



# IT'S ABOUT TIME...

Saving lives and preventing injuries



Tampa Bay  
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REGIONAL MEDICAL CENTER  
BAYONET POINT

**USF** **HCA**  
HEALTH FLORIDA  
TRAUMA NETWORK

Includes fun learning activities using the *Tampa Bay Times*

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The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and digital form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools.

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Language Arts: LA.6.1.5.1; LA.6.1.6.1-10; LA.6.1.7.1-8; LA.6.2.2.1-5; LA.6.3.1.1-3; LA.6.3.2.1-3; LA.6.3.3.1-4; LA.6.3.4.1-5; LA.6.3.5.1-3; LA.6.4.2.1; LA.6.4.3.1-2; LA.6.5.2.1-2; LA.6.6.1.1-3; LA.6.6.4.1-2; LA.7.1.5.1; LA.7.1.6.1-11; LA.7.1.7.1-8; LA.7.2.2.1-5; LA.7.3.1.1 3; LA.7.3.2.1-3; LA.7.3.3.1-4; LA.7.3.4.1-5; LA.7.4.2.1; LA.7.4.3.1-2; LA.7.5.2.1- 3; LA.7.6.4.1-2; LA.8.1.5.1; LA.8.1.6.1-11; LA.8.1.7.1-8; LA.8.2.2.1-5; LA.8.3.1.1-3; LA.8.3.2.1-3; LA.8.3.3.1-4; LA.8.3.4.1-5; LA.8.4.2.1; LA.8.4.3.1-2; LA.8.5.2.1-5; LA.8.6.4.1-2; LA.910.1.5.1; LA.910.1.6.1-11; LA.910.1.7.1-8; LA.910.2.2.1-5; LA.910.3.1.1-3; LA.910.3.2.1 3; LA.910.3.3.1-4; LA.910.3.4.1-5; LA.910.4.2.1; LA.910.4.3.1-2; LA.910.5.2.1-5; LA.910.6.4.1-2; LA.1112.1.5.1; LA.1112.1.6.1-11; LA.1112.1.7.1-8; LA.1112.2.2.1-5; LA.1112.3.1.1-3; LA.1112.3.2.1-3; LA.1112.3.3.1-4; LA.1112.3.4.1-5; LA.1112.4.2.1; LA.1112.4.3.1-2; LA.1112.5.2.1-5; LA.1112.6.4.1-2



# The Golden HOUR: IT'S ABOUT TIME

Someone loses control of a car. A child falls into a swimming pool. A bicycle and a car collide. A pedestrian is struck by a car. And so it begins, a race against time. The instant an accident occurs, the clock begins ticking. Then it's a race against time and distance.

The golden hour is the time immediately following an injury. A trauma patient's chances of survival increase dramatically if he or she receives care within that golden hour.

Access to trauma care is a matter of life and death. According to the National Trauma Center, trauma is the number one killer of Americans between the ages of 1 and 44. Trauma is the leading cause of death of children in America.

## Time to play

It's a beautiful, sunny Saturday morning. You want to have fun, but you also need to take care of some chores and errands. You look outside to decide on a mode of transportation: car, bike, skateboard? You just want to get the tasks done quickly, so you can jump into your backyard pool. It is going to be a great, carefree day, right?

Whether you get behind the wheel of the car, jump on your skateboard or grab your bicycle, you should remember to be safe. Do you remember to fasten your seatbelt every time you get in a car? Are you wearing a helmet when you are on your bike or board? And what about that backyard pool? Did you remember to lock the gate, so your little brother or sister cannot get into the pool area without you?

You may think you are invincible; the reality is you are not. Any kind of accidental injury can put a cramp in your good time.

# It's all about time

## Regional Medical Center Bayonet Point

Developing a trauma center is a complex process, but also a natural transition for Regional Medical Center Bayonet Point. This 290-bed acute care facility located in Hudson is the home of the nationally acclaimed Heart Institute. More than 350 physicians, 950 employees and 500 volunteers comprise the integrated health care delivery team.

