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## FALLS PREVENTION AWARENESS WEEK

September 18-24, 2022 is Falls Prevention Awareness Week. The theme, 'Strengthening Community Connections in Falls Prevention', shows that prevention is a team effort and everyone has a role to play to reduce falls risk, including your local neighborhood.

From medication and vision impairment to poor lighting and chronic conditions, the factors to watch for are numerous. That's why having a team to help spot and address fall risks is so helpful. Below are resources that play a significant role in promoting safety and preventing falls.

- **Family and Friends** - Family and friends provide extra hands or eyes to check and rid your home of falls hazards. They can also join you during doctor visits and help ask questions and gather information about falls prevention.
- **Doctors** - Your primary doctor knows your medical history and manages chronic illness like diabetes and arthritis that may put you at risk. Tell your doctor if you've fallen recently, feel unsteady on your feet or are worried about falling.
- **Pharmacists** - When you pick up your medications, use the opportunity to get counseled about any side effects you're experiencing, and any changes in the medications you're taking.
- **Occupational/Physical Therapists (OT/PT)** - OT can ensure your assistive devices fit your needs and assess your home to identify hazards to be eliminated and modifications that can prevent falls. PT can work with you to improve balance, strength, and mobility to prevent falls and can help address the reasons you may be feeling unsteady.
- **Local Senior Center** - Senior centers are a trusted community hub for health and fitness programs to encourage exercise and movement.
- **Local Hardware Store** - They have supplies and materials needed to make your home safe and comfortable, such as grab bars, a hand-held shower head, nightlights and lightbulbs for brighter light, and nonslip pads for your rugs.
- **Faith-based organization(s)** - Faith leaders are trusted sources of important information and can connect you to community resources to address your needs, especially when it comes to your health. You can also count on your faith community for social support.

For more information about Falls Prevention Awareness Week or how your community plays a role in falls prevention, visit the [National Council on Aging \(NCOA\)](#). Also, don't forget to check out the information and materials offered by [ATSPA](#).



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 2022 | Issue 103

### TOP NEWS TOPICS

- Falls Prevention Awareness Week
- National Preparedness Month
- National Child Passenger Safety Week
- National Farm Safety and Health Week
- National Concussion Awareness Day
- Suicide Prevention Awareness Month
- Save the Dates
- Latest IVP News and Research

# NATIONAL PREPAREDNESS MONTH

National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. The 2022 NPM theme is: "Prepare to Protect. Preparing for disasters is protecting everyone you love." This one-of-a-kind campaign is committed to putting people first and reaching communities where they are.

The theme is broken down into four topics to help you and your family prepare for disasters.

## Topic 1: 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.

## Topic 2: 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.

## Topic 3: 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.

## Topic 4: 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).



# NATIONAL CHILD PASSENGER SAFETY WEEK

Motor vehicle crashes are a leading cause of death for children ages 12 years and younger. On average, three children under the age of 14 were killed, and an estimated 380 were injured every day in 2020. The National Highway Traffic Safety Administration (NHTSA) reports, 46% of car seats have not been installed correctly. The single most effective way to protect children, and all vehicle occupants, is to correctly buckle all occupants in a car seat, booster seat, or seat belt that is appropriate for their age and size.

The Pennsylvania Traffic Injury Prevention Project (TIPP) and the Pennsylvania Department of Transportation (PennDOT) are committed to working closely with partners and safety advocates to educate parents and caregivers during Child Passenger Safety Week. Every parent wants to protect their children and keep them safe. The 2022 Child Passenger Safety Week theme, "The Road to Safety", highlights the importance of selecting a size-appropriate car seat for every child and using it correctly every time.

## Child Passenger Safety Resources

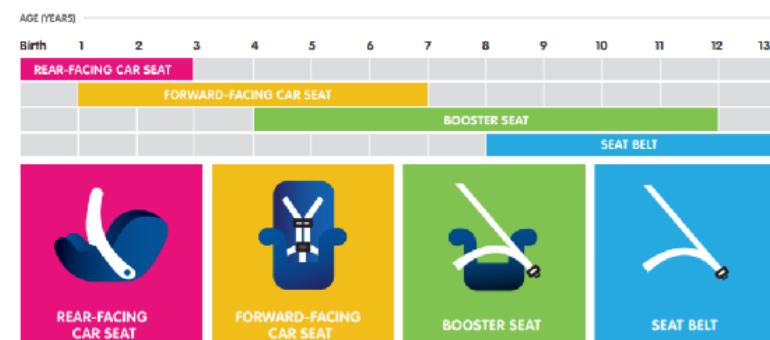
[Find a car seat loan program](#)

[Find a seat check event](#)

[Become a CPS technician](#)

## Pennsylvania's Occupant Protection Law for Children

- All children from birth to age 4 must be secured in a car seat anywhere in the vehicle.
- Children younger than age 2 must be secured rear-facing, until they outgrow the maximum weight and height of the car seat.
- All children 4 years of age and older, but less than 8 years, must be secured in a seat belt and an appropriate booster seat anywhere in the vehicle.
- All children 8 years of age and older, but less than 18 years of age, must be secured in a seat belt system anywhere in the vehicle.
- All drivers are responsible for securing children in the appropriate car seat, booster seat, or seat belt.



ATSPA offers a child passenger safety rack card that contains the laws and requirements for properly securing your children in PA. That rack card can be found at [atspa.org](http://atspa.org).

# 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 18-24. The theme for 2022 is "Protecting Agriculture's Future"; a theme that resonates in Pennsylvania.

