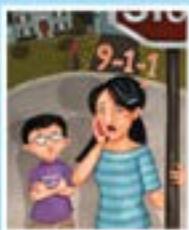
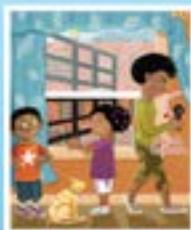




Fire won't wait. Plan your escape.



firepreventionweek.org



NATIONAL FIRE PREVENTION WEEK

"Fire won't wait. Plan your escape." is this year's theme for Fire Prevention Week, October 9-15, 2022. The theme works to educate everyone about simple but important actions they can take to keep themselves and those around them safe from home fires.

National Fire Prevention Association (NFPA) statistics show that in 2017, U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 fire deaths and 10,600 fire injuries. From 2012 to 2016, an average of seven people died in a home structure fire per day.

ATSPA and NFPA provide the following tips to keep your family safe:

- Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.
- Have an outside meeting place a safe distance from your home where everyone should meet.
- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and once at night.

As part of this week, Saturday, October 15 is Home Fire Drill Day. This day serves as a reminder to plan and practice your fire escape plan with all members of your family.

Having a working smoke alarm also cuts the death rate in half. Smoke alarms should be placed on each level of the house. Batteries need to be tested twice a year.

For more information on Fire Prevention Week or how you can protect your home and loved ones, visit the NFPA website at www.nfpa.org.



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

O C T O B E R 2 0 2 2 | I s s u e 1 0 4

TOP NEWS TOPICS

- National Fire Prevention Week
- National Domestic Violence Awareness Month
- National Teen Driver Safety Week
- National School Bus Safety Week
- Latest IVP News and Research

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Is Domestic Violence Preventable?

What is domestic violence?

Domestic violence, also known as intimate partner violence, is abuse or aggression that occurs in a romantic relationship.

- An intimate partner can be a current or former spouse or a dating partner
- This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy
- Intimate partner violence might happen one time or happen many times over a period of years

What are the consequences?

Unhealthy, abusive, or violent relationships can have short- and long-term negative effects, including severe consequences, such as:

- Experience symptoms of depression and anxiety
- Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
- Exhibit antisocial behaviors, like lying, theft, bullying or hitting
- Thoughts of suicide or self harm

What is the cost of domestic violence?

One study found that investments of \$10 per person per year in health promotion programs could save the country more \$16 billion annually within 5 years and nearly \$18 billion annually in 10 to 20 years.

Preventing violence means changing our society and its institutions - eliminating those attitudes, beliefs, behaviors, environments and policies that contribute to violence and promoting those that stop the violence. Primary prevention efforts impact several modifiable factors associated with intimate partner violence such as reducing acceptance of violence; challenging social norms, practices, and policies that place girls and women at increased risk; and confronting gender and racial injustice.

What does prevention looks like?

All forms of intimate partner violence are preventable. Strategies to promote healthy, respectful, and nonviolent relationships are an important part of prevention. Effective prevention strategies require community investment, collaboration, and participation across all sectors, between violence prevention fields, and among related health and social justice movements.

According to the National Center for Injury Prevention and Control, "Intimate partner violence and sexual violence are interrelated forms of violence that share common risk and protective factors. Among all types of violence, prevention strategies can address a range of violent behaviors that emerge during adolescence."

Programs that teach healthy relationship skills such as communication, effectively managing feelings, and problem-solving can prevent violence. These skills can stop violence in dating relationships before it occurs.



Image above from [Centers for Disease Control Resources](#).

For information and resources about domestic violence prevention, visit [PreventIPV.org](#), a project of the National Intimate Partner Violence (IPV) Prevention Council.

Resources for Domestic Violence Victims

National Domestic Violence Hotline: 1-800-799-SAFE(7233)

Pennsylvania Coalition Against Domestic Violence Website: www.pcadv.org

IF YOU ARE IN IMMEDIATE DANGER CALL 911

NATIONAL TEEN DRIVER SAFETY WEEK

National Teen Driver Safety Week is October 16-22, 2022. This week is the perfect opportunity for parents to talk with teens about safe driving habits. Motor vehicle crashes are a leading cause of death for teens (15-18 years old) in the United States. Parents can be the biggest influencers on teens' choices behind the wheel if they take the time to talk with their teens about some of the biggest driving risks.

New teen drivers are still gaining experience behind the wheel, which increases the chance of dangerous situations for the teen and other roadway users around them. In 2020, 2,276 people were killed in crashes involving a teen passenger vehicle driver (15-18 years old); 748 of the deaths were the teen driver. This is why it's so important for parents to have these discussions with their teens.

The National Highway Traffic Safety Administration (NHTSA) and ATSPA offer the following tips and facts to help parents talk to teens:

1. Impaired Driving: Driving is a complex task, any impairment, including alcohol, illicit or prescription drugs, or over-the-counter medication, can have deadly consequences. Let teens know that positive driving behaviors are rewarded with the continued privilege to drive. Nationally, 19% of teen passenger vehicle drivers involved in fatal crashes in 2020 had alcohol in their system.