The nationally recognized Heart Institute, accredited Stroke Center, accredited Chest Pain Center, Commission on Cancer-approved Cancer Care, Orthopedic and Neurosurgery programs are all examples of the high-quality results the hospital staff produce while caring for patients. The hospital provides a full range of adult cardiac services and the physicians are dedicated to the diagnosis, treatment and prevention of heart disease.

The hospital has performed more than 120,000 procedures. The experienced nurses, technicians, therapists, dietitians and chaplains on staff contribute to this commitment to excellence. This multi faceted team of health care professionals has contributed to an ongoing history of quality performances as evidenced by awards in the past years.

This year, Regional Medical Center Bayonet Point announced the appointment of Shayne George as chief executive officer. George, who has several years' experience in hospital administration, has most recently served as CEO at Doctors Hospital

of Augusta, Ga., with the nation's largest burn trauma center. He holds an MBA and an MHA from Georgia State University. He also holds a bachelors degree in marketing from Auburn University. George has served as an executive board member of the Georgia-Carolina Council of Boy Scouts, is a member of Leadership Augusta Class of 2001 and is a fellow of the American College of Healthcare Executives.

### Think about it

Injury is defined by the Centers for Disease Control and Prevention as "damage or harm caused to the structure or function of the body caused by an outside agent or force."

Unintentional injuries include those that result from motor vehicle collisions, falls, fires, poisoning, drowning, suffocation, choking, animal bites, and recreational and sports-related activities.

Nearly 75 percent of the deaths among youth aged 10 to 24 years are caused by unintentional injuries or violence, according to the Centers for Disease Control and Prevention. Data show that the leading cause of injuries for this age group, 32 percent, is motor vehicle crashes. The leading cause of death in a motor vehicle accident is not wearing a seatbelt. And, according to the National Highway Traffic Safety Administration (NHTSA), teenage drivers and passengers are among those least likely to wear their safety belts.

# IT'S ABOUT TIME...

Regional Medical Center Bayonet Point has a history of providing the highest level of critical medical care for the community and the Pasco County region. The surrounding counties of Hernando and Citrus are in need of a trauma program to ensure that critically injured patients have access to treatment within the "golden hour" — that period of time immediately after a serious injury during which there is the highest likelihood that prompt medical treatment will prevent death.

For the citizens of these counties, It Is About Time; that is, reducing the time it takes to gain access to expert trauma care within their own community.

Car crashes and other trauma injuries can occur suddenly and without notice. In regions such as ours – where trauma patients are transported to trauma centers some 40 or more miles away – the effect on patients and their families can be profound.

That is why Regional Medical Center Bayonet Point recently has been awarded the status of a Provisional Level II trauma center – the first and only in the Pasco, Hernando, Citrus and Sumter County area. The designation means the hospital will be staffed and equipped around the clock to provide comprehensive life-saving trauma care, quickly and close to home.



## Learning with the Times

### Tracking accidents

Distracted driving is a major cause of accidents. Monitor the car accidents written about in the *Tampa Bay Times* for a couple of weeks. Keep a chart of the accident details, including time of day, day of the week, number of passengers, injuries or fatalities and causes of the accident. After your chart is completed, write a brief report detailing your findings. In your report, include specific ways that the accidents could have been avoided.



# It's about staying safe



## Think about it

Each year, an average of 2,096 children ages 14 and under die as a result of a home injury. The leading causes of injury among this age group are fires, suffocation and drowning. Regional Medical Center Bayonet Point is committed to preventing childhood injury and is proud to be affiliated with Safe Kids Pasco County. For more information on preventing injuries at play, follow this link to Safe Kids USA: [safekids.org](http://safekids.org).

## Injury and survival

Dr. R. Adams Cowley coined the concept of the golden hour. He said, “There is a golden hour between life and death. If you are critically injured, you have less than 60 minutes to survive. You might not die right then; it may be three days or two weeks later — but something has happened in your body that is irreparable.”

