



In 2020, 928 people died and 115,741 were injured due to red light running.

Source: NHTSA data

National Stop on Red Week  
#StopOnRed



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 STOP ON RED WEEK

Each year, National Stop on Red Week serves as a powerful reminder of the potential consequences of disregarding traffic signals. This week, taking place from August 6-12, we unite as a nation to emphasize the importance of obeying traffic signals and to promote safe driving practices.

According to recent studies, red-light running is one of the leading causes of intersection-related crashes in the United States. Thousands of lives are lost every year, and many more people suffer serious injuries due to these preventable accidents. Moreover, the economic cost of these collisions is substantial, burdening communities with medical expenses, property damage, and lost productivity.

The campaign encourages everyone to pause and reflect on their driving behaviors while reinforcing the importance of personal responsibility behind the wheel.

### Safety Measures for Responsible Driving

During this crucial week, let's remind ourselves of some fundamental safety measures that can help prevent accidents and promote responsible driving:

- **Obey Traffic Signals:** Always stop at red lights and wait for the green signal before proceeding. Never rush through an intersection.
- **Avoid Distractions:** Avoid using mobile phones or engaging in other distractions.
- **Maintain Safe Following Distance:** Keep a safe distance from the vehicle in front of you, allowing ample time to stop if necessary.
- **Watch for Pedestrians:** Pay close attention to crosswalks and be aware of pedestrians crossing the road.
- **Buckle Up:** Ensure that all passengers wear seat belts at all times.
- **Don't Drive Under the Influence:** Never drink and drive or use drugs that impair your ability to operate a vehicle safely.
- **Be Patient:** Exercise patience and refrain from aggressive driving behaviors, especially during heavy traffic.

For more information on stopping at red lights, please visit the [Insurance Institute for Highway Safety \(IIHS\)](#) and [Highway Loss Data Institute \(HLDI\)](#).

## Out of Harm's Way

The Trauma Prevention Publication

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### TOP NEWS TOPICS

- National Stop on Red Week
- Back to School
- Driving as we Age
- Loss of a Friend
- Mini Grant Spotlight
- Latest IVP News and Research

### Save the Date

2024 ATSPA Annual Conference  
April 23 & 24  
Lancaster Marriott at Penn Square  
25 S. Queen Street  
Lancaster, PA 17603

# BACK TO SCHOOL

As the summer days wind down, the back-to-school season comes knocking on our doors once again. As students prepare to embark on a new academic journey, it is crucial for parents, teachers, and the community at large to prioritize back-to-school safety. Creating a secure learning environment not only fosters academic success but also ensures the well-being of our future generation.

## Safe Routes to School

For many students, walking or biking to school is a common routine. As adults, we must work together to establish safe routes to school. This means identifying and eliminating potential hazards such as dangerous intersections, poorly maintained sidewalks, and speeding zones. Local authorities and school administrators should collaborate to implement traffic calming measures and install crossing guards to aid students in safely crossing busy roads.

## School Zone Safety

School zones require special attention during drop-off and pick-up times. The influx of vehicles and pedestrians in a confined area can lead to chaos if not managed properly. Parents must be reminded to follow designated drop-off and pick-up procedures, while schools can establish organized traffic flow patterns and pick-up/drop-off zones to prevent congestion.

## Bus Safety

School buses are a popular mode of transportation for many students. Parents should teach their children about proper bus safety rules, such as waiting for the bus to come to a complete stop before approaching or leaving it, remaining seated while the bus is in motion, and avoiding any behavior that may distract the driver.

## Stranger Danger Awareness

For younger children, understanding the concept of stranger danger is essential. Parents and teachers should educate children about identifying safe individuals, such as school staff and trusted family members, and knowing what to do if a stranger approaches them. Reinforcing the importance of not accepting rides or gifts from strangers can help empower children to protect themselves.

## Cyber Safety

In the digital age, technology plays a significant role in education. However, it is crucial to educate students about cyber safety. Children should be mindful of the information they share online and understand the potential consequences of cyberbullying. Parents and educators must collaborate to ensure responsible internet use and create a supportive environment for students to seek help if they encounter any online issues.

