

Keep the "safe" in firearm safety

Hiding a gun is not enough! Kids are curious, and studies show they usually know where a family keeps a gun.

Gun safes can lower the risk a curious child will be hurt:



Safe or lockbox for handguns



Locked gun safe for rifles



Gun trigger locks— inexpensive and effective



Lock box for ammo



Photo from [HealthyChildren.org](https://www.healthychildren.org)



The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to preventing traumatic injury and death throughout the Commonwealth.

For more information visit:

www.atspa.org

FIREARM SAFETY AND VIOLENCE PREVENTION POSITION STATEMENT

ATSPA's national organization, American Trauma Society (ATS), recently released a position statement on Firearm Safety and Violence Prevention. This position statement was released by the Trauma Prevention Coalition (TPC) of which ATS is a member, and the home organization. "The TPC combines the resources of major professional organizations addressing the acute healthcare needs of the injured to promote collaborative efforts and develop effective strategies in injury and violence prevention while minimizing redundant and duplicative activities."

Over the course of the last few months, eleven of the organization's members collaborated on the development of the statement. Some suggestions include:

- Require formal gun safety training for all new gun owners.
- Require safe storage of firearms, promote the distribution of firearm safety devices and firearm buyback programs.
- Develop and implement standards for trauma informed care in all trauma centers and hospitals.
- Fund the development of evidence-based community-affiliated, trauma centers and hospital-based violence intervention programs.

Other TPC members that signed on to this statement include: American Association for the Surgery of Trauma, American College of Surgeons – Committee on Trauma, Eastern Association for the Surgery of Trauma, Pediatric Trauma Society, Society of Trauma Nurses, Trauma Center Association of America, Injury Free Coalition for Kids, Safe States Alliance, ThinkFirst, The Health Alliance for Violence Intervention

To read the full statement [click here](#).

Out of Harm's Way

The Trauma Prevention Publication

DECEMBER 2022 | Issue 105

TOP NEWS TOPICS

- Firearm Safety and Violence Prevention
- Winter Driving
- Member Benefits
- 2022-23 Mini/Micro Grant Awardees
- 2023 ATSPA Annual Conference
- Latest IVP News and Research

WINTER WEATHER DRIVING SAFETY TIPS

Winter storms create a higher risk of car crashes, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter weather presents a serious risk to older adults and children and can also create dangerous situations for those who are not prepared.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. A winter storm can:

- Last a few hours or several days;
- Knock out heat, power, and communication services; and
- Place older adults, young children, and sick individuals at greater risk.

PREPARING TO DRIVE IN WINTER WEATHER:

- Stay on main roads and avoid back roads and shortcuts.
- Top off antifreeze, windshield wiper fluid, gas, oil and other fluids.
- Keep bagged salt or sand in the trunk for extra traction and to melt ice.
- Clear snow from entire car, headlights and windows.
- Keep a cold-weather kit in your trunk. It should include a blanket or sleeping bag, gloves, hard candy, bottled water, a folding shovel, first aid kit, flashlight and cell phone charger.

WHAT TO INCLUDE IN AN VEHICLE EMERGENCY KIT:

The Essentials

- Small folding shovel
- First-aid kit (band-aides, adhesive tape, antiseptic wipes, gauze pads, antiseptic cream, medical wrap) ([See first-aid kit checklist](#))
- Tow and tire chains
- Basic tool kit
- Bag of road salt or cat litter
- Flares, battery powered flashlights and extra batteries
- Bright cloth to tie on your car
- Whistle
- Extra windshield wiper fluid and antifreeze
- Jumper cables or an external battery charger to start your car if your battery dies
- Cell phone charger
- Ice scraper and brush

The Extras

- Medications
- Blankets, warm clothing, hats and gloves, scarves, hand and foot warmers, wool socks and other cold weather gear
- Insulated bottled drinking water, and high-energy nonperishable foods.
- Multi-tool (such as a Leatherman multi-tool or a Swiss Army knife)
- Winter boots for longer trips
- Small fire extinguisher (5-lb., Class B and Class C type) in case of a car fire
- Tire gauge to check inflation pressure in all four tires and the spare tire
- Jack and lug wrench to change a tire

RECOGNIZE AND RESPOND

Frostbite causes loss of feeling and color around the face, fingers, and toes.

