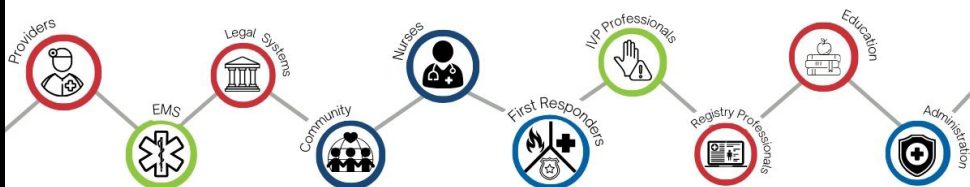


NATIONAL TRAUMA AWARENESS MONTH | MAY 2024



**INJURY PREVENTION
IS EVERYONE'S BUSINESS**



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

NATIONAL TRAUMA AWARENESS MONTH

As May approaches, the significance of National Trauma Awareness Month takes center stage, providing a poignant opportunity to recognize the profound impact of trauma on individuals, families, and communities. The 2024 theme of "Injury Prevention Is Everyone's Business," is timely and fitting for trauma centers to advocate and educate.

This year, the theme focuses on the following areas:

- **Programs:** existing injury and violence prevention programs and best practices
- **Partnerships:** sharing successful partnerships and exploring *new* partnerships utilized in the delivery of injury and violence prevention programs
- **Policies:** exploring model public policies focused on injury and violence prevention
- **Populations:** uncovering the populations we serve and need to serve, moving forward in our injury and violence prevention work

The American Trauma Society is hosting a series of webinars on various subjects relating to these themes. For more information and to register, please visit www.amtrauma.org.

At the heart of National Trauma Awareness Month lies Trauma Survivors Day, observed on May 15th. This day serves as a tribute to the courage and resilience of individuals who have endured trauma, celebrating their journeys of healing and recovery. It provides a platform for survivors to share their stories, offering inspiration and solidarity to others facing similar challenges.

Each survivor's journey is unique, shaped by their experiences, resilience, and support systems. From overcoming life-threatening injuries to navigating the complexities of psychological trauma, survivors demonstrate extraordinary strength in the face of adversity. Their stories serve as beacons of hope, illustrating the power of resilience and the possibilities of healing.

National Trauma Awareness Month provides a vital opportunity to honor the resilience of trauma survivors, raise awareness about the effects of trauma, and promote injury and violence prevention. As we commemorate Trauma Survivors Day on May 15th and throughout the month, let us stand in solidarity with survivors, advocate for their needs, and work towards creating a world where healing and resilience flourish.

Out of Harm's Way

The Trauma Prevention Publication

May 2024 | Issue 122

TOP NEWS TOPICS

- National Trauma Awareness Month
- Dive into Safety: 10 Essential Tips for the Pool
- Stop the Bleed Day
- Appreciation



**Firearm Injury Prevention: Your Role
& Understanding as Part of the
Trauma System**

**Friday, May 3, 2024
12:00 PM - 1:00 PM ET**

DIVE INTO SAFETY: 10 ESSENTIAL TIPS FOR THE POOL

As the temperature rises and the sun beckons, many families eagerly anticipate spending time cooling off in the pool. However, amidst all the fun and relaxation, it's crucial to prioritize safety, especially when it comes to preventing drowning incidents. According to the World Health Organization (WHO), drowning is one of the leading causes of unintentional injury-related deaths worldwide, with children particularly vulnerable.

To ensure a safe and enjoyable experience for everyone, here are ten essential tips for pool safety:

- 1. Supervision is Key:** Never leave children unattended in or near the pool, even for a moment. Designate a responsible adult as the designated "water watcher" to keep a vigilant eye on swimmers at all times.
- 2. Learn CPR:** In case of emergencies, knowing CPR (Cardiopulmonary Resuscitation) can be a lifesaver. Enroll in a CPR course to equip yourself with the necessary skills to respond effectively to drowning incidents.
- 3. Secure the Pool:** Install a 4 sided fence around the pool area, with a self-locking gate, to prevent unsupervised access, particularly for young children. Ensure the fence is at least four feet tall and features self-closing mechanisms.
- 4. Teach Swimming Skills:** Enroll children in swimming lessons as early as possible to teach them essential water safety skills, including floating, treading water, and basic strokes. However, remember that swimming lessons do not make a child drown-proof, so supervision remains crucial.
- 5. Implement Pool Rules:** Establish clear rules for pool behavior, such as no running, no diving in shallow areas, and no swimming alone. Enforce these rules consistently to promote safe practices among pool users.
- 6. Use Safety Equipment:** Keep US Coast Guard approved life jackets, reaching poles, and flotation devices readily accessible near the pool area. Encourage weaker swimmers or inexperienced individuals to wear life jackets for added safety.
- 7. Stay Sober:** Avoid alcohol and drugs when supervising swimmers or participating in water activities. Impaired judgment and coordination increase the risk of accidents and drowning incidents.
- 8. Be Weather Aware:** Monitor weather conditions closely and avoid swimming during thunderstorms or inclement weather. Strong winds, lightning, and heavy rain pose significant safety hazards in and around the pool.
- 9. Install Alarms:** Consider installing pool alarms that alert you to unauthorized pool access or when someone enters the water unexpectedly. Alarms can provide an additional layer of protection, especially in households with small children.
- 10. Be Prepared:** Keep a fully stocked first aid kit and emergency phone numbers, including local emergency services and poison control, near the pool area. Familiarize yourself with rescue techniques and emergency protocols to respond swiftly in case of accidents.