## Emergency Preparedness

Preparing for emergencies is a critical aspect of back-to-school safety. Schools should have comprehensive emergency plans in place, including protocols for fire drills, lockdowns, and natural disasters. Regular drills should be conducted to ensure that students and staff are familiar with the procedures, and any necessary updates to emergency plans should be communicated promptly.

## Health and Hygiene

As schools reopen amid ongoing health concerns, maintaining good hygiene practices is essential. Encouraging frequent handwashing, providing hand sanitizing stations, and promoting the importance of staying home when feeling unwell are all vital steps in safeguarding the well-being of students, teachers, and staff.

## Bullying Prevention

Bullying can have long-lasting effects on a child's mental and emotional well-being. Schools must actively work to prevent bullying by fostering a culture of respect and empathy. Implementing anti-bullying programs and encouraging open communication can create a safe space for students to address any concerns they may have.

## School Security Measures

Schools should have appropriate security measures in place to control access to the premises and ensure a safe learning environment. This may include security cameras, visitor sign-in procedures, and controlled entry points.

As the new school year begins, prioritize the safety and well-being of students. By addressing the various aspects of back-to-school safety, you can create an environment that allows children to flourish academically while feeling secure and supported.



# AUGUST 2023 OBSERVANCES

## Monthly Observances:

- Back to School Month
- National Children's Eye Health and Safety Month
- National Immunization Month

## Weekly or Daily Observances:

- August 6-12: Stop on Red Week
- August 7-13: Safe + Sound Week
- August 31: International Overdose Awareness Day

# DRIVING AS WE AGE

As the population ages, older adults' safety on the road becomes a crucial concern for both individuals and society. While aging is a natural process, it can bring about changes that may affect driving abilities. However, it is essential to recognize that not all older adults experience a decline in driving skills. Many people continue to be safe and responsible drivers throughout their lives.

## Promoting Safe Driving

- **Regular Health Check-ups:** Older adults should undergo regular health check-ups, including vision and hearing tests, to identify and address any issues that might affect their driving abilities. Early detection and treatment can make a significant difference in maintaining safe driving habits.
- **Stay Active and Engaged:** Engaging in physical and mental activities can help older adults maintain their cognitive and physical abilities. Regular exercise, social interaction, and cognitive stimulation can positively impact driving skills.
- **Attend Defensive Driving Courses:** Many communities offer defensive driving courses tailored to older adults. These courses provide valuable tips, refreshers on road rules, and insights into handling challenging driving situations.
- **Drive During Optimal Times:** Older adults may find that their driving performance is better during specific times of the day. Consider driving during daylight hours and avoiding rush hour traffic or challenging weather conditions when possible.
- **Be Mindful of Medications:** Some medications can cause drowsiness or impair cognitive functions, affecting driving abilities. It's essential for older adults to consult their healthcare providers about the side effects of medications and how they might influence driving.
- **Opt for Safe Vehicles:** Choosing a vehicle with advanced safety features, such as lane departure warning systems, blind-spot monitoring, and automatic emergency braking, can enhance safety for older drivers.
- **Plan Routes in Advance:** When traveling to unfamiliar places, older drivers should plan their routes in advance and avoid high-traffic or complex road systems.
- **Limit Distractions:** Distractions while driving can be dangerous at any age. Older adults should minimize distractions, such as using mobile phones or adjusting the radio, to focus on the road.
- **Stay Updated on Road Rules:** Road rules and traffic regulations can change over time. It's crucial for older drivers to stay updated and aware of any modifications to the rules to ensure safe and law-abiding driving practices.

Older adult safe driving is a multifaceted issue that requires understanding, awareness, and proactive measures. While age-related changes can present challenges, many older adults continue to be safe and capable drivers with the right adjustments and support. Encouraging regular health check-ups, staying active, attending defensive driving courses, and being mindful of medications are just a few ways to promote safe driving among older adults. Find more resources at the [Pennsylvania Department of Transportation's website](#).