The sad truth is that injuries are the leading killer of Floridians ages 1–44 and the third-leading killer overall after heart disease and cancer (Florida Vital Statistics). In 2009, injuries claimed 13,000 lives and accounted for 7.65 percent of all resident deaths.

*Sources: University of Maryland Medical Center and Centers for Disease Control and Prevention*

## Risky behaviors lead to injury

The 2003 Youth Risk Behavior Surveillance Survey showed that there are certain behaviors that are the main contributors to teen injuries and deaths.

- 18.2 percent of students had rarely or never worn seatbelts during the 30 days preceding the survey.
- 85.9 percent of students who rode bicycles rarely or never wore a helmet.
- 30.2 percent of students had ridden one or more times with a driver who had been drinking alcohol during the 30 days preceding the survey.
- 12.1 percent of students had driven a car or other vehicle after drinking alcohol.

## Florida childhood injury facts

Accidental injury is the leading cause of death and disability among Florida’s children ages 14 and under.

- During 2006, approximately 300,000 children were treated in Florida hospital emergency departments.
- Total emergency department charges to treat Florida’s injured children ages 14 and under was \$300 million.
- Approximately 6,700 of Florida’s children were taken to a hospital because of injuries.
- Total hospital inpatient charges to treat Florida’s injured children ages 14 and under was more than \$156 million.

# Have fun safely

Safe Kids USA offers some tips to help keep you injury free as you are having fun outdoors riding bikes, skating and scooting around the neighborhood. Sports injury can occur as a result of falls, collisions, being struck by an object or overexertion. Therefore, you should wear appropriate safety gear and equipment that fits properly, such as mouth guards, shin pads, helmets, elbow pads, knee pads and safety goggles.

Participating in sports can be a lot of fun, but there are risks involved. Believe or it or not, brain injury is the leading cause of sports- and recreation-related death. Wearing a helmet while playing sports or riding a bicycle is as essential as wearing a seatbelt in a car.

## SAFETY TIPS

Before the game:

- Check athletic grounds for hazards such as, rocks, holes or water.
- Always wear appropriate protective gear for the activity — for practice as well as games.
- Make sure you have had a physical before playing sports.

## DURING THE GAME

- Make sure responsible adults know and enforce the safety rules of the sport, are present to provide supervision and are trained in first aid and CPR.



- To prevent dehydration, drink adequate liquids prior to, during and following athletic activities.
- Make sure you are receiving adequate rest breaks during practice and games.

Source: Safe Kids USA

## LOSS OF FLUID

Here in Florida, heat exhaustion, dehydration and heat stroke are real risks during any season. Dehydration is the excessive loss of fluids from the body. People can easily become dehydrated while playing a sport or participating in any type of physical activity. Signs of dehydration may include:

- Thirst
- Dry or sticky mouth
- Headache

- Muscle cramping
- Irritability
- Extreme fatigue
- Weakness
- Dizziness
- Decreased performance

## SIGNS OF HEAT EXHAUSTION MAY INCLUDE:

- Nausea
- Feeling faint or dizzy
- Heavy sweating
- Rapid, weak heartbeat
- Dark-colored urine
- Cool, moist, pale skin
- Cramps
- Headache
- Fatigue

## DEHYDRATION CAN HAPPEN QUICKLY, BUT IT CAN BE PREVENTED EASILY

- Drink 12 ounces of water 30 minutes **before** the activity begins.
- Young people under 90 pounds should drink five ounces every 20 minutes during the activity.
- Young people more than 90 pounds should drink nine ounces every 20 minutes during the activity.
- Have mandatory fluid breaks — don't wait until you feel thirsty.
- Be sure to drink fluids after physical activity to make up for fluid loss.

## TREATMENT: IT'S ALL ABOUT TIME

If a person does appear to have dehydration or heat exhaustion, treatment should take place

immediately. Depending on the severity of the situation, immediate medical attention may be needed. If heat stroke is suspected, call 911 right away while making every effort to cool the patient.

