

# Maryland EMS News

For All Emergency Medical Clinicians

Vol. 47, No.10

November 2021

## Maryland Joins Nationwide Push for 2<sup>nd</sup> Annual National Injury Prevention Day

**WHILE THE COUNTRY CONTINUES** to address issues surrounding the ongoing COVID-19 pandemic, injuries and violence, especially among children, remain a major concern of healthcare professionals and community advocates. Injury is the number one cause of death and hospitalization of people 1-44 years-old, yet many of these cases are preventable through the use of safety practices, products, and policies.

On November 18, 2021, Maryland joined trauma centers and community advocates across the country in raising awareness of the burden of injury and violence to families and communities as part of the 2<sup>nd</sup> annual National Injury Prevention Day. Government House in Annapolis, Johns Hopkins and City of Baltimore Domes, and Sinai Hospital, as well as M & T Bank Stadium, in concert with other hospitals, landmarks, businesses, monuments, neighborhoods, and government offices across America, were illuminated green as part of the “Shine a Green Light” initiative to elevate the profile of the cause. The public was also invited to take part in a live national conversation about the country’s top injury and violence concerns during a one-hour Twitter chat

*(Continued on page 10)*



▲ *Government House in Annapolis was illuminated green on November 18, 2021, as part of the “Shine a Green Light” initiative to elevate the profile of National Injury Prevention Day.*

### IN THIS ISSUE

■ Maryland Joins Nationwide Push for 2 <sup>nd</sup> Annual National Injury Prevention Day .....	1
■ Agencies Urge Caution for Motor Vehicle Drivers and Passengers During Roadside Emergencies.....	2
■ Look Alive "Signal People" Take to the Streets.....	2
■ 18 <sup>th</sup> Annual Maryland Remembers Ceremony Honors Victims of Impaired Driving .....	3
■ Winterfest EMS 2022 Program.....	4
■ Holiday Bike Safety Checklist.....	11

## Look Alive "Signal People" Take to the Streets



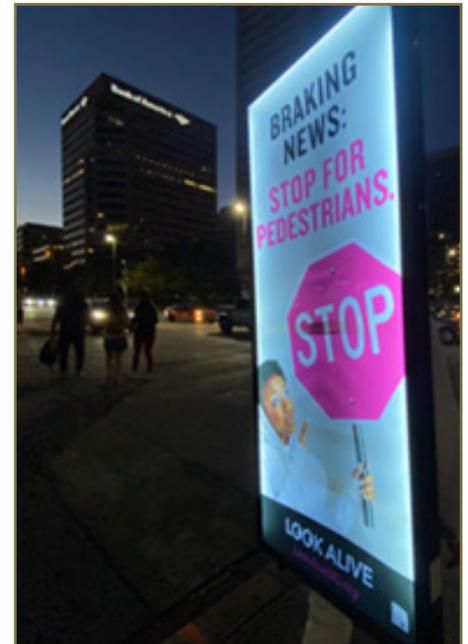
*Photos courtesy of the Baltimore Metropolitan Council*

**IN OCTOBER, THE LOOK ALIVE SAFETY CAMPAIGN** reminded drivers to watch out for pedestrians as “Signal People” took to Baltimore-area streets in high-priority areas. The effort was a part of National Pedestrian Safety Month. The Baltimore Metropolitan Council and Maryland Department of Transportation Motor Vehicle Administration Highway Safety Office (MDOT MVA MHSO) team up with local partners to work together in the Look Alive campaign. This project raises awareness of pedestrian and bicycle safety and educates drivers, pedestrians, and bicyclists about safe use of roadways in the greater Baltimore region. The campaign integrates several components, including TV and outdoor advertising, grassroots outreach, and media relations. It is meant to complement, not replace, the efforts of state and local governments and agencies to engineer and build safer streets and sidewalks, enforce laws, and train better drivers, bicyclists, and pedestrians.

The “Signal People” sported backpack banners with messages alerting drivers to slow down and watch for pedestrians and reminded everyone to stay alert and aware of their surroundings. The unconventional messengers are part of the Look Alive campaign spokeswoman Signal Woman—the Walk/Don’t Walk sign icon that was brought to life and is now supplying practical safety advice on Instagram (@SignalWoman) and Twitter (@SignalWoman). This campaign provides an eye-catching way to present tips for preventing crashes. The Baltimore region saw seven bicyclist and 61 pedestrian fatalities in 2020. The Look Alive campaign offers safety tips for people driving, walking, and biking. Learn more about the program at [LookAliveMD.org](http://LookAliveMD.org).