# THE LOSS OF A FRIEND

Friend and ATSPA supporter, Mary McKenna Bailey, passed away on June 30, 2023.

Mary served as an exemplary nurse at Mercy Catholic Medical Center and Albert Einstein Medical Center and as Adjunct Instructor at both Widener University and then, Allentown College of St. Francis de Sales.

Mary was a member of the Emergency Nurses Association Board of Directors and served as President of PA ENA Chapter. She received the Outstanding Presidential Leadership Award in 1990 and the Distinguished Certified Emergency Nurse Award in 1991. She served as the representative to the Pennsylvania Trauma Systems Foundation Board of Directors, receiving an award in 1992.

Mary is remembered for her diligence, her commitment to the nursing field, and her excellence. In 1998, Mary received the ATSPA Trauma Prevention Recognition Award. She also spoke at the ATSPA Annual Conference and received rave reviews for her straightforward yet humorous presentation.

In lieu of flowers, the ATSPA was designated as one of three donation recipients. These donations will honor Mary's legacy, as they will provide injury prevention education opportunities.





# MINI GRANT SPOTLIGHT

Each Pennsylvania ATS member, both institutional and EMS, are able to apply for an injury prevention grant annually by the ATSPA. Mini grants of up to \$4,000 are offered to institutional members and micro grants of up to \$2,000 are offered to EMS members. Members can apply for these grants once a year during the application window, which is open now through August 23, 2023.

## Firearm Safety Initiative by Children's Hospital of Philadelphia

According to the Children's Hospital of Philadelphia (CHOP), the annual firearm related death rate in Philadelphia "has nearly doubled since 2016." Guns are the leading cause of injury-related deaths for kids ages 1-17 in the U.S. These statistics show a clear need for a firearm safety initiative. CHOP's application cited a recent study from Arizona that revealed "a brief gun-safety counseling session supported with written information along with a gun lock giveaway resulted in significant improvements in safe gun storage behaviors."



Hoping to target "all patients and families visiting Children's Hospital of Philadelphia, main campus, for either ambulatory or admitted care," the team set out with three clear objectives:

- Education/counseling on safe storage will be provided to each family via informational fliers and video instructions.
- Provide a safe firearm locking device to 950 families who are identified as having a firearm in their home.
- Promote the long-term goal of reducing the risk of pediatric firearm injury/death through education and safety device distribution.

Over the course of several months, CHOP's team was able to establish partnerships with outside organizations such as the Center for Violence Prevention (CVP). They leveraged this partnership "to build on the work that was being done in the community and primary care setting." They tout this partnership as "pivotal for building out systems for inpatient screening and cable lock distribution initiatives."

"One of the most impactful moments was a conversation with a mother whose child was admitted for a suicide attempt via overdose. This window opened a particular vulnerability where the mom shared that she was not actually sure how their firearms were stored in her home but knew she wanted to protect her daughter. Mom was able to leave that conversation with education on the importance of locking firearms and how to use the cable lock."

They did meet some resistance on the way, "once we started working with partner groups, refining processes, gathering interest, and providing education, it was much slower than anticipated. Each step of this process had to be slow and organized with larger players to ensure it was set up for sustainability."

Overall, CHOP describes this initiative as "beyond simply educating and distributing cable locks to families at CHOP and in the community but to building out a larger plan and program for the enterprise at large." They distributed 300 cable locks and built a program that can reach into the future. "We will continue to distribute the remaining locks in-house and during community events." Most importantly, "We have been received amazingly well in the community. From the community baby shower event to tabling at a school, families were incredibly receptive to learning and sharing that desire to keep their children safe."

## Latest IVP News & Research

### Research

-Aiken LH, Lasater KB, Sloane DM, et al. [Physician and Nurse Well-Being and Preferred Interventions to Address Burnout in Hospital Practice: Factors Associated With Turnover, Outcomes, and Patient Safety](#). JAMA Health Forum. 2023;4(7):e231809. doi:10.1001/jama-healthforum.2023.1809

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