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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

SPACE HEATER SAFETY

Keeping warm inside can be a challenge during the peak winter months. Some resort to space heaters, in homes and offices. While space heaters can be an effective supplemental heating source for one room, they pose potential fire hazards too. According to the National Fire Protection Association, 80% of home heating fire deaths and 32% of home heating fires involve space heaters.

You can reduce the risk of damage, injury and death with these tips.

- **Keep it Level** – Always place the space heater on a hard, level and nonflammable surface.
- **Remember the Three Feet Rule** – 24% of home heating fire deaths were due to space heaters placed too closely to items such as upholstered furniture, clothing, mattress, or bedding. Ensure the space heater is at least 3 feet from anything that can burn.
- **Keep it a Kid-Free Zone** – Keep children and pets away from space heaters.
- **Don't Leave it Running** – Never leave a space heater on when you leave the area or go to sleep.
- **Smoke Alarms Save Lives** – 33% of American households estimate they have at least six minutes before a house fire becomes life-threatening. The actual time is three minutes. Install working smoke alarms on every level of your home and test them monthly.
- **Avoid Using an Extension Cord** – Plug a space heater directly into an outlet with enough capacity.
- **Stay Away From Water** – Keep the space heater out of the bathroom and away from ALL water.
- **Check the Cord** – Always check the space heater cord before plugging it in. The cord should be in good condition and fully intact.

More information on this subject is available at the [NFPA website](http://www.nfpa.org). ATSPA also offers educational materials on [space heater safety](#).

Out of Harm's Way

The Trauma Prevention Publication

DECEMBER 2021 | Issue 94

TOP NEWS TOPICS

- Spcace Heater Safety
- Winter Weather Safety
- 2021-22 Mini/Micro Grant Awardees
- Member Benefits
- Membership Survey Information
- November Updates

WINTER WEATHER 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.

HOW TO STAY SAFE WHEN A WINTER STORM THREATENS:

- Prepare your home to keep out the cold with insulation, caulking, and weather stripping.
- Learn how to keep pipes from freezing.
- Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

WHAT TO DO UNDER A WINTER STORM WARNING:

- If you are under a winter storm warning, find shelter right away.
- Stay off roads.
- Stay indoors and dress warmly.
- Prepare for power outages.
- Listen for emergency information and alerts.
- Look for signs of hypothermia and frostbite.
- Check on neighbors.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Limit your time outside. If you need to go outside, wear layers of warm clothing.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

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.

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.



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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.

DECEMBER 2021 OBSERVANCES

Monthly Observance:

Safe Toy and Gift Month

Weekly or Daily Observances:

- Nov. 28 - Dec. 6: Hanukkah

- Dec. 25: Christmas

2021-22 MICRO GRANT AWARDEES

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 \$2000.

Program Name: "Celebrating 50 Years of Service"
Member Agency: Chestnut Ridge Ambulance Service

Program Name: "Community CPR Training in conjunction with 'First on the Scene'"
Member Agency: Factoryville Fire Company

Program Name: "Lower Allen Fall Prevention Program"
Member Agency: Lower Allen Township EMS

Program Name: "Stop the Dying: Preventable Death After an Active Attack"
Member Agency: Northwest EMS

Program Name: "Community Paramedicine Stability Program"
Member Agency: TowerDIRECT

2021-22 MINI GRANT AWARDEES

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

Program Name: "Suicide Awareness Education and Prevention"
Member Hospital: Bryn Mawr Hospital/Main Line Health

Program Name: "Child Passenger Safety for Premature Infants"
Member Hospital: Children's Hospital of Philadelphia

Program Name: "Youth Hunter Safety Program"
Member Hospital: Conemaugh Miners Medical Center

Program Name: "Enhanced Stop The Bleed Training for Law Enforcement Officers"
Member Hospital: Geisinger Community Medical Center

Program Name: "Hunter Safety Program"
Member Hospital: Geisinger Wyoming Valley Medical Center