The socially distanced “Signal People” clad in white spandex from head to toe and wore walking billboards with important safety reminders were located at:

■ Sept. 30, 2021 intersection of MD 450 and MD 2, Parole, MD



■ Oct. 1, 2021 intersection of Liberty Rd. and Old Court Rd., Milford Mill, MD

■ Oct. 2, 2021 intersection of Centre Park Drive and MD 108 and 8825-8815 Centre Park Dr, Columbia, MD

■ Oct. 2, 2021 intersection of E. Pratt St & Light St, and intersection of W. Pratt and S. Paca St, Baltimore, MD ■

## Victims of Impaired Driving Honored at 18<sup>th</sup> Annual Maryland Remembers Ceremony

**GOVERNOR LARRY HOGAN** joined state officials, transportation leaders, safety advocates, law enforcement, and families in honoring Marylanders who lost their lives to impaired driving during the 18<sup>th</sup> annual Maryland Remembers ceremony, held November 22, 2021, at the State House in Annapolis.

During the ceremony, Governor Hogan announced that Maryland is one of five states to receive a grant from the Governors Highway Safety Association to encourage safe alternatives to impaired driving by providing \$10 rideshare credits to Marylanders during the holiday season.

Maryland Remembers is held annually at the beginning of the holiday season, when impaired driv-



▲ Governor Larry Hogan delivers remarks during the 18<sup>th</sup> annual Maryland Remembers ceremony honoring those who have lost their lives as victims of impaired driver crashes.

ing crashes tend to increase. In 2020, 120 people died and more than 2,600 were injured on Maryland roadways due to impaired driving. More than 14,170 people were arrested for driving under the influence of alcohol or

drugs, with approximately 1,345 of the arrests occurring from Thanksgiving through New Year's Day.

The governor was joined by Secretary Greg Slater of the Maryland Department of Transportation (MDOT), MDOT MVA Administrator Chrissy Nizer, and Superintendent Colonel Woodrow Jones, III of the Maryland State Police, as well as highway safety advocates and families of victims.

During the ceremony, the governor presented Officer Jayme Derbyshire of the Montgomery County Police Department with the annual Kevin Quinlan Award for her work and advocacy in preventing impaired driving. The award is named for the

*(Continued on page 12)*

## Agencies Urge Caution for Motor Vehicle Drivers and Passengers During Roadside Emergencies

**MULTIPLE STATE AGENCIES HAVE COME TOGETHER** to provide guidance to motorists to keep them and others safe in the event of an emergency incident or minor vehicle crash while traveling. Working together, the Maryland Department of Transportation Motor Vehicle Administration's (MDOT MVA) Highway Safety Office and State Highway Administration (MDOT SHA), the Maryland Transportation Authority (MDTA), Maryland Transportation Authority Police (MDTAP), Maryland State Police

(MSP) and Maryland Institute for Emergency Medical Services Systems (MIEMSS) are reminding motorists and passengers of the dangers created by roadside emergencies and vehicle breakdowns.

The most important reminder is the need to use caution and common sense – because *every incident is unique*. To be ready for the unexpected, motorists and passengers are encouraged to:

- **Prepare** their vehicle in advance to avoid and minimize emergencies,
- **Assess** the situation when a road-

side emergency occurs,

- **Use good judgment** in deciding how to respond, and
- **Stay vigilant** for other motorists because roadside emergencies are fluid situations that can change in an instant.

To avoid roadside emergencies and unnecessary stopping on roadways, motorists should first and foremost verify their vehicle is in good working condition before traveling. Ensuring the vehi-

*(Continued on page 12)*

# Welcome to Winterfest EMS 2022

This year, we will be offering an EMT Skills Refresher class, a PEPP 4<sup>th</sup> Edition Hybrid Course, and over 12 hours of exciting continuing education. If you attend the full conference and complete a Maryland 12-hour EMT Skills Refresher class, you will meet your 24 hours required for recertification as an EMT.

