



Out of Harm's Way

The Trauma Prevention Publication

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The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to reducing the suffering, disability and death caused by trauma throughout the Commonwealth.

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Colonel Chetan Kharod is the Program Director for the United States Department of Defense tri-service Military EMS & Disaster Medicine Fellowship, Joint Base San-Antonio-Fort Sam Houston, Texas. He was the senior medical officer for United States Air Force Special Tactics when US Special Operations Command rolled out the Preservation of the Force and Family initiative, an innovative mind-body-spirit resiliency program that continues to be the core of the Air Force Special Operations Warrior Care Program today. Colonel Kharod considers it his solemn duty to be a role model of professionalism, mindful living, and unquestionable character in thought, word, and deed.

He will present the Hersperger Lecture, "State of the Art Resiliency: Humans are More than Hardware," on Thursday, March 15th at the ATSPA Conference at the [Hershey Lodge and Convention Center](#). This session will focus on what you can do to protect yourself from, and to overcome, the physical and emotional strain of your professional and personal life.

[Click here for more information on ATSPA's 2018 Conference.](#)

ATSPA 2018 Mini Grants Now Available!

Each year, ATSPA provides up to ten (10) mini grants with a maximum of \$4,000 each to our member hospitals for new projects in trauma prevention education categories. Typically, the ATSPA Mini Grant Review Committee shows priority consideration to new and innovative projects that exemplify a great need in the community or focus on one of the following areas: "Stop the Bleed," Senior Falls Prevention, Concussions, and Firearm Safety.

[Click here for more information and to apply for Mini Grants.](#)

Stay connected with us:



ATSPA December Update

- Distracted/Mature Driving Presentation in Greencastle
- Distracted/Mature Driving Presentation in Chambersburg
- Distracted/Mature Driving Presentation in Mercersburg
- Drivers Ed Class at Camp Hill High School
- Good Day PA! Television appearance
- Lehman Volvo - Car Seat Safety Event
- ZONTA Human Trafficking Event at the State Capitol
- Yellow Dot Class
- Drivers Ed Class at Millersburg High School



ATSPA staff members pictured with Representative Carolyn Comitta

Winter Sports Traumatic Brain Injury Awareness Month

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 [Center for Neuro and Spine](#), a traumatic brain injury is a blanket term that is used to cover any blunt, sharp, neurological or chemical trauma to the head that causes impaired brain activity.



What causes a TBI?

- **Open head injury** – Any penetrative wound
- **Closed head injury** – Slipping or falling and landing on your head, or collision with your head
- **Deceleration** - Occurs when the brain is moved or stopped abruptly and slams the front or back of the skull.
- **Chemical** – Toxins entering the bloodstream and affecting the brain
- **Loss of oxygen**
- **Cancer/ tumors**
- **Infections**
- **Stroke**

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 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.

National Bath Safety Month

“Splish Splash, I was taking a bath”... and slipped.

January is National Bath Safety Month, raising awareness to the prevention of slips and falls in the bathroom. Falls are the leading cause of death and injury among older adults, and children can fall just as quickly.

Be sure to follow these tips to ensure that you're safe in the bathroom, no matter your age:

- **Prevent Slips:** Young children and older adults do not have the coordination or strength to hold steady if balance is lost. Install a grab bar and a plastic suction mat in the tub.
- **Stay with Children:** Children four and under should always have someone present when they are near water.
- **Avoid Trips:** Remove things that could be a potential tripping hazard, such as rugs.
- **Check the Temperature:** Wait until the tub is finished filling before placing your child in the water. Water temperature can change quickly. Set the water heater no higher than 120 degrees Fahrenheit to avoid burn injury.

For more bathroom safety tips, visit the [CDC website](#).

CO Poisoning

According to the [Centers for Disease Control and Prevention \(CDC\)](#), every year, at least 430 people in the United States die from accidental carbon monoxide (CO) poisoning. CO is an odorless, colorless gas, which can cause sudden illness and death, and is produced any time a fossil fuel is burned. The CO can build up in an enclosed or partially enclosed space, leading to poisoning and death.

Common symptoms of CO poisoning include: headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion.

Carbon monoxide poisoning is entirely preventable.

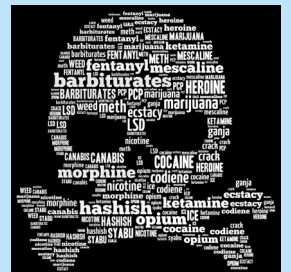
Protect yourself and your family by following these tips.