- Move the person to a cool place.
- Have the person drink cool water or a sports drink, such as Gatorade.
- Raise the person's legs 8-12 inches.
- Cool the body with water. For example, sponge the person's head, face and trunk with cool, wet clothes.
- Keep the person from physical activity until cleared by the doctor.

Source: Safe Kids USA



## Learning with the Times

### Public awareness

The Tampa Bay area is at the top of the list for pedestrian deaths. You need to create a public campaign for your school alerting students, parents, teachers and administrators to the importance of this issue. Find as much information as you can on the subject so you can create a public awareness campaign. Look at advertisements and public service announcements in the *Tampa Bay Times*. Choose a few effective ads and write down what is effective about them. Model a public awareness campaign on these ads. Your campaign should include a slogan and poster.

# It's about water safety



## The facts

- In Florida, drowning is the leading cause of death among children ages 1-4.
- The Florida Department of Health strongly recommends multiple physical barriers for pools to help ensure safety and using “layers of protection” to help prevent drowning.
- Drowning is silent and only takes a minute.
- The average hospital stay is two days with a median admission charge of \$10,713; 34 percent of these stays are covered by Medicaid.
- The monetary cost of drownings in Florida is more than \$16 million annually.
- In 2008, 71 percent of drownings occurred in residential swimming pools.

## Danger, danger: Water, water everywhere



Did you know that Florida loses more children under age 5 to drowning than any other state? Annually in Florida, enough children to fill three to four preschool classrooms drown and do not live to see their fifth birthday. Florida overwhelmingly has the highest unintentional drowning rate in the nation for the 1- to 4-year old age group with a rate of 7.5 per 100,000 population. The No. 1 cause of accidental drownings is accidents around swimming pools.

Source: Florida Department of Health

## POOL SAFETY IS EVERYONE'S RESPONSIBILITY

In 2010, the Office of Injury Prevention worked with an advertising firm to develop a new campaign: “WaterproofFL—Pool Safety Is Everyone's Responsibility.” The campaign emphasizes layers of protection: supervision, barriers and emergency preparedness and follows national recommendations. WaterproofFL.com was developed to allow stakeholders and interested community members to download the campaign materials and information.

Drowning can be a silent catastrophe, one that can happen in the few minutes you take to answer a phone call or run inside for a towel. Florida leads the country in drowning deaths of children ages 1-4. Explore WaterproofFL.com to learn the steps you can take to secure your pool and protect Florida's children.

Source: Florida Department of Health

# WATER WATCHER

I'm wearing this tag to help prevent children from drowning. I agree to supervise children in and around water. I will not leave the area without a replacement. A Water Watcher is not a certified lifeguard and is not trained to perform emergency rescues. For a free Water Watcher brochure and stickers, call 1-877-442-2362.

waterproofFL  
POOL SAFETY IS EVERYONE'S RESPONSIBILITY

## In and around open water:

- Always wear a U.S. Coast Guard—approved life jacket when on a boat, near open bodies of water or when participating in water sports.
- Kids should not operate personal watercraft (such as jet skis).
- Do not swim near a dock or marina with electrical hookups or lighting — swimmers can be electrocuted in the water and drown.

## DROWNING PREVENTION TIPS

You can help protect the other children in your household or your friends' households when there are little kids around and water activities taking place. Whether you are just relaxing at home or a friend's house or babysitting for the neighbor's child, follow these precautions.

- Always stay within an arm's reach of children when they are near the bathtub, toilet, pools, spas or buckets.
- Once bath time is over, immediately drain the tub.
- Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of children's reach.
- Keep toilet lids closed and use toilet seat locks.
- Never leave children unattended in a tub or around any other body of water, even if they know how to swim.
- Keep doors to bathrooms and laundry rooms closed.
- Children in baby bath seats and rings must be watched every second.

Source: Safe Kids USA



## TOP TIPS FROM SAFE KIDS USA

- Learn how to swim.
- Always swim with a buddy.
- Make sure if your parents install a pool or spa at your home that it has four-sided isolation fencing and is equipped with self-closing and self-latching gates.
- Learn CPR and keep rescue equipment, a telephone and emergency numbers poolside.
- Teach your siblings never to go near a pool drain with or without a cover and to pin up long hair when in the water.