## **PRECONFERENCES**

**Registration Required; Basic PPE Required (Face Mask and Eye Protection)**

### *EMT-B 12-Hour Skills Refresher - Combination of online and in person*

**Fee:** \$75

**Location:** Easton Volunteer Fire Department  
315 Leonard Rieck Drive (formerly Aurora Park Drive), Easton, MD 21601

A 12-hour skills class will be divided into 4 hours of virtual instruction, followed by 8 hours of skills in person. Space is limited, register early!! Skills Refresher participants will be emailed to confirm class requirements.

*Please note: You MUST have access to a computer with reliable internet access during the virtual (online conference) portion of the course AND be able to access the MIEMSS Online Training Center to complete the protocol quiz following the live virtual session.*

**Dates/Times:** *Live virtual instruction requires you to log in for the session for the entire time.*

Thursday, February 10, 6:00 PM - 10:00 PM (virtual)

Friday, February 18, 8:00 AM (in person)

### *Pediatric Education for Prehospital Professionals (PEPP-4) Course*

**Fee:** \$50

**Dates/Times:** Friday, February 18, 8:00 AM

**Location:** The Oxford Fire Company  
300 Oxford Road, Oxford, MD 21654

The PEPP-4 hybrid course features an all-new lecture on Behavioral Emergencies, role-play activities and learning games, such as matching and trivia, along with updated case-based lectures, videos, hands-on skill stations, and small group discussions. The PEPP-4 Hybrid Course is designed by the American Academy of Pediatrics specifically for both ALS & BLS clinicians with a focus on assessment and management of ill or injured children. Maryland EMS for Children has added additional scenarios and special equipment to correlate with EMS Scope of Practice in Maryland. **BLS Participants will complete 10.25 hours of online learning prior to attend the one-day onsite portion. ALS Participants will complete 11.75 hours of online learning prior to attend the one-day onsite portion.** Participants will qualify to receive an AAP course completion card by participating in both the online and on-site portions of the course and successfully completing a written test. **Credit Hours: BLS: 15 hours; ALS: 18.75 hours. Required – online learning must be completed prior to attending the course. Textbook will be mailed with online access code after payment has been received.** PEPP-4 participants will be emailed to confirm class requirements.

## Winterfest EMS 2022

### SATURDAY, FEBRUARY 19, 2022

#### “Winterfest EMS 2022”

0730–0800 **Registration**

0800–0815 **Welcome to Winterfest EMS 2022**

0815–0845 **Maryland EMS - What's Next?**  
Ted Delbridge, MD, MPH, FACEP, FAEMS  
Executive Director, MIEMSS

Dr. Delbridge will share Future Plans of Maryland EMS.

### SATURDAY – GENERAL

0845–0945 **Oh, Baby! Difficult Labor Presentations** **1M**  
Jennifer Fahey, CNM, MSN, MSPH, PhDc,  
University of Maryland, School of Medicine  
Assistant Professor in Obstetrics, Gynecology,  
and Reproductive Science

Out-of-hospital births are some of the most rewarding and exciting calls that EMS clinicians run. However, they can also be some of our most stressful calls, and there are at least TWO patients and often many bystanders. While most births require minimal intervention on the part of the clinician, emergencies do happen. During this session, participants will learn tips, tricks, and best practices when managing obstetrical emergencies. Are you ready to earn your stork pin the next time a call goes out?

0945–1015 **Break with Exhibitors**

1015–1115 **Vehicular Heatstroke:  
Kids & Cars Don't Mix** **1M**  
Katie Donnelly, MD  
Medical Director, Safe Kids Worldwide

Warmer weather is coming.... do you and your patients know the dangers of leaving kids (or pets) in

cars? In an average year, 39 children die from heat-stroke when left alone in cars. In 2019, 52 children died this way. Education is the first step in prevention. Come learn more about the free prevention resources available, as well as the outdoor temperature displays available for loan from the Maryland EMSC CPS & OP Healthcare Project.

1115–1215 **Birds with Blood** **1T**

Douglas J. Floccare, MD, MPH, FACEP  
State Aeromedical Director, MIEMSS  
Medical Director, Maryland State Police  
Aviation Command

Sgt. Joshua Heins, Whole Blood Coordinator,  
MSP Aviation Safety Section

Prehospital management of the traumatically injured patient continues to evolve in the United States. Evidence suggests that whole blood is a better option for trauma resuscitation and can increase survival of severely injured patients. We will discuss the utilization and risk/benefits of whole blood administration in the field.