Program Name: "Impact Teen Drivers"
Member Hospital: Janet Weis Children's Hospital

Program Name: "Safety/Emergency Preparedness Kits for Older Adults"
Member Hospital: Paoli Hospital and Regional Trauma Center

Program Name: "Community Outreach Education, Table Display"
Member Hospital: Penn Presbyterian Medical Center

Program Name: "Tourniquet Exchange Program"
Member Hospital: Penn State Holy Spirit Hospital

Program Name: "Falls Free Grab Bar Voucher Program"
Member Hospital: Reading Hospital Trauma Center

Program Name: "Lawnmower Safety for Families"
Member Hospital: UPMC Children's Hospital of Pittsburgh

Program Name: "Initiating the Conversation: Gun Safety"
Member Hospital: WellSpan York Hospital

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.

Though our healthcare system is still ravaged by Covid 19 and its variants we, through the work of our members and partners, have been able to offer Pennsylvania communities an outstanding number of resources.

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](#).

The collage features several safety-related items: a red flashlight, a car seat, a lightning safety poster titled "LIGHTNING SAFETY THE SHOCKING TRUTH", a "Home Safety Checklist" for homes with children aged 5+ and pets, and a poster titled "I'm Ready Preparing Children to Respond to Disasters".

MEMBERSHIP SURVEYS

It is that time of year again, membership survey time! Surveys will be sent to our institutional and EMS members on the first of December and will be expected back by December 31. The goal of these surveys is to learn how ATSPA can assist members in injury prevention and outreach initiatives. This is an opportunity for members to shape member benefits and the programs that we focus on moving forward. ATSPA wants to provide the most valuable services, programs and materials for our members.

This survey is open to all staff who utilize ATSPA resources, at hospitals or agencies that are American Trauma Society members.

We hope to have all responses by Friday, December 31. Each person to complete a survey will be entered to win a \$25 Visa gift card. The winner will be notified early, Monday, January 3 and announced across our social media accounts later that day.

If you are an EMS or institutional member and do not receive the link to take the survey via email, please contact Sadie Carns at scarns@atspa.org or call 717-766-1616 ext. 106.

Thank you in advance for your help directing the future of ATSPA.

ATSPA NOVEMBER UPDATES

- November 3: Attended Equity at Work Program, hosted by LeanIn.
- November 4: Presented Part 1 of 3 Teen Driver Presentations to middle and high school aged students at Hershey Christian Academy, in Hershey. Also participated in the Monthly State Leaders Call with Safe Kids Worldwide.
- November 8: Attended a meeting to promote Traffic Incident Management Training for First Responders in South Central PA, and a webinar hosted by Boston Children's Hospital "Brain Injury Center Sport-Related Concussion Lecture Offering for 2021."
- November 9: Presented a Mature Driver Presentation to a group of senior citizens at the Greencastle Senior Center, in Greencastle.
- November 10: Presented a Teen Driver and Passenger Safety Presentation at Waynesboro High School, in Waynesboro. Also, attended Older Adult Injury Prevention Task Force Summit: Part 2.
- November 15: Led a Child Passenger Safety Renewal Testing Course, whereby expired CPS Technicians regained certification.
- November 16: Attended the Pennsylvania Farm Bureau Health and Safety Fair, in Hershey and led a Safe Kids PA Quarterly Networking Meeting, piloting a Health Equity Assessment for Multidisciplinary Teams.
- November 16-17: Attended the Canva Create Conference.
- November 17: Spoke about Mature Driver Safety at the Grantville Senior Center, in Grantville.
- November 22: Hosted the ATS Divisions Council Meeting.
- November 23: Attended and supported the Operation Safe Holiday press event held by PennDOT, the PA Turnpike Commission and PA State Police, in Harrisburg. Also attended Pennsylvania Emergency Health Services Council EMS-Children Committee Meeting.
- November 24: Spoke about Mature Driver Safety at the Blain Senior Center, in Blain.

Stay connected with us:



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