

WINTER SPORTS

According to the U.S. Consumer Product Safety Commission, almost **200,000** people were treated in 2018, at hospitals, doctors' offices, and emergency departments for injuries related to winter sports.

A breakdown of these injuries include:

- 76,000 snow skiing
- 53,000 snowboarding
- 48,000 ice skating
- 22,000 sledding and tobogganing

SAFETY TIPS



Helmets

Not all helmets are the same. Ensure that you are wearing the proper helmet for the winter sport you are participating in.

- Helmets should be flush against the cheeks and forehead, making sure the back of the helmet does not touch the nape of the neck.
- It should be snug, but not tight, with the chin strap fastened, sitting level on the head with the front edge being no more than one inch above the eyebrows.
- The helmet should not shift when head is shaken from side to side.

SAFETY TIPS



Gear

Check that equipment is working properly prior to use. Protective gear, such as helmets or padding, should be worn properly and should be in good condition.



Sledding

Make sure sleds are safe, checking for sharp or jagged edges. It is also important to always sit up and use a sturdy sled that you can easily steer. Stay away from homemade sleds like garbage can lids, pool floats and cafeteria trays.



Dress

Check the weather in advance and dress appropriately. For cold weather, it is best to dress in layers and wear warm, snug-fitting clothes. Gloves, boots and jackets should also be worn to protect from injuries. If the sun is out, you can get sunburned, so remember the sunscreen.



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The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit 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

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PREVENTING TRAUMATIC BRAIN INJURY IN WINTER SPORTS

Whether you're hitting the slopes, sprinting up the court for a fast break, or sledding down your neighborhood hill, it's time for winter sports. January is Winter Sports TBI (traumatic brain injury) Awareness Month raising awareness to the fact that there are over 200,000 cases of TBI every year. According to the American Association of Neurological Surgeons, a TBI is a disruption in the normal function of the brain that can be caused by a blow, bump or jolt to the head, the head suddenly and violently hitting an object or when an object pierces the skull and enters brain tissue.

What does a TBI look like?

A mild TBI can include disorientation or loss of consciousness lasting 30 minutes or less, mild headaches, memory loss, difficulty thinking, mood swings and frustration. A severe TBI can include loss of consciousness for longer than 30 minutes, memory loss lasting longer than 24 hours, impairment of high-level cognitive function and not being able to speak properly.

How do I treat a TBI?

1. Discontinue the activity and immediately seek a health care provider.
2. Only return to physical activity with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your health care provider for written instructions on returning to school, work, or other physical activity.

How can I prevent a TBI?

Safety should always come first. Individuals should always wear approved and properly-fitted protective equipment specific to the sport they are playing. Always practice safe playing techniques and encourage athletes to follow the rules of play. **If you believe someone has suffered a traumatic brain injury, time is critical. Seek immediate medical help.**

ATSPA has recently updated its Winter Sports rack card to include more tips to stay safe this winter. Resources are available at the ATSPA website, atspa.org.

TOP NEWS TOPICS

- Preventing TBI in Winter Sports
- Keeping Older Adults Safe this Winter
- 2023 ATSPA Annual Conference
- 2022 ATSPA Member Accomplishments
- Latest IVP News and Research

KEEPING OLDER ADULTS SAFE THIS WINTER

When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

- Stay indoors (or don't stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

Cover up! All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away. Exposed skin can easily become frostbitten in the winter cold.

Injury While Shoveling Snow

Unless you're an enterprising teen in a neighborhood, everyone's least favorite part of winter is snow shoveling. If you choose to shovel, take some precautions.

- When it's cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease.
- It is also easy to forget to drink water. It's not warm outside and you may not sweat as much, but even in the winter staying hydrated is important.

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions. Taking precautions can prevent injury.

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavement that could be iced over.
- Clear away snow, and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Fires and Carbon Monoxide Poisoning

During the winter months, it is common to use the fireplace or other heating sources, such as natural gas, kerosene, and other fuels. Unless fireplaces, wood and gas stoves and gas appliances are properly vented, cleaned, and used, they can leak dangerous amounts of carbon monoxide and can become a fire hazard. Follow these safety tips.

- Have your chimneys and flues inspected and cleaned annually.
- Open a window (when using a kerosene stove) – just a crack will do.
- Place smoke detectors and battery-operated carbon monoxide detectors on every level of the house – especially in areas where you use fireplaces, wood stoves, kerosene heaters and in the garage.
- Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding, and furniture.
- Never try to heat your home using a gas stove, charcoal grill, or other stoves not made for home heating.
- If there is a fire, don't try to put it out. Leave the house and call 911.

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.

Carbon Monoxide Poisoning is caused by a gas that can not be seen or smelled, and can lead to death.

Signs: Headache, weakness, nausea or vomiting, dizziness, confusion, blurred vision, loss of consciousness

Actions: Go to fresh air and get medical care immediately.