### SATURDAY – BREAKOUTS

1330–1500 **BREAKOUT 1**  
**A. Airways Through the Ages** **1.5M**  
Cameron Johnson, RN, NRP  
Krista Wooters, BSN, RN, NRP  
Ryan McHenry, NRP

As emergency medical clinicians, we do not get to pick and choose our patients, their chief complaint, anatomy, or which comorbidities they have, and this can be overwhelming and intimidating. This presentation will review airway anatomy, oxygenation, invasive/ non-invasive maneuvers, difficult airways, and other pearls to power through your next airway emergency, regardless of the patient's age. In addition to the presentation, there will be a hands-on skills lab where you can practice these techniques.

#### Water Rescue Awareness for the First Responder

6L

Location: Calhoon MEBA Engineering School  
David Hubler, Lieutenant  
Frederick County Fire and Rescue Services  
Water Rescue Team – Asst. Team Leader

Whether you are in a Volunteer, Career or Combination Department, there seems to be a misconception on “**What You Can Do and Wear**” on a water rescue incident as a first responder. This course will provide First Responders with a better understanding of “**Knowing The Why**” when operating on water rescue incidents. This training will include both classroom and practical skills at a local pool site. Specific content will focus on: Responding to Water Rescue Incidents, Proper PPE to Wear on Water Rescue Incidents, Terminology Utilized on Water Rescue Incidents, Awareness Level Responsibilities, and opportunity to provide Practical Training in a pool setting. Water Rescue Awareness participants will be emailed to confirm class requirements.

## Winterfest EMS 2022

### SATURDAY – BREAKOUTS

(Continued)

#### B. Necrotizing Fasciitis: Risk of the Bay 1.5M

Mary Alice Vanhoy, MSN, RN, CEN, CPEN, NRP, FAEN, UM Shore Emergency Center Manager

Necrotizing fasciitis is a rare, life-threatening bacterial infection characterized by a rapidly spreading inflammation resulting in necrosis of the subcutaneous tissue and superficial fascia. While there are a variety of bacteria which can cause this infection, early recognition and intervention is imperative for survival. A case study of a teen who developed necrotizing fasciitis after a tooth extraction serves as the foundation for the discussion of this life-altering disease.

#### C. Prehospital Ultrasound: The Stethoscope of the 21<sup>st</sup> Century 1.5T

Samuel M. Galvagno, Jr., DO, PhD, MS, FCCM, Professor, University of Maryland School of Medicine, Department of Anesthesiology, Program in Trauma Medical Director, Multi-Trauma Critical Care Unit, State Medical Director, Critical Care Coordination Center (C4)

In this talk, the principles of ultrasound will be briefly reviewed, including adjustments for image optimization. Learners will understand the components of an eFAST exam and begin to appreciate normal and abnormal ultrasound findings. The components of a focused cardiac exam will also be discussed. Applications of prehospital ultrasound, to include evidence-based use in EMS systems, will be reviewed.

#### D. The Stork Has Arrived – Are You Ready? 1.5M

Jennifer Fahey, CNM, MSN, MSPH, PhDc Assistant Professor, Department of Obstetrics, Gynecology, and Reproductive Sciences

This hands-on breakout session will provide a series of simulated birthing and neonatal scenarios. Participants will be grouped in response teams to rotate through a set of common and uncommon newly born assessments – some of which may require additional resuscitation beyond just stabilization and safe transport.

#### E. What's New in Child Passenger Safety? 1.5T

Susanne Ogaitis-Jones, MSPH, CHES, CPSTI, MIEMSS

From car design to improved car seats, there have been countless advancements in child passenger safety technology. This workshop will include an update on the latest research and technology in child passenger safety, including the topics of seat use after a crash, extended rear-facing, load leg/rebound bars, and side impact protection. Participants will also have the opportunity for hands-on practice with seats, simulated electronic seat check form completion, and a chance to ask the expert.

#### F. Trauma Case Reviews: Cases That Arrived Via EMS 1.5T

Andrew Castello, MD Trauma Surgeon, TidalHealth Peninsula Regional

From the dispatch to definitive care, case studies will explore opportunities to impact the long-term outcomes of the trauma patient.