## LAYERS OF PROTECTION 1 SUPERVISION 2 BARRIERS 3 EMERGENCY PREPAREDNESS



Pool time can be a lot of fun, but it's important to incorporate layers of protection to prevent a fun summer day from becoming a family's worst nightmare. Supervision, barriers and emergency preparedness serve as a safety net, keeping a child safe and helping to prevent a drowning.

### 1 LAYER 1, SUPERVISION:

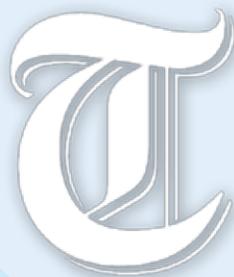
Supervision, the first and most crucial layer of protection, means someone is always actively watching when a child is in the pool.

### 2 LAYER 2, BARRIERS:

A child should never be able to enter the pool area unaccompanied by a guardian. Barriers physically block a child from the pool.

### 3 LAYER 3, EMERGENCY PREPAREDNESS:

The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur, but only if someone knows what to do. Even if you're not a parent, it's important to learn CPR. The techniques are easy to learn and can mean the difference between life and death. In an emergency, it is critical to have a phone nearby and immediately call 911.



## Learning with the Times

### Making a difference

The doctors, nurses, volunteers and staff at Regional Medical Center Bayonet Point are making a difference in their community. What types of jobs do you think there are at a hospital? Go to the RMCBP website, [rmchealth.com](http://rmchealth.com) and write down all of the different jobs you can find. Choose five of these jobs and write a few sentences about how you feel these people make a difference in their community. Next, find an article in the *Tampa Bay Times* that depicts someone making a difference in the community. Write down the main points of the article. Share what you have learned with your class.

# “It’s About Time” activity pages

## BICYCLE SAFETY: RULES OF THE ROAD QUIZ

Directions: Answer these questions based on your personal knowledge, this publication and research on the Internet.

1. What side of the street should you ride on when there is no sidewalk? Why?
2. What are the signals for turning right, turning left and slowing down or stopping?
3. Why is it important for someone on a bicycle to use hand signals?
4. True or false: You don’t have to stop at a stop sign if you are on a bike and there are no vehicles coming.
5. What is the largest single cause of air pollution in the United States?
6. The 2003 Youth Risk Behavior Surveillance Survey showed that there are certain behaviors that are the main contributors to teen injuries and deaths. Of the risks listed in this publication, which is the most popular risky behavior?
7. Cyclists must ride in the same direction as other traffic, not against it. On which side of the road should you ride your bicycle?
8. Is it legal for a passenger to ride on the handle bars or back rack of a bicycle?
9. If a pedestrian and bicyclist are both at a crosswalk or on a sidewalk, who has the right of way?
10. Is it okay to wear a headset while riding a bicycle?

(Answers on pg. 9)

## WORD SEARCH

Directions: Find these words in the puzzle and then locate them in the *Tampa Bay Times*.

Drive	Distraction	Crosswalk
Walk	Rehydrate	Trauma
Swim	Motor vehicle	Newspaper
Seatbelt	Bicycle	Florida
Helmet	Skateboard	
Pool	Street	

Z A W F K L A D U R T D O H Y V I Z N P  
R C W K R B I M I J E K J I D L M R P W  
V U Q S S G O P O S M P Q C X C A N D C  
N X O K B B Y V C E T E A D B L L U Y F  
A T F D L G G F B E L R Q P X T C G J V  
M O T O R V E H I C L E A P S R N G S E  
S V O M R F W G Y H Y I A C E W N U T P  
K P F G W T U C Q P E Z H H T D E J R E  
A K A W Q B I O F E D T Y E P I L N E J  
T C L O P B F L O R I D A Y L I O D E J  
E J J A L G L Z K H R Y E Y L M F N T M  
B G H A W D X L P A I N E V P Z E Z Z I  
O S L N T Z F M T Z X S O F D K O T T W  
A O M O L S G E K L A W S S O R C R Y S  
R T W C E B V P D L N E U O A F A S B W  
D B G B B I S G L J B A R F M U L V S I  
Z B T B T H Z Y B Y H I B O M V T T X U  
C N O A A X R P X M O P G A S I Z K U R  
J W P Z E P X R O N K M H J J P J E A M  
M T T I S E V I R D D K Y F E N H L P T