Signs: Numbness, white or grayish-yellow skin, firm or waxy skin

Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage area or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness

Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and cover with warm blankets, including the head and neck.

WHAT IF YOU GET TRAPPED IN YOUR CAR?

- Remain inside. Rescuers are more likely to find you there.
- Run the engine and heater for 10 minutes every hour. Clear any snow from the exhaust pipe to reduce your risk of carbon monoxide poisoning.
- Move around to maintain heat.
- Use maps, floor mats and seat covers for insulation.
- Drink fluids to avoid dehydration.
- Turn on the inside light at night so rescue crews can find you.
- If you're stranded in a remote area, stomp out the words "SOS" or "HELP" in the snow.

- Rags and hand cleaner (such as baby wipes)
- Duct tape
- Foam tire sealant for minor tire punctures
- Rain poncho
- Lighter and box of matches (in a waterproof container)
- Scissors and string or cord
- Spare change and cash
- Compass
- Paper maps

DECEMBER 2022 OBSERVANCES

Monthly Observance:

Safe Toy and Gift Month

Weekly or Daily Observances:

- Dec. 18 - 26: Hanukkah

- Dec. 25: Christmas

MEMBERSHIP BENEFITS

As we close out another year, ATSPA wants to take this opportunity to thank all of our members and supporters. As an organization, we strive to not only accomplish our mission of trauma prevention and mitigation through education and advocacy, but to support our members and communities in their injury and trauma prevention efforts.

We also want to take time to remind our members and their communities that ATSPA offers safety materials free of charge. These materials can be found on our website under resources or by [clicking here](#).

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

Bike Smart

Bike Safety Tips

- Always wear a properly fitted helmet
- Always use proper riding technique
- Check your bike before you ride. Do the tire, chain, lights, and brakes.
- Look at your path of travel and avoid potholes, ruts, and other hazards.
- Be sure you have the proper equipment and maintenance for your ride.
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What is ATSPA?

The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit organization dedicated to providing trauma prevention and mitigation resources, training, and support to our members and communities.

As a member of ATSPA, you will receive a variety of resources and materials to help you stay safe and healthy.

Use the QR code to visit our website and learn more about ATSPA and our programs.

ATSPA
American Trauma Society, Pennsylvania Division
www.atspa.org

First Aid Check List

Emergencies can happen in an instant. Be prepared for emergencies, have a well-stocked first aid kit in your home, workplace, and vehicle. Knowing where to find a first aid kit can save lives.

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 Adhesive compress dressings (5 x 9 inches)
- 25 Adhesive bandages (assorted sizes)
- 1 Adhesive cloth tape (10 yards x 1 inch)
- 5 Antibiotic ointment packets (approximately 1 gram)
- 5 Antiseptic wipe packets
- 2 Packages of aspirin (81 mg each)
- 1 Emergency blanket
- 1 Breathing barrier (with one-way valve)
- 1 Instant cold compress
- 2 Pairs of nonsterile gloves (size: large)
- 2 Hydrocortisone ointment packets (approximately 1 gram each)
- 1 3 in. gauze roll (roller) bandage
- 1 Roller bandage (4 inches wide)
- 5.3 in. x 3 in. sterile gauze pads
- 5 Sterile gauze pads (4 x 4 inches)
- 1 Oral thermometer (non-mercury/glass)
- 2 Triangular bandages
- Tweezers

Back in Stock!

ATSPA has restocked Emergencies: Are You Ready? booklets.

Emergencies: Are You Ready?



2022-23 MICRO GRANT AWARDEE

ATSPA partners with the Pennsylvania Department of Health to offer its EMS members the opportunity to fund an injury prevention project through micro grants of up to \$2,000.

Program Name: "Senior Safety Fair"
Member Agency: Chestnut Ridge Ambulance Service

2022-23 MINI GRANT AWARDEES

ATSPA partners with the Pennsylvania Department of Health to offer its institutional members the opportunity to fund an injury prevention project through mini grants of up to \$4,000.