1500–1530 **Break with Exhibitors**

1530–1700 **BREAKOUT 2  
Repeat of Breakout 1 Workshops**

## Winterfest EMS 2022

### SUNDAY – GENERAL

0800–0830 **Registration**

0830–0930 **LEADing Forward: How EMS Clinicians Can Interact with Individuals with Intellectual and Developmental Disabilities** **1M**  
Rae Oliveria

Approximately 6.5 million people in the United States are diagnosed with Intellectual Disabilities and Developmental Disabilities (IDD/DD). Most IDD/DD are non-institutionalized and therefore live, work, shop, and interact within the communities served by EMS clinicians. This course will identify characteristics of IDD/DD patients and how their behaviors and communication abilities may vary from the non-disabled population in crises or emergency situations. Using the Self-Advocate Educators (SAEs) with IDD/DD, participants will observe or take part in an emergency scenario for a patient with IDD/DD.

0930–0945 **Break with Exhibitors**

0945–1045 **Top 5 Fatalities in Children Seen in Maryland** **1T**  
Rich Lichenstein, MD, FAAP  
Associate Regional Pediatric Medical Director, Region III

What are the leading causes of death and disability in children across the nation, in Maryland, and in your community? Dr. Rich Lichenstein, Chair of the Maryland State Child Fatality Review Team, will present the data and their work with local county and city teams to help understand the causes and incidence of child deaths. New in Maryland, the Forensic Investigation professionals will be asking families to participate in “doll reenactment” to better understand the circumstances in SUID. Participation from EMS clinicians is critical during the local team reviews, to help develop plans and implement changes to prevent child deaths.

1045–1100 **Break with Exhibitors**

1100–1200 **How Did We Get Here?** **1L**  
Tom Chiccone, MD, FACEP  
Region IV Medical Director,  
MIEMSS Jurisdictional Medical Director,  
Talbot County Emergency Services  
Medical Director, Allike Health Division,  
Chesapeake College

What a long, strange trip it's been! Rooted in the unique legacy of Medicare compensation

in Maryland, ED boarding and now ambulance diversion have grown and prospered. Is there a way out?

1200–1300 **Lunch**

1315–1415 **See It, Say It** **1M**  
Timothy Chizmar, MD, FACEP  
State EMS Medical Director  
Mary Alice Vanhoy, MSN, RN, CEN,  
CPEN, NRP, FAEN, UM Shore Emergency  
Center Manager, State EMS Board Member

EMS's goal is to provide safe care, but the effectiveness may be met with perceived or real barriers. We need to learn to speak up and work as a team, with a single unified goal of what is best for the patient. With the use of case studies, we will provide tools for effective communication and how to mitigate errors.

1415–1430 **Break with Exhibitors**

1430–1530 **ED in a Tent, Ambulance on a Yak: Care at High Altitudes** **1T**  
Pranawa Koirala, MD  
UM Emergency Physician  
Adjunct Assistant Professor, University  
of Maryland School of Medicine,  
Mountain Medicine Society of Nepal –  
Executive Committee

While Mount Everest is 7,704 miles from here, some of the health care needs are similar. Let's explore emergency care for those who climb Mount Everest and see how we use those interventions for our patients here.

1530–1545 **Break with Exhibitors**

1545–1645 **Penetrating Traumatic Injuries – 2022 Update** **1T**  
Raymond Fang, MD, FACS  
Colonel (ret.), USAF, MC, FS  
Trauma Medical Director, Co-Director,  
Surgical Intensive Care Unit, Johns Hopkins  
Bayview Medical Center, Baltimore, Maryland  
Associate Professor of Surgery, Division of  
Acute Care Surgery, Department of Surgery,  
The Johns Hopkins School of Medicine,  
Baltimore, Maryland

Penetrating injuries, both accidental and intentional, remain a cause of traumatic injuries in the United States. The prehospital care of these injuries may be a critical determinant of patient outcomes in many penetrating injuries, primarily in the management of exsanguinating hemorrhage. Prehospital clinicians should be familiar with both the “mechanics” of penetrating injuries, as well as the concerns associated with injury to different body regions.

## Winterfest EMS 2022

### **Location:**

Winterfest EMS will be held at Easton High School, located at 723 Mecklenburg Avenue in Easton. The Skills Refresher Preconference hands-on class will be held at the Easton Volunteer Fire Department, and the PEPP-4 Preconference will be held at the Oxford Fire Company.