2. Seat Belt Safety: 52% of the teen passenger vehicle drivers who died in crashes in 2020 were unbuckled. Wearing a seat belt is one way teens can stay safer in a vehicle. Nine out of 10 of the passengers who died were also unbuckled.

3. Distracted Driving: Texting while driving is outlawed in 47 states, Washington DC, Puerto Rico, Guam, and the U.S. Virgin Islands. Remind teens about the dangers of using a phone while driving and clarify that any phone use (texting, talking, or using any social media apps) is unacceptable.

Distracted driving isn't limited to cell phone use. Other passengers, audio and climate controls in the vehicle, and eating or drinking while driving are all examples of dangerous distractions for any driver. According to the most recent data available, in 2020, among teen drivers of passenger vehicles involved in fatal crashes, 7% were reported as distracted at the time of the crash. Remind teens that headphones are not appropriate to wear while driving a vehicle. All drivers need to be able to hear another vehicle's horn or the siren from an emergency vehicle, so they can safely move over and out of the path.

4. Speed Limits: Speeding is a critical issue for all drivers, especially for teens who are less experienced. In 2020, almost one-third (31%) of all teen drivers of passenger vehicles involved in fatal crashes were speeding at the time of the crash. Males were more likely to be involved in fatal speeding-related crashes than females. Remind teens to always drive within the speed limit.

5. Passengers: Passengers in a teen's vehicle can lead to disastrous consequences. Research shows the risk of a fatal crash dramatically increases in direct relation to the number of passengers in a vehicle. The likelihood that a teen driver will engage in risky behavior triples when multiple passengers are in the same vehicle.

Parents can help teen drivers by discussing risky driving behaviors. Self-reported surveys show that teens whose parents set firm rules for driving typically engaged in less risky driving behaviors and were involved in fewer crashes.

Teens need to understand the rules, any restrictions outlined in Pennsylvania's graduated driver licensing (GDL) law, and the deadly consequences that could occur if rules aren't followed. By knowing and enforcing the laws, the teen driver's safety and that of other road users can be improved.

OCTOBER 2022 OBSERVANCES

Monthly Observances:

- [National Domestic Violence Awareness Month](#)
- [National Bullying Prevention Month](#)

Weekly or Daily Observances:

- October 12 - [International Walk to School Day](#)
- October 9-15 - [National Fire Prevention Week](#)
- October 15 - Home Fire Drill Day
- October 16-22 - [Teen Driver Safety Week](#)
- October 17-21 - [School Bus Safety Week](#)
- October 31 - Halloween

Save the Date



2023 ATSPA Annual Conference

April 25 & 26, 2023
Kalahari Resorts & Conventions

250 Kalahari Blvd.
Pocono Manor, PA 18349

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

NATIONAL SCHOOL BUS SAFETY WEEK

National School Bus Safety Week is October 17-21, 2022. This year, ATSPA is focused on sharing the road to ensure children arrive safely. In every state, it is illegal to pass a school bus while the school bus stop-arm is extended and the red lights are flashing. Although the school bus is one of the safest modes of transportation, illegal school bus passing is a deadly risk to bus riders and their caretakers.

Know the Facts

- From 2011 and 2020, there were 1.6 times more fatalities among pedestrians (183) than occupants of school buses (113) in school-bus-related crashes.
- A total of 218 school-age children (18 and younger) died in school-bus-related crashes during that period, either as occupants of school buses or other vehicles, or on foot or bike.
- Of the 218 deaths, 85 were children who were walking.

Respect the “Danger Zone”

The school bus loading and unloading area is called the “Danger Zone.” Specifically, this is any side of the bus where a child may not be seen by the bus driver and, therefore, is in the most danger.

These areas include:

- 10 feet in front of the bus, where the driver may be sitting too high to see a child
- 10 feet on either side of the bus, where a child may be in the driver's blind spots
- Behind the school bus

For other Vehicles

- Motorists must stop at least 10 feet away from school buses that have their red lights flashing and stop arm extended.
- Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped.
- Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety.
- If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping.
- Do not proceed until all the children have reached a place of safety.

Let's work together to keep our children safe as they wait to ride the bus to and from school. Slow down and obey the signs. For more information about school bus stop safety, please visit www.nhtsa.gov.

Latest IVP News and Research

Research

- [Association Between Geospatial Access to Care and Firearm Injury Mortality in Philadelphia](#)
- [Mild traumatic brain injury increases risk of behavioral and emotional problems in kids](#)
- [Older Adult and Healthcare Provider Beliefs About Fall Prevention Strategies](#)
- [Socioeconomic Status and Injury History in Adolescent Athletes: Lower Family Affluence is Associated with a History of Concussion](#)

News

- [More than neurosurgeons: combatting firearm-related traumatic brain injury](#)
- [Burned-Out Doctors Pose Risks to Patient Safety, Study Finds](#)

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