2023 ANNUAL CONFERENCE



Prepare



Prevent



Provide

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.](#)

Tuesday, April 25, 2023

8:30 – 9:30 am

Opening Remarks and Awards Presentation

9:30 – 10:30 am

Enough is Enough: Ending Workplace Violence for Healthcare Workers

Aisha Terry, MD, MPH – ACEP President-elect, American College of Emergency Physicians

10:45 – 11:45 am

Snow, Fog and Whiteout Conditions - Disaster on I-81

John Matz – Director, Schuylkill County Emergency Management Agency

Frank Zangari – Fire Chief, Rangers Hose Company

1:00 – 2:00 pm

Suicide

Shanthi Lewis, MD - Psychiatrist, Lehigh Valley Health Network

2:15 – 3:15 pm

Exploring the Essential Service: A Discussion on EMS

Aaron Rhone, PhD – Director, Bureau of EMS, Pennsylvania Department of Health

3:45 – 4:45 pm

Pediatric Traumatic Brain Injury: Case Management and Discussion

Oded Goren, MD – Cerebrovascular Neurosurgeon, Geisinger Medical Center

Christopher Coppola, MD – Pediatric Surgeon, Geisinger Medical Center

5:00 – 7:00 pm

Networking Happy Hour

Wednesday, April 26, 2023

8:30 – 9:30 am

Mission Zero and Beyond: Maintaining Readiness and Pursuing New Innovations in Trauma Care Delivery through Military and Civilian Partnerships

Jennifer Silvis, DO - Trauma/Acute Care Surgery, General Surgery, Conemaugh Memorial Medical Center

9:45 – 10:45 am

Templeton Poster Showcase Lightning Round

11:15 am – 12:15 pm

Lightning and Other Electrical Injuries

Taryn, Travis, MD, FACS - Burn Surgeon, The Burn Center, MedStar Washington Hospital Center

1:15 – 2:15 pm

Autopsy Finding in Trauma Cases

Karl Williams, MD - Chief Medical Examiner, Office of Medical Examiner of Allegheny County

2:30 – 3:30 pm

Firearm Panel Discussion

Russell Dumire, MD – Chairman, Department of Surgery/Trauma Medical Directory, Conemaugh Memorial Medical Center

Elinore Kaufman, MD, MSHP – Assistant Professor of Surgery, University of Pennsylvania

Dorothy Rocourt, MD, MBA – Medical Director, Pediatric Trauma Program, Penn State Health Children's Hospital

3:30 – 3:45 pm

Raffle Drawing & Closing Remarks

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!

JANUARY 2023 OBSERVANCES

Monthly Observances:

National Radon Action Month

National Bath Safety Month

Weekly or Daily Observances:

- Jan. 1: New Years Day

- Jan. 15-23: International Snowmobile Safety week

- Jan. 16: Martin Luther King Jr. Day

Conference Links

[Main Page](#)

[Hotel Information](#)

[Scholarships](#)

[Awards](#)

[Sponsorships/Exhibitors](#)

Registration coming in JANUARY!

REMINDER:

Scholarship Applications

- [Due Jan. 27](#)

Award Nominations

- [Due Jan. 27](#)

Sponsor/Exhibitor

Registration

- [Due Feb. 24](#)

2022 ATSPA MEMBER ACCOMPLISHMENTS...



837 helmets were provided to our members thanks to funding from the Fleming Foundation. An additional 363 helmets were funded directly by ATSPA.

(Pictured to the left: Two recipients of helmets from Jennifer Barney and the team at Reading Tower Health)

3,000 Bleeding Control Kits were provided to members thanks to funding from the Pennsylvania Department of Health and Psalm 103 Foundation.

(Pictured to the right: Three photos from Conemaugh Memorial Hospital's Stop the Bleed trainings for nursing students, area Game Wardens, and local employers.)



12 mini grant and 5 micro grant projects were completed in the 2021-22 cycle. For the 2022-23 cycle 12 mini grant projects were funded at \$38,985.50 and one micro grant project was funded at \$2,000.

(Pictured to the left: Photo collage submitted by Sunny Jackson at Penn Presbyterian Medical Center of their 2021-22 Mini Grant project; Firearm Safety Community Outreach Education, Table Display)

...LOOKING FORWARD TO 2023

Latest IVP News and Research

Research

- Donna Luff, Sara W. Buscher, Valerie L. Ward, Sonia A. Ballal, Paul Holden, Rachelle Pierre, Paul Won, Eun Jin Yu, Sara L. Toomey; [Understanding Racial, Ethnic, and Socioeconomic Differences in the Ambulatory Care Experience](#). Pediatrics December 2022; 150 (6): e2021056001. 10.1542/peds.2021-056001

- Sathya, C., Harrison, L., Dauber, K. et al. [A mixed methods protocol to implement universal firearm injury risk screening and intervention among youth and adults in emergency departments across a large US health system](#). Implement Sci Commun 3, 124 (2022). <https://doi.org/10.1186/s43058-022-00371-6>

News

- [Tailored approach makes inroads in rural firearm safety - University of Michigan](#)
- [Report offers 10 recommendations to promote firearm injury prevention - MedXpress](#)

Stay connected with us:



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