- Make sure your home has a carbon monoxide alarm.
- Never leave your vehicle motor running in an enclosed or partially enclosed space.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement.
- If CO poisoning is suspected, consult a healthcare professional right away

Shatter The Myths!

National Drug and Alcohol Facts Week is observed from January 22-28, 2018 linking teens to science based facts to “Shatter The Myths” about drugs! Teenagers are linked to experts to counteract the myths about drugs, including alcohol, that they may get from the internet, social media, television, movies and more.

These startling myth-busting facts prove why drug and alcohol safety needs to be discussed:



14 and older After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.	Quadrupled Unintentional overdose deaths involving opioid pain relievers have more than quadrupled since 1999.	Friends and Relatives Many teens get prescription drugs they misuse from friends and relatives.	More than 2 million More than 2 million people in the United States suffer from substance use disorders related to prescription opioid pain relievers.
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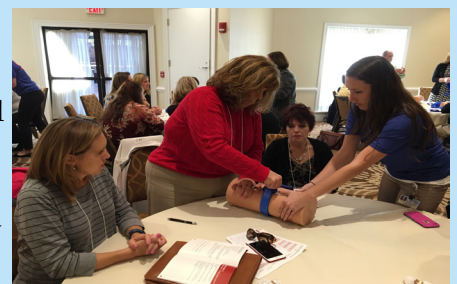
Tune in to National Drug and Alcohol Chat Day on January 22, 2018. High school students from around the country ask questions about drugs, drug use, and alcohol and get the answers from expert scientists.

[Click here for more information.](#)

ATSPA Staff “Stop the Bleed” Training

On October 30th, four ATSPA staff members attended the “Stop the Bleed” “Train the Trainer Course” at the Pennsylvania Trauma Systems Foundation Fall Conference & Meeting.

The staff learned how to properly use tourniquets, apply dressing to wounds, and much more.



Let It Snow... Take It Slow

Winter weather is among us and the roads may be covered with snow and ice. [The Pennsylvania Department of Transportation \(PennDOT\)](#) advises you to stay off the road if winter weather is threatening in the forecast.

The first step is to always make sure that your vehicle is ready to brave the winter weather. As a motorist, you should regularly check to ensure that your fluid levels are full, and your heater and defroster work properly. Be sure to check your lights and have a mechanic check your brakes, batteries, hoses and belts.

If you must go out and venture through the winter weather, always slow down and increase your following distance, while avoiding sudden stops and starts. Use extra caution on bridges and ramps where ice forms more quickly, and on roads that may look wet, but are frozen. Never pass or get between trucks plowing in a plow line.

Call “511” for more information regarding traffic delay warnings, winter road conditions, crashes, construction activities and weather forecasts.

ATSPA 2018 Conference Registration

Mark your calendars for the 2018 ATSPA Conference on March 14 and 15th, 2018 at the [Hershey Lodge and Convention Center in Hershey!](#)

The 2018 conference proves to be the best one yet! **Online registration is available until March 2, 2018.**

Attendees: [Click this link to register.](#)

Those interested in exhibiting: [Click this link to register.](#)

Those interested in sponsoring: [Click this link to register.](#)

Member Spotlight: Children’s Hospital of Pittsburgh of UPMC

Children’s Hospital of Pittsburgh of UPMC (CHP) has a 125-year commitment to providing comprehensive primary and specialty care to the region’s sick and injured children. Last year marked the 30th anniversary of its accreditation as a Level 1 Pediatric Trauma Center by the Pennsylvania Trauma Systems Foundation. Children’s Hospital is one of five trauma centers in the University of Pittsburgh Medical Center (UPMC) health system and serves as the pediatric referral hospital for both the health system and the region. Currently, CHP has 315 licensed beds, of which 36 are available for the care of critically injured/ill children.



Image provided by UPMC

The mission of the Benedum Pediatric Trauma Program at Children’s Hospital of Pittsburgh of UPMC (CHP) is to serve as a center of excellence in patient care, education, research and injury prevention. This includes not only care and activities provided within its own walls, but full implementation of its role as a pediatric trauma center regional resource.

CHP was named to the U.S. News & World Report Honor Roll of America’s Children’s Hospitals for the sixth consecutive year, ranking eighth in the nation this past year, and has also been awarded many other honors.



We welcome ideas for future “**Out of Harm’s Way**” issues. Contact Danielle Adams, ATSPA Communications Coordinator, at dadams@atspa.org with your suggestions.

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