### **Payment and Cancellation Policy:**

Preregistration is required. We request that registrations be submitted by January 28, 2022. Walk-in registrations will not be allowed. In the event that payment is not readily available from the registrant's department, registration forms must be submitted with a letter of intent to pay on department letterhead. Otherwise, payment of all fees must be included with preregistration. All students must be paid in full prior to Winterfest, February 19, 2022. There is a \$25 fee for bad checks. Any student with an outstanding balance from any previous Winterfest will not be allowed to participate until their account is paid in full. All requests for cancellations must be made in writing and either emailed to [winterfest@talbotdes.org](mailto:winterfest@talbotdes.org) or mailed to:

Winterfest EMS  
C/O Talbot Co. DES  
29041 Corkran Rd.  
Easton, MD 21601

There is a \$10.00 processing fee for refunds. Speakers and topics are subject to change.

### **Accommodations: WINTERFEST WILL NOT BE TAKING ANY RESERVATIONS.**

All reservations must be made by the student. Please contact any hotel directly to reserve and pay for your room. If available, booking links will be posted to our Facebook page. All hotels listed include a hot breakfast and free Wi-Fi. Ask for the Winterfest rate from the suggested local lodging.

Fairfield by Marriott – \$99/night  
(410) 822-0050

Holiday Inn Express – \$90/night  
(410) 819-6500

### **Weather Cancellation:**

The Conference Planning Committee will make a decision about cancellation of Winterfest EMS due to severe weather by 12 Noon on February 16. Call Talbot County DES at (410) 820-8311 for details. Written requests for refunds will be accepted within 30 days of cancellation.

### **Information:**

For additional information or registration confirmations, call TCDES at (410) 820-8311, email us at [winterfest@talbotdes.org](mailto:winterfest@talbotdes.org), or contact us through Facebook. Lunch is provided; please contact the Winterfest Committee if you have any dietary restrictions. The Winterfest EMS Committee is committed to ensuring that individuals with disabilities are able to fully participate in the conference. If you require additional assistance, please call the Winterfest EMS Committee.

### **Directions to Easton High School & Other Important Addresses:**

**Traveling from the Bay Bridge and points West:** Take Route 50 East to Easton. Turn right onto Dutchman's Lane. Turn left at Mecklenburg Avenue and follow the road until you reach Easton High School, located on the left, at 723 Mecklenburg Avenue.

**Traveling from Ocean City and points East:** Take Route 50 West to Easton. Turn left onto Dutchman's Lane. Turn left at Mecklenburg Avenue and follow the road until you reach Easton High School, located on the left, at 723 Mecklenburg Avenue.

Easton High School (Conference Location)  
723 Mecklenburg Avenue  
Easton, MD 21601

Easton Vol. Fire Dept. (EMS Skills – Friday, 2/18)  
315 Leonard Rieck Drive  
Easton, MD 21601

Oxford Fire Company (PEPP-4 – Friday, 2/18)  
300 Oxford Road  
Oxford, MD 21654

Calhoon MEBA Engineering School  
27050 St. Michaels Rd.  
Easton, MD 21601

# Winterfest EMS 2022

## Winterfest EMS 2022 Registration

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Clinician #: \_\_\_\_\_

Email (required): \_\_\_\_\_

Primary Affiliation: \_\_\_\_\_

Certification/License (Circle): FR EMD EMT-B CRT EMT-P LPN RN NP PA MD

### Preconferences (Select Only One):

EMT-B Skills Refresher \$75

PEPP-4 \$50

### Weekend Registration Fees

**Single-Day Registration – \$85**

Saturday, February 19, 2022  
(Select Only One)

\_\_\_ Saturday – General Sessions & Breakouts  
(Choose breakouts below)

\_\_\_ Saturday – Water Rescue

OR

\_\_\_ Sunday, February 20, 2022

**2-Day Registration – \$140**

Saturday, February 19 & Sunday, February 20, 2022  
(Select Only One)

\_\_\_ General Sessions & Breakouts  
(Choose breakouts below)

\_\_\_ Water Rescue  
(Saturday only)

Saturday Afternoon Breakout Sessions (choose only one for each session):

