



National Trauma Awareness Month 2021

# Safe and Secure

SAFETY IS A CHOICE, PREVENTION IS KEY



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 TRAUMA AWARENESS MONTH

The American Trauma Society (ATS) in cooperation with the Society of Trauma Nurses (STN) will observe May as National Trauma Awareness Month (NTAM). In honor of the 33rd annual event the theme is “Safe and Secure. Safety is a choice. Prevention is key.”

The 2021 observance will focus on causes of injuries in five major areas; home, work, travel, outdoors and self-care. ATS and STN have compiled many resources to help educate the public on specific causes of trauma.

As part of NTAM, ATS and STN celebrate Trauma Survivor’s Day on May 19. Trauma Survivor Network sites across the country will host events celebrating the amazing patients that survived and continue to thrive.

More tips and information are available at the [American Trauma Society website](http://www.atspa.org).

## PREVENT FALLS IN THE HOME

Falls are a threat to the health of older adults and can reduce their ability to remain independent. However, falls don’t have to be inevitable as you age. There are proven ways to reduce and prevent falls, even for older adults.

### 6 Steps to Prevent a Fall

1. Find a good balance and exercise program. Look to build balance, strength, and flexibility.
2. Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Regularly review your medications with your doctor or pharmacist. Make sure side effects are not increasing your risk of falling.
4. Get your vision and hearing checked annually and update your eyeglasses. Eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

More fall prevention resources are available at [atspa.org](http://atspa.org).

## Out of Harm’s Way

The Trauma Prevention Publication

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### TOP NEWS TOPICS

● National Trauma Awareness Month

● Prevent Falls in the Home

● Preventing Workplace Violence

● National Bike Safety Month

● Self-Care For All

● National Stroke Awareness Month

● National Stop the Bleed Day

● Recognition Banners

● April Updates

# PREVENTING WORKPLACE VIOLENCE

According to the Occupational Safety and Health Administration (OSHA), workplace violence is any act or threat of physical violence, harassment, intimidation, or other threatening disruptive behavior that occurs at the work site. From 2002 to 2013, the rate of serious workplace violence incidents (those requiring days off for an injured worker to recuperate) was more than four times greater in health-care than in private industry on average. In fact, healthcare accounts for nearly as many serious violent injuries as all other industries combined. While there is no “one size fits all” solution to workplace violence, there are a few steps that you can take to help prevent it.

## Use these tips to keep your workplace safe:

- Develop zero-tolerance policies that clearly define a workplace code of conduct as well as consequences for those who break that code. Creating this type of formal document sends a message that lateral violence is not tolerated within the organization.
- Open lines of communication empower employees to recognize and report violent acts before they escalate. With open lines of communication between peers and managers, an organization can foster an environment where employees are comfortable sharing their experiences.
- Raising awareness of workplace violence—what it looks like, who it impacts, and why it’s dangerous—helps increase incident reporting and keep employees safe.
- Develop a straightforward reporting process that empowers employees to alert leaders when violence occurs. The more information leaders have, the better equipped they are to track, respond, and combat abuse in the workplace.
- Incidents of workplace violence should be recorded and continuously analyzed, allowing healthcare administrators to identify patterns of abuse—which departments it occurs in the most, repeat offenders, etc.—and adjust their approaches as needed.

To learn more about workplace violence or what you can do to prevent it, visit [OSHA's website](#).

# NATIONAL BIKE SAFETY MONTH

May is Bicycle Safety Month, and ATSPA and South Central PA Highway Safety (SCPAHS) are reminding bicyclists to do their part to help reduce deaths and injuries on our roads.

As the weather warms and COVID-19 continues to echo encouragements of social distancing, families are looking for ways to stay active and get outdoors. Riding bikes is a great way to keep your heart rate up and your risk factors down, providing you follow a few standard safety measures.

## Tips for Bicyclists:

- Always wear a properly-fitted helmet that meets the Consumer Product Safety Commission (CPSC) standards.
- Check your bike equipment before heading out: check for proper fit and function, including tires, brakes, handlebars and seats.
- Ride in the same direction as traffic, as a vehicle on the road.
- Obey traffic signs, signals, and lane markings; signal all turns; and follow local laws.
- Be predictable: ride in a straight line and use hand signals when changing lanes or turning.
- Stay focused: look ahead for traffic and obstacles in your path.
- Be visible: wear bright colors, reflective materials and lights on your bicycle at night and in low light conditions.
- Stay alert: don't use electronic devices.
- Ride safe: riding while impaired by alcohol or drugs affects your judgment and skill; it affects your safety and the safety of others on the road.

According to the U.S. Department of Transportation’s National Highway Traffic Safety Administration (NHTSA), all states require bicyclists on the roadway to follow the same rules and responsibilities as motorists. There are two main types of crashes involving bicycles; the most common are falls and the most serious are with vehicles. In 2016, NHTSA data shows that 840 bicyclists were killed in motor vehicle traffic crashes in the United States, an increase from 829 in 2015, accounting for 2.2 percent of all motor vehicle traffic fatalities.

## SCPAHS offers these tips for Motorists:

- Pass bicyclists on the road with care; allow at least three feet clearance.
- Look for cyclists before opening a car door or pulling out from a parking space.
- Yield to bicyclists at intersections and as directed by signs and signals.
- Look for bicyclists before making turns, either left or right.
- Respect designated bicycle lanes; don't use them for parking, passing or turning.
- Never drive distracted or impaired. Always buckle up.