Program Name: "Educating Adolescents and Teens in Communities of Color at Local After School Programs on Choosing to Be SAFE (Staying Alert For Emergencies)"
Member Hospital: Bryn Mawr Hospital/Main Line Health

Program Name: "The Firearm Safety Initiative"
Member Hospital: Children's Hospital of Philadelphia

Program Name: "Pediatric Pedestrian Safety Campaign"
Member Hospital: Geisinger Janet Weis Children's Hospital

Program Name: "Gun Safety: Keeping our Kids safe"
Member Hospital: Guthrie Robert Packer Hospital

Program Name: "Educating Adolescents and Teens in Communities of Color on Choosing to Be S.A.F.E. (Staying Alert For Emergencies) at Local After School Programs"
Member Hospital: Lankenau Medical Center

Program Name: "Medication Safety in the Community"
Member Hospital: Paoli Hospital and Regional Trauma Center

Program Name: "Fall Prevention through Tai Chi: Increasing Access to Evidence-Based Fall Prevention in a Virtual Format"
Member Hospital: Penn Presbyterian Medical Center

Program Name: "Bicycle Safety: Know the Law, Protect Your Head, Equip Your Bike"
Member Hospital: Penn State Holy Spirit Hospital

Program Name: "St. Luke's Trauma Safety Event"
Member Hospital: St. Luke's Hospital

Program Name: "Safer Firearm Storage for Families"
Member Hospital: UPMC Children's Hospital of Pittsburgh

Program Name: "It Can Wait: An Evidence Informed Approach to Combat Distracted Driving"
Member Hospital: UPMC Mercy

2023 ATSPA ANNUAL CONFERENCE



SAVE THE DATE 2023 ATSPA ANNUAL CONFERENCE

- Continuing Education Credits
- Networking Opportunities
- Trauma Relevant Session topics

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!

See you in the Poconos!

ATSPA has announced the date and location for the 2023 ATSPA Annual Conference.

At the release of this newsletter there is hotel, sponsorship/exhibiting, scholarship and annual award information available on our website. Registration is expected to open shortly after the first of the year. An agenda is shaping up nicely and will include topics such as Violence in the ED, EMS in the Trauma System and Suicide, just to name a few. Incidents to be covered include the I-81 Snow Squall Crash & the trauma incurred by the Little League World Series player this summer.

We hope that you will share this opportunity with trauma nurses, doctors, social workers, EMS Personnel and physical/occupational therapists.

[Click here for a flyer you can share with others.](#)

For more information or to check the status of our planning, visit our [website](#).

Latest IVP News and Research

Research

- [Ehrlich PF, Pulcini CD, De Souza HG, Hall M, Andrews A, Zima BT, Fein JA, et al. Mental Health Care Following Firearm and Motor Vehicle-related Injuries: Differences Impacting Our Treatment Strategies. Annals of Surgery, 2022.](#)

- [Charles A. Jennissen, Gerene M. Denning, Mary E. Aitken, THE COUNCIL ON INJURY, VIOLENCE, AND POISON PREVENTION: A Comprehensive Report on All-Terrain Vehicles and Youth: Continuing Challenges for Injury Prevention. Pediatrics October 2022; 150 \(4\): e2022059280. 10.1542/peds.2022-059280](#)

Report

- [Multiple disparities in completing care after concussions - Children's Hospital of Philadelphia](#)

- [Extreme risk protection orders assist in preventing mass shooting events, study shows - University of Michigan Institute for Firearm Injury Prevention and Johns Hopkins Bloomberg School of Public Health](#)

News

- [Docs Can Play Many Roles in Preventing Firearm Injuries, Experts Say](#)

- [Firearm safe-storage rules help stop tragic child deaths](#)

Important Notice from ATSPA Staff

ATSPA has decided to change the dates for the Annual Membership Survey. Typically, this would take place December 1-31. However, we will be postponing the survey until Summer 2023.

ATSPA does appreciate your feedback and if you feel you need to share any success or shortcomings with us before the summer, we encourage you to do so.

You can reach a staff member by emailing atspa@atspa.org.

Stay connected with us:



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