First Session – A B C D E F

Second Session – A B C D E F

Total Amount Due: \$ \_\_\_\_\_ = Preconference Fees + Conference Fees

Make checks payable to **Winterfest EMS**. Reservations are due by January 28, 2022. Send check along with this form to Winterfest EMS, C/O Talbot Co. DES, 29041 Corkran Rd., Easton, MD 21601. **If payment is not readily available from the registrant's department, registration forms must be submitted with a letter of intent to pay on department letterhead.**

Call or email us with any questions or confirmation requests:  
(410) 820-8311 or winterfest@talbotdes.org

\*\*\* Clinician Number is Required to Receive Continuing Education Credits \*\*\*

## Maryland Joins Nationwide Push for 2<sup>nd</sup> Annual National Injury Prevention Day...

(Continued from page 1)

using the hashtag #BeInjuryFree.

National Injury Prevention Day is a collaborative effort led by the Injury Free Coalition for Kids®, Safe Kids Worldwide, Safe States Alliance, the American Trauma Society, the American Academy of Pediatrics, BeSMART (a division of Everytown for Gun Safety), the Society for Advancement of Violence and Injury Research, the Trauma Centers of America Association, and JPMA Cares of the Juvenile Products and Manufacturers Association.

“Whether it be at home, on the road, or at play, precautions need to be taken,” said Barbara Barlow, MD, Founder and Director of the Injury Free Coalition for Kids®. “Children are needlessly dying. Every day, 20 children die from preventable injuries, resulting in more deaths than all diseases combined. This has to change.”

In Maryland, the state Safe Kids Maryland Coalition works with seven local Safe Kids coalitions and seven local community partners throughout the year to increase awareness about injury risks and to provide both education on prevention strategies and safety tools (car seats and bike helmets) to families. Safe Kids Maryland, in partnership with the Risk Watch subcommittee of the Maryland State Firemen's Association, organizes “Steps to Safety” interactive learning stations every June at the MSFA Convention. These stations provide children with hands-on learning activities, families with printed materials focused on home and community safety, youth Fire Prevention Ambassa-



*The Johns Hopkins Dome (above) and Sinai Hospital (below) were among the hospitals, landmarks, businesses, monuments, neighborhoods, and government offices across America that were illuminated green as part of the “Shine a Green Light” initiative to elevate the profile of the cause.*



dors with mentorship and training to teach in their local communities, and all participants experts in specific injury risk areas.

To volunteer at the 2022 MSFA

Convention “Steps to Safety”, email [riskwatch@msfa.org](mailto:riskwatch@msfa.org). To learn more about National Injury Prevention Day, related news, and resources, visit <https://injuryfree.org>. ■

## Holiday Bike Safety Checklist

**BIKES AND KIDS** have gone together for decades, and for just as long bikes have made their way onto many holiday gift lists. More recently, skateboards, skates, and scooters have also made the cut. To keep riders both young and old safe during their adventures, families need to check off a different list.

❑ **Helmet at Top:** A properly fitted helmet needs to accompany any wheeled gift. A new bike helmet custom-picked for the individual rider is the beginning of a life-saving habit of “helmet on – every ride.” If you can’t find that perfect helmet, an ordinary one can be decked out with stickers that make the rider feel extra special.

❑ **Bright for Be Seen – Be Safe:** Whether riding in a driveway, a sidewalk, a bike path, a trail, or on a family road trip, one universal key to being safe is being visible to everyone. Wearing bright clothing and making sure the bike has reflectors that are visible from all sides add to the rider’s safety. Front and rear lights also add to visibility, especially if the rider might be out during low-light parts of the day.

❑ **Shoes Form a Strong Foundation:** Sneakers are an important part of safety for riders. Sandals, flip-flops, and slides have their place, but not on the feet of those going for a ride. Remember, laces should be securely tied and tucked in to avoid getting tangled in any moving parts.

❑ **Proper Fit Increases Safety:** Making sure the equipment is the correct size and adjusted to the rider can make all the difference when it comes to safety. For bikes, the seat should be adjusted to allow a slight bend when both legs are extended on the pedals, and there should be 1-3 inches between your body and the



Maryland EMSC coordinates a Bike Safety Education project funded by Maryland Highway Safety Office. The grant works with Safe Kids coalitions, Risk Watch communities and other injury prevention advocates to distribute bike helmets. With the need for social distancing when distributing bike helmets (a finite number also supported

by the grant to coalitions), the project developed a double sided bike safety checklist including personal safety messages and rules of the road messages. Now when a helmet is provided to a child or adult the important educational messages on correct fit and rules of the road are easy to distribute. To request a sample or a set of 25 handouts, email [bikesafety@miemss.org](mailto:bikesafety@miemss.org).

