

## July Is Recreation and Parks Month!

The leading cause of concussions in recreational sports is from bicycling.

It's important to make sure that you have a bicycle helmet, but also that your helmet is fit correctly.

If you're local, visit the ATSPA office to have your helmet fit and sized correctly.

The [ATSPA website](#) also has great information on how to fit a helmet correctly.

Have a helmet that fits correctly is so important to protecting your brain.



## Child Vehicular Heat Stroke – Look Before You Lock

- Put something you'll need like your cell phone, handbag, employee ID or brief case, etc., on the floor board in the back seat.
- Get in the habit of always opening the back door of your vehicle every time you reach your destination to make sure no child has been left behind. This will soon become a habit. We call this the "Look Before You Lock" campaign.
- Keep a large stuffed animal in the child's car seat when it's not occupied. When the child is placed in the seat, put the stuffed animal in the front passenger seat. It's a visual reminder that anytime the stuffed animal is up front you know the child is in the back seat in a child safety seat.
- Be especially careful about keeping children safe in and around cars during busy times, schedule changes and periods of crisis or holidays.

**A child's body temperature rises 3-5 times faster than an adult's. Even with the windows partially down, the temperature inside a parked car can reach 125 degrees in just minutes.**

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### CHILD VEHICULAR HEAT STROKE DEATHS BY CALENDAR YEAR



Data Source: KidsAndCars.org



*These tips to keep kids safe obtained from [kidsandcars.org](#)*

## Did you know?

**Sparklers can reach 1,800°F (982°C) — hot enough to melt gold.**



## Fireworks Safety – Celebrating Safely

*If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home — period. Attend public fireworks displays, and leave the lighting to the professionals.*

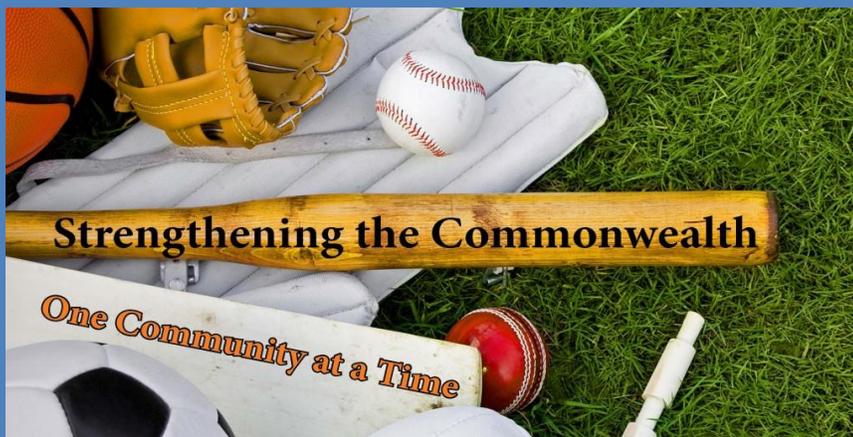
If they're legal where you live, and you chose to celebrate with fireworks, keep these safety tips in mind:

- Kids should never play with fireworks. Things like firecrackers, rockets, and sparklers are just too dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800°F (982°C) — hot enough to melt gold.
  - Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled), and store them in a cool, dry place. Illegal fireworks usually go by the names M-80, M100, blockbuster, or quarterpounder. These explosives were banned in 1966, but still account for many fireworks injuries.
  - Never try to make your own fireworks.
  - Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
  - Steer clear of others — fireworks have been known to backfire or shoot off in the wrong direction. Never throw or point fireworks at someone, even in jest.
- Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear some sort of eye protection, and avoid carrying fireworks in your pocket — the friction could set them off.
  - Point fireworks away from homes, and keep away from brush and leaves and flammable substances. The National Fire Protection Association estimates that local fire departments respond to more 50,000 fires caused by fireworks each year.
  - Light one firework at a time (not in glass or metal containers), and never relight a dud.
  - Don't allow kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
  - Soak all fireworks in a bucket of water before throwing them in the trash can.
  - Think about your pet. Animals have sensitive ears and can be extremely frightened or stressed on the Fourth of July. Keep pets indoors to reduce the risk that they'll run loose or get injured, or become aggressive.

## ATSPA 2013-2014 Annual Report Spotlight

Do you want to know a little more about what the American Trauma Society, PA Division (ATSPA) does for the Commonwealth?

Please contact the ATSPA to receive a copy of the 2013-2014 Annual Report. We are proud of our trauma prevention efforts throughout the Commonwealth of Pennsylvania.



**Fireworks are meant to be enjoyed, but you'll enjoy them much more knowing your family is safe. Take extra precautions this Fourth of July and your holiday will be a blast!**

*Information obtained from [kidshealth.org](http://kidshealth.org)*