By prioritizing pool safety and implementing these ten tips, you can significantly reduce the risk of drowning incidents and create a secure environment for everyone to enjoy. Remember, when it comes to water safety, prevention and preparedness are paramount. So, dive into summer with peace of mind, knowing you've taken the necessary steps to keep your loved ones safe in and around the pool.

Drowning Prevention

According to the Centers for Disease Control and Prevention, about 10 people die from unintentional drownings every day. Of these deaths, 2 of those are children under 14 years of age.

Always swim in lifeguarded areas – never swim alone.

Know what to do in an emergency – learn CPR.

Swimming pools are the most common site for a drowning to occur among children ages 4 and under.

Install four-sided fencing around pools and spas – fencing should include a self-latching gate that locks.

Review water safety rules/guidelines before entering the water.

In 2013, 77% of all fatal boating incident victims drowned, and of those who drowned, 84% were not wearing a life jacket.

Teach children how to swim – learn survival skills.

Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets.

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Find this resource at atspa.org/printable-resources.
Print it yourself!

GUIDE TO WATER SAFETY

A young boy wearing sunglasses and blue shorts is floating on a large, inflatable watermelon ring in a swimming pool. The water is bright blue with ripples.

Order this resource at
atspa.org/booklets-brochures-rack-cards.

STOP THE BLEED DAY 2024

Empowering Communities to Save Lives

Every year, on the third Thursday of May, communities around the world come together to observe Stop the Bleed Day—an initiative dedicated to raising awareness about the importance of bleeding control and empowering individuals with the knowledge and skills to intervene effectively in emergencies. As we commemorate Stop the Bleed Day 2024, it's essential to reflect on the program's origins, its overarching purpose, and the critical need for tourniquet training in saving lives.

Origins of Stop the Bleed

Stop the Bleed emerged as a national awareness campaign in response to mass casualty events and traumatic injuries, particularly incidents involving active shooters and terrorist attacks. Recognizing the significant number of preventable deaths due to uncontrolled bleeding, a coalition of organizations, including the American College of Surgeons, the Hartford Consensus, and the Department of Homeland Security, collaborated to develop the Stop the Bleed program.

Launched in 2015, Stop the Bleed aims to educate the public on the principles of hemorrhage control and equip bystanders with the skills and tools to stop severe bleeding before professional medical help arrives. The program emphasizes the importance of rapid response and immediate action in saving lives during emergencies.

Purpose of the Observance

Stop the Bleed Day serves as an annual reminder of the critical role that bystanders play in providing life-saving care during traumatic incidents. It is a day dedicated to spreading awareness, conducting training sessions, and mobilizing communities to take proactive steps in preparedness and response.

The observance aims to achieve several key objectives:

- **Education:** Increase public awareness about the importance of bleeding control and the basic techniques needed to stop severe bleeding
- **Training:** Provide hands-on training sessions to teach individuals how to apply direct pressure, pack wounds, and use tourniquets effectively
- **Empowerment:** Empower bystanders to take action and become immediate responders in emergencies, thereby bridging the gap between the onset of an injury and the arrival of professional medical assistance
- **Community Engagement:** Foster collaboration among community members, organizations, and healthcare providers to enhance overall preparedness and resilience in the face of emergencies

The Need for Tourniquet Training

Among the various techniques taught in Stop the Bleed training, the proper application of tourniquets holds particular significance. Tourniquets are instrumental in controlling severe bleeding from extremity injuries, such as gunshot wounds or traumatic amputations, by constricting blood flow to the affected limb.

However, effective tourniquet use requires proper training and technique to avoid complications and to maximize effectiveness. Improperly applied tourniquets can lead to tissue damage, nerve injury, or even limb loss. Therefore, comprehensive Stop the Bleed training includes instruction on when to apply a tourniquet, how to apply it correctly, and how to reassess and adjust as necessary.

By incorporating tourniquet training into Stop the Bleed initiatives, communities can equip individuals with the skills and confidence needed to intervene decisively in life-threatening situations, potentially saving countless lives in the process.

As we mark Stop the Bleed Day 2024, let us reaffirm our commitment to building resilient communities, where every individual is empowered to make a difference in the face of adversity. Together, we can turn bystanders into lifesavers and ensure that no one succumbs to preventable bleeding injuries due to a lack of knowledge or preparedness.

MAY 2024 OBSERVANCES

Monthly Observances:

National Trauma Awareness

National Bike Safety

CPS Tech

Global Youth Traffic Safety

Mental Health Awareness

Motorcycle Safety

National Electrical Safety

Stop the Bleed®

Stroke Awareness

Water Safety

Weekly or Daily Observances:

- May 1: *Heatstroke Prevention Day
Trauma Registry Professionals Day*

- May 6-10: *Stand Down for Workplace Falls Week*

- May 8: *Bike to School Day*

- May 6-12: *National Nurses Week*

- May 8: *Injury Prevention Professionals Day*

- May 15: *Trauma Survivors Day*

- May 19-25: *EMS Week,
National Safe Boating Week*

- May 20-26: *Healthy & Safe Swimming Week*

- May 23: *Stop the Bleed® Day*

TO OUR 2024 ATSPA ANNUAL CONFERENCE ATTENDEES,
EXHIBITORS, PLANNING COMMITTEE, AND SPONSORS

THANK
YOU!

We appreciate your continued support.



TO OUR SUPERHEROES,

**THANK YOU: NURSES,
EMERGENCY MEDICAL SERVICE PERSONNEL,
AND CHILD PASSENGER SAFETY TECHNICIANS!**

we're grateful for all you do!

Stay connected with us:



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