**THE HELMET FIT TEST CHECKLIST**

**EYES** You should see the bottom rim of the helmet when you look up. Put the helmet over on your head and adjust the sliding pads and fit ring. If it has one, until the helmet is snug.

**EARS** Straps should form a "Y" under your ears when buckled. Adjust the slider on both straps so the slider is under, and slightly in front of the ears.

**MOUTH** Helmet should hug your head when you open your mouth wide. Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. Buckle your chin strap and tighten the strap until it is snug.

See the other side of this handout for the Safe Riding Rules of the Road Checklist!

SAFE KIDS MICHIGAN STATE UNIVERSITY ZERO DEATHS

**GO! SAFE RIDING RULES OF THE ROAD CHECKLIST**

- ✓ Ride in a straight line, single file.
- ✓ Go with the traffic flow. Ride on the right in the same direction as cars.
- ✓ Obey all traffic signs and signals.
- ✓ Ride with both hands on the handlebars, except when signaling a turn or stop.
- ✓ Stop and look left-right-left for traffic before entering a street.
- ✓ Walk your bike across an intersection.
- ✓ Stay alert – use your eyes to look for things that could make you fall, like potholes, cracks, pebbles, or wet leaves.
- ✓ Stay alert – use your ears to listen for traffic. Don't wear earphones while riding.
- ✓ Watch for parked cars and cars pulling out or into parking spaces or driveways.
- ✓ Check your equipment. Make sure your bike tires are properly inflated and that the brakes work. Don't forget your bicycle helmet. Wear it fit on your head and buckle!

See the other side of this handout for The Helmet Fit Test Checklist!

top bar of the bike when standing. Check manufacturers' safety recommendations for other wheeled gifts.

❑ **Rules of the Road:** Knowing and obeying the traffic laws is important when riding on roads or in bike lanes. Designated as vehicles, bikes are required to obey all the same laws as other vehicles.

Visit <https://www.miemss.org/>

home/bike-safety-project for more information and to access resources, including the pictured Bike Helmet Magnet, and checklist for helmet fit and rules of the road. Email [bikesafety@miemss.org](mailto:bikesafety@miemss.org) for more information. This project is coordinated by MIEMSS EMS for Children Department with funding from the Maryland Highway Safety Office. ■

## Agencies Urge Caution for Motor Vehicle Drivers and Passengers During Roadside Emergencies...

*(Continued from page 3)*

cle has properly inflated tires, plenty of windshield washer fluid, inspected belts and hoses, a filled radiator, a good spare tire, enough fuel and an engine with no known malfunctions can help eliminate some – but not all – unexpected breakdowns. Motorists are encouraged to have an emergency kit in their car including reflective triangles, a flashing warning light, flashlight, jumper cables, temporary flat tire repair, a blanket, water and a reflective vest.

All motorists play a role in promoting safety for those involved in a roadside emergency. All drivers are reminded to drive sober, slow down, and put your phone down while driving. In Maryland, it is a state law to

*move over* for emergency responders. If you are unable to move over, slow down while passing.

Although there are multiple suggested actions that can increase your safety during an incident, there is not one single set of procedures that can guarantee the safety of drivers and passengers. Remember, every situation is different, and motorists and passengers should prepare, assess, use good judgment and stay vigilant to ensure they make the best decisions based on their specific roadside emergency.

For more information on highway safety and strategies to protect yourself and others when traveling Maryland's roadways, please visit [www.ZeroDeathsMD.gov/roadside-safety](http://www.ZeroDeathsMD.gov/roadside-safety). ■

## Victims of Impaired Driving Honored at 18<sup>th</sup> Annual Maryland Remembers Ceremony...

*(Continued from page 3)*

late Kevin Quinlan, a longtime traffic safety professional with the National Highway Traffic Safety Administration. Officer Derbyshire currently serves as the coordinator for the Chemical Test for Alcohol Unit and has spoken, both locally and nationally, on impaired driving. ■

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