## Learning with the Times

### Your community

A community is a group of people living, working and sharing together in one place. Regional Medical Center Bayonet Point is a type of community. The people who work there serve the Tampa Bay area. The people who work there live in the community also. Look through the *Tampa Bay Times* for photos, advertisements and headlines that represent your community. Create a visual representation with the items you find. Write a fully developed essay to go along with your representation. Your essay should include your own definition of community and how the items in the visual representation support that idea.



## Learning with the Times

### Tough vocabulary words

When you study new things, you often come up against some tough vocabulary words! Most vocabulary words are learned from context clues or good old-fashioned dictionary work. While you read this publication, be sure to highlight or circle words you don’t know. Try to figure out the words’ meanings by looking for clues in the sentences around them. Write down your best guess and then look the words up in a dictionary. As a group activity, make a list of the words students identified and see which ones stumped the class.

# CROSSWORD PUZZLE CLUES

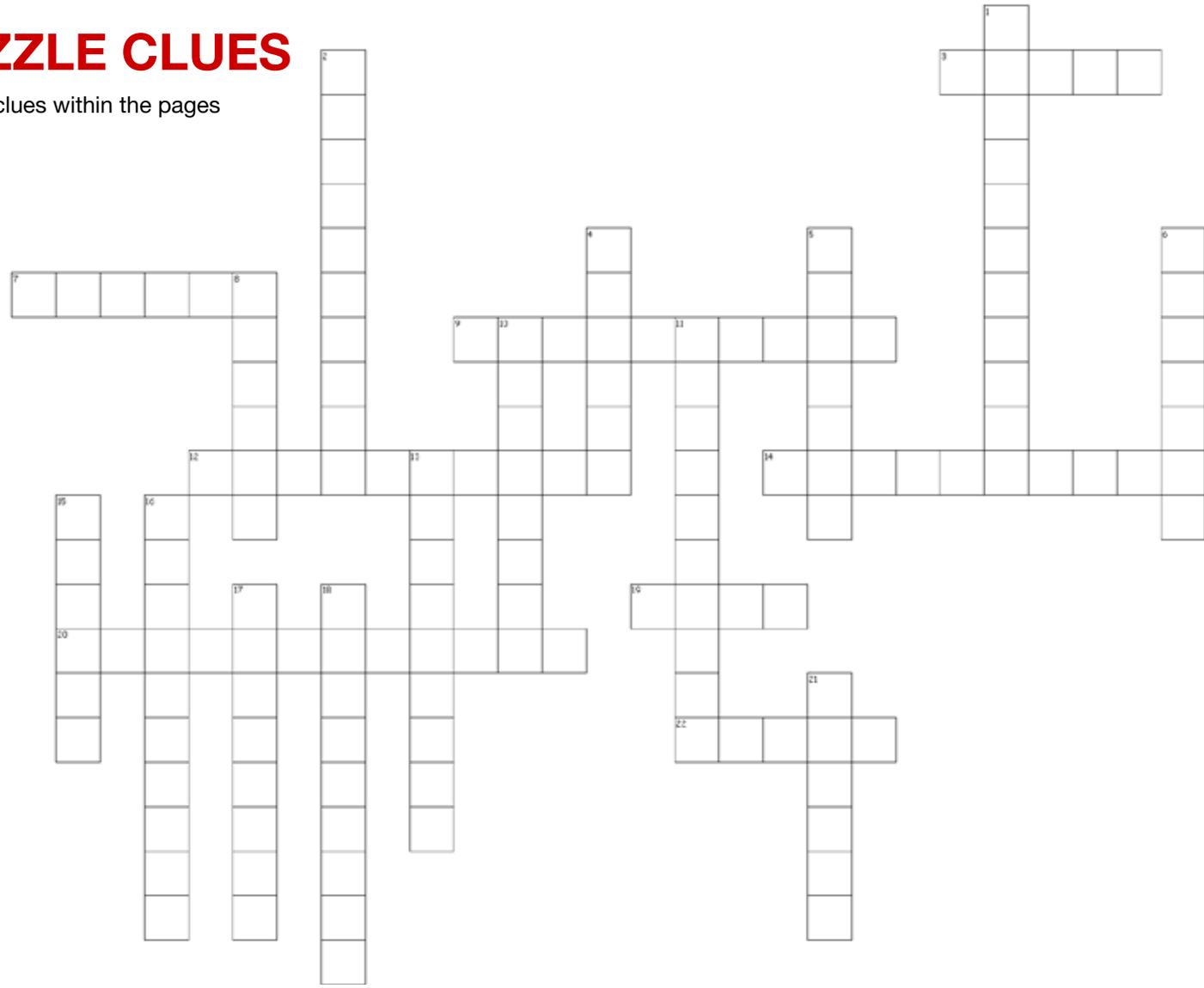
Directions: You will find the answers to the clues within the pages of the publication.