Each day during National Farm Safety & Health Week, AgriSafe will host two free webinars related to the daily topic of focus. Participants only need to register one time to access all of the webinars.

[Click here to register for AgriSafe Webinars.](#)

## Monday, September 19 - Tractor Safety & Rural Roadway Safety

Noon CDT - Crashes Involving Agricultural Vehicles in the Southwest Region

2 p.m. CDT - ATV/UTV Safety for Farm Women

## Tuesday, September 20 - Overall Farmer Health

Noon CDT - Putting Time and Distance Between Someone at Risk of Suicide and Lethal Means: An Overview of the CALM Workshop

2 p.m. CDT - Heat and Wildfire Smoke Exposure Among Agricultural Workers: Examining Exposure Risk and Potential Strategies to Protect Workers

## Wednesday, September 21 - Safety & Health for Youth in Agriculture

Noon CDT - Protecting and Promoting the Health of Young Agricultural Workers: The Role of Employers and Supervisors

2 p.m. CDT - Farm Youth Mental Health: What We Know and How to Help

## Thursday, September 22 - Confined Spaces

Noon CDT - Roundtable Discussion: Grain Bin Safety

2 p.m. CDT - Confined Space: Grain Bin Entry

## Friday, September 23 - Safety & Health for Women in Agriculture

Noon CDT - More than Milk: Strong Bones and Injury Prevention for Aging Women in Ag

2 p.m. CDT - ¡Basta! Working Together to Prevent Sexual Harassment in the Agricultural Workplace

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](#).

# NATIONAL CONCUSSION AWARENESS DAY

Concussions have become an epidemic in the United States, with millions of mild traumatic brain injuries happening each year. 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.

National Concussion Awareness Day ® is a chance for health care practitioners, teachers, coaches and parents to connect and discuss baseline testing, signs and symptoms and the social and emotional issues that can result from mild traumatic brain injury. Health care professionals, non-profit organizations and support groups from across the United States will be participating in the seventh annual National Concussion Awareness Day ® on Friday, September 16, 2022. National Concussion Awareness Day is recognized by the Brain Injury Association of America.

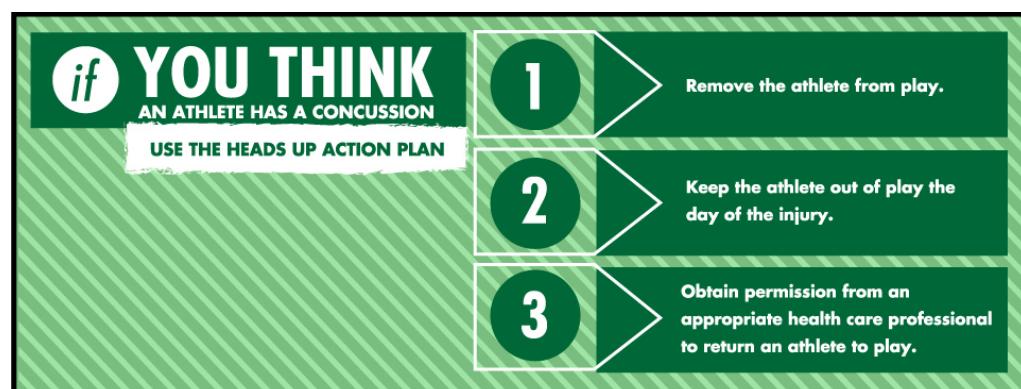
## SEPTEMBER 2022 OBSERVANCES

### Monthly Observances:

- [National Emergency Preparedness Month](#)
- [Baby Safety Month](#)
- [Suicide Prevention Awareness Month](#)

### Weekly or Daily Observances:

- September 16 - [National Concussion Awareness Day](#)
- September 18-24 - [Falls Prevention Awareness Week](#)  
[National Farm Safety and Health Week](#)  
[National Child Passenger Safety Week](#)
- September 24 - [National Seat Check Saturday](#)



# SUICIDE PREVENTION AWARENESS MONTH

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month, a time to raise awareness on this stigmatized, and often taboo, topic. The 2022 theme will be "Together for Mental Health," which encourages people to bring their voices together to advocate for better mental health care, including a crisis response system. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

## Informational Resources

- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- [Navigating a Mental Health Crisis](#)

## Crisis Resources

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255) or dial 988.

ATSPA also offers a rack card and fact sheet on suicide in older adults. To access these materials visit our website, [atspa.org](http://atspa.org).

## Latest IVP News and Research

### News:

[PBS News Hour - How extreme heat affects young athletes](#)

[World Health Organization - WHO calls on global community to "do one thing" to save lives on World Drowning Prevention Day](#)

[Clinical Advisor - For a Medical Approach to Gun Safety, Look to Our Public Health Colleagues](#)

[Children's Hospital Association - A Virtual Method for Reducing Real Burnout](#)

[Center for American Progress - Hospital-Based Intervention Programs Reduce Violence and Save Money](#)

### Studies:

[Outcomes of Road Traffic Accidents Before and After the Implementation of a Seat Belt Detection System: A Comparative Retrospective Study in Riyadh](#)

### Special Report from the CDC:

[Increased unintentional drowning deaths in 2020 by age, race/ethnicity, sex, and location, United States](#)

Stay connected with us:



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## MINI & MICRO GRANTS

Mini and Micro grant applications are OPEN.

Don't forget to apply by Sept. 14 to be considered for a trauma prevention grant.

More information on these programs and links to their applications are available [HERE](#).

## Save the Date



Prepare



Prevent



Provide

## 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!

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