Additional information about bicycle safety is available at the ATSPA website, [atspa.org/bike-safety](http://atspa.org/bike-safety).



# MAY 2021 OBSERVANCES

## Monthly Observances:

National Trauma Awareness Month

National Bike Safety Month

CPS Tech Month

Global Youth Traffic Safety Month

Mental Health Awareness Month

Motorcycle Safety Month

National Electrical Safety Month

Stroke Awareness Month

Water Safety Month

## Weekly or Daily Observances:

- May 3-7: Stand Down for Workplace Falls Week

- May 4: Anti-Bullying Day

- May 5: Bike to School Day

- May 6-12: National Nurses Week

- May 9: Mother's Day

- May 16-22: EMS Week

- May 22-28: National Safe Boating Week

- May 19: Trauma Survivors Day

- May 20: "Stop the Bleed" Day

- May 31: Memorial Day

# SELFCARE FOR ALL

## What is self-care?

Self-care describes a conscious act one takes in order to promote their own physical, mental, and emotional health. There are five types of self-care; Physical, social, mental, spiritual and emotional. Taking careful consideration for each aspect will allow you to feel more fulfilled and well rounded. It can improve your mood and connections with others.

## Follow these tips to promote better physical, mental and emotional health:

- Get enough quality sleep.
- Keep a healthy diet that fuels your life.
- Spend time nurturing your relationships with others.
- Practice self-compassion and acceptance
- Put together a puzzle or learn about a subject that fascinates you
- Develop a deeper sense of meaning, understanding, or connection with the universe
- Meditate
- Develop healthy ways to process emotions
- Incorporate activities into your life that help you feel recharged

At the end of the day, self-care is about spending time focusing on your self and what you need. Self-care isn't a one-size-fits-all strategy. Your self-care plan will need to be customized to your needs. When you discover that you're neglecting a certain aspect of your life, create a plan for change. You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better. Then, schedule time to focus on your needs.

# STROKE AWARENESS MONTH

According to the American Stroke Association (ASA), 80 percent of strokes are preventable. Knowing the risk factors and controlling the risks that can be controlled will help prevent stroke.

## The risk factors you can control include:

- Lowering blood pressure and cholesterol.
- Quit smoking.
- Maintain a healthy weight, eat a heart healthy diet and exercise.
- Get plenty of sleep.
- Speak with your doctor about any health concerns.

Knowing the signs of a stroke and getting timely care can prevent death and mitigate the complications. When it comes to stroke, every minute counts. Acting **F.A.S.T.** can help stroke patients get the treatments they need to survive and reduce damage to the brain.

**Face** - Does one side of the face droop when smiling?

**Arms** - Ask the person to raise both arms. Does one arm drift downward?

**Speech** - Ask the person to repeat a simple phrase. Is the speech slurred or strange?

**Time** - If you see any of these signs, call 9-1-1 right away.

A stroke can strike at any age.

Make healthy lifestyle choices to **lower your risk.**



## Learn the signs of stroke.



**F**ace. **A**rms. **S**peech. **T**ime to call **9-1-1**.

[cdc.gov/stroke](https://cdc.gov/stroke)

According to CDC, only 3 out of 5 people are aware of all major stroke symptoms and know to call 9-1-1 when someone is having a stroke. There's more work to do—let's make it 5 out of 5!

For more information on stroke awareness month, visit the [American Stroke Association website](https://www.americanstroke.org).

# STOP THE BLEED® DAY

STOP THE BLEED® is one of our nation's largest public health campaigns. Its goal is to save lives by training people across the country how to stop traumatic bleeding.

National STOP THE BLEED® Day is a one day call to action, on May 20, 2021. Anyone can be trained and be ready to save someone's life – a friend, a family member, colleague or the person next to you – whether you know them or not.

Get trained, get equipped, be ready, be empowered, spread the word. STOP THE BLEED®.

# Thank you CPS Technicians. May is Child Passenger Safety Technician Month.



# Thank you Emergency Medical Service workers. National EMS Week May 16 - 22



# Thank you nurses! National Nurses' Week May 6 - 12



## ATSPA APRIL UPDATES

- Throughout the month of April, ATSPA hosted a weekly series of educational webinars free of charge. These webinars offered continuing education credits for nurses, physicians and EMTs.
- Throughout April, ATSPA CEO, Krista Brands, met with numerous State Senators and Representatives to discuss the impact and importance of the Trauma Prevention line item of the PA state budget.
- Assisted with multiple child passenger safety seat checks in Cumberland and Dauphin Counties.
- April 1: Participated in monthly Safe Kids State Leaders call.
- April 6-9: Assisted with a Child Passenger Safety Technician Certification Course.
- April 9: Attended the American Trauma Society's National Annual Conference virtually.
- April 14: Presented at the 2021 PA Traffic Safety Conference virtually.
- April 21: Participated in a planning meeting to update the PA Strategic Highway Safety Plan.
- April 22: Hosted the Virtual 2021 Drivers Education/SRO-CSO Seminar.
- April 23: Participated in the PA State Child Death Review Team meeting and gave a presentation virtually to Camp Hill High School's Driver's Education Classes.
- April 26: Participated in the Pennsylvania State Police, PennDOT and Turnpike press event to kick off Work Zone Safety Week.

Stay connected with us:



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