Safety Month

### Weekly or Daily Observances:

- September 5-11: Suicide Prevention Week
- September 17 - Concussion Awareness Day
- September 20-24 - National Fall Prevention Awareness Week
- September 19-25 - National Farm Safety and Health Week
- September 19-25 - National Child Passenger Safety Week
- September 25 - National Seat Check Saturday

# CONCUSSION AWARENESS DAY

National Concussion Awareness Day ® was founded in 2016 by Brooke Mills, who suffered a concussion as a freshman in high school. The purpose of National Concussion Awareness Day ® is to create an opportunity for public discussion of this issue. By raising awareness of the importance of recognizing a concussion, treating it appropriately and supporting the injured, we can positively impact lives across the country. The 2021 Concussion Awareness Day is Friday, Sept. 17.

Concussions have become an epidemic in the United States, with millions of mild traumatic brain injuries happening each year. **It is important that parents, coaches and community members know the signs of a concussion:**

- Can't recall events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Concussions are serious and require medical attention. Signs and symptoms generally show up soon after the injury. However, you may not know how serious the injury is at first and some symptoms may not show up for hours or days. You should check for signs of concussion right after the injury, as well as, a few days after the injury. If the concussion signs or symptoms get worse, you should take the person to the emergency department right away.

For more information on concussions or to order ATSPA materials regarding concussions, visit our [website](#).

# 2021 RECOGNITION AWARDS

ATSPA held the 2021 Recognition Awards Presentation on Thursday, August 26. Each year, ATSPA recognizes physicians, nurses, EMTs, first responders and civilians who demonstrate a commitment to excellence in the trauma prevention and treatment field. Due to COVID-19 restrictions, the presentation was held virtually.

"These awardees sacrifice so much for their communities and deserve to be recognized for their efforts," said Krista Brands, ATSPA CEO. "ATSPA would like to thank not only our award recipients, but all healthcare workers and first responders for their bravery, support and continued pledge to make Pennsylvania safer."

ATSPA Trauma Prevention Award: Nora Kramer, RN, MS, CNRN, Thomas Jefferson University Hospital

ATSPA Trauma Prevention Award: Lower Paxton Township Police Department

First Responder Call to Action Award: Douglas Dick, CCEMT-P, Superior Ambulance Service

Civilian Savior and Survivor Award: Dr. Scott Vaughan, DO

Barbara Esposito Excellence in Trauma Nursing Award: Emily Coon, RN, BSN, Fulton County Medical Center

Congratulations to the ATSPA 2021 Recognition Award winners. Your commitment to your community is outstanding. Pennsylvania is healthier and safer because of your work.

For more information on our awards or to watch the presentation, please visit our website, [www.atspa.org](http://www.atspa.org).



- August 2: Summer/Bike/Pedestrian safety presentation for Silver Spring Township Summer Pavilion Camp, in Mechanicsburg.
- August 3: Participated in Derry Township National Night Out, in Hershey.
- August 4: Attended the bi-monthly PennDOT Region 2 team meeting and the quarterly PennTIME (Traffic Incident Management) meeting.
- August 5: Attended New Hope Ministries "Back To School" Event, in Lemoyne and participated in the monthly Safe Kids Worldwide State Leaders call.
- August 9: Attended a meeting for AARP Driver Safety instructors, covering AARP's event reopening agenda/guidelines.
- August 10: Assisted Safe Kids Dauphin County at their weekly Child Safety Seat check event, in Hershey.
- August 10-12: Attended and participated in Pennsylvania Agriculture Progress Days, in State College.
- August 11: Gave traffic law update presentation, in Camp Hill.
- August 13: Gave traffic law update presentation, in Harrisburg.
- August 16-27: Held remote Safe Kids PA Coordinator Meetings.
- August 17: Held Safe Kids PA Quarterly Networking Meeting.
- August 18 & 23: Attended PA Strategic Highway Safety Plan Meeting.
- August 19: Held a bicycle rodeo for the Steelton Elementary chapter of the United Way's "Ready for School, Ready to Succeed" program.
- August 20: Attended Quarterly State Child Death Review Team Meeting.
- August 24: Participated in Labor Day DUI Press Event with PA DUI Association, PennDOT, PA State Police, and local law enforcement agencies, in Harrisburg.
- August 25: Participated in Tri-County Community Action Bike/Pedestrian Safety Event, in Harrisburg and gave traffic law update presentation.
- August 26: Held 2021 ATSPA Virtual Recognition Awards Ceremony and conducted a pedestrian crossing survey in Carlisle.
- August 30: Attended Dauphin County police traffic services grantee meeting, in Harrisburg.
- August 31: Led Child Passenger Safety Instructor Meeting, in Harrisburg and assisted at Dauphin County Safe Kid's child safety seat check event, in Harrisburg.

Stay connected with us:



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## Register Today

### 2021 Lightning Talks

Sept. 16, 2021 - Noon to 1 pm

[Go to Webinar Registration Link](#)

Hear from your Trauma and Injury Prevention Colleagues on their 2020-2021 grant initiatives.

The following organizations will be sharing their project intent, results, and recommendations on the topics listed:

- Suicide Prevention (QPR) - Main Line Health/Paoli Hospital
- Bicycle Safety - Safe Kids McKean County/CARE for Children
- Water Safety - Safe Kids Allegheny County/UPMC Children's Hospital of Pittsburgh
- Pedestrian Safety - Safe Kids Lycoming County
- Home Safety - Safe Kids Dauphin County/Penn State Children's Hospital

ATSPA mini and micro grants and Safe Kids PA mini grants will be launched soon. We encourage all trauma and injury prevention advocates to join!

[Click here to register.](#)

## Save the Date



Prepare



Prevent



Provide

### 2022 ATSPA Annual Conference

April 5 & 6, 2022

Kalahari Resorts & Conventions

250 Kalahari Blvd.  
 Pocono Manor, PA 18349

Keep an eye on our website and newsletter  
 for more information!

### ATSPA and SCPAHS Staff

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