## ACROSS

- 3. Always swim with this.
- 7. It's safest to walk on a sidewalk, but if you must walk in the street, walk \_\_\_\_\_ traffic.
- 9. The pool safety campaign emphasizes layers of this.
- 12. This type of clothing will increase your visibility at night.
- 14. Cross the street at this type of crosswalk.
- 19. This safety is everyone's responsibility.
- 20. These crashes are the leading cause of death for U.S. teens.
- 22. If you are critically injured, you have less than this many minutes to survive.

## DOWN

- 1. This is the first and most crucial layer of protection.
- 2. This type of injury is the leading cause of death and disability among Florida's children ages 14 and under.
- 4. The \_\_\_\_\_ of the Belts program began as an effort to decrease motor vehicle crash fatality statistics in teenagers.
- 5. Changing these while you are driving is hazardous.
- 6. Check athletic grounds for these, such as rocks, holes or water.
- 8. The \_\_\_\_\_ hour is the time immediately following an injury.
- 10. \_\_\_\_\_ Medical Center Bayonet Point has a history of providing the highest level of critical medical care for the community.
- 11. Drivers who use these are four times as likely to get into crashes serious enough to injure themselves.



- 13. This type of distracted driving involves taking your mind off of driving.
- 15. To protect your brain, wear a fitted bike \_\_\_\_\_.
- 16. This type of driving causes accidents.
- 17. Florida loses more children under age 5 to this than any other state.
- 18. Everyone knows that these save lives, right?
- 21. Here in Florida, heat exhaustion and heat \_\_\_\_\_ are real risks during any season.

### Research activity

Working with a partner, choose one of the topics presented in this publication that you would like to learn more about. Using your school media center and local library, research that topic. Be sure to use the *Tampa Bay Times* in your research so that you can include local information. Once you have completed your research, prepare an oral presentation for the class about the information you have found. Also, write an informative news article. Use the articles in the *Times* as models. Be sure to document your research.

**Answers for bicycle quiz**  
**Down** 1. Supervision; 2. Accidental; 4. Battle; 5. Clothes; 6. Hazards; 8. Golden; 10. Regional; 11. Cell phones; 13. Cognitive; 15. Helmet; 16. Distracted; 17. Drowning; 18. Seatbelts; 21. Stroke  
**Crossword Answers:** Across 3. Buddy; 7. Facing; 9. Protection; 12. Reflective; 14. Designated; 19. Pool; 20. Motor vehicle; 22. Sixty  
 1. Single human activity; 2. Bicyclists; 3. Like drivers, need to alert other users of the road when they will be making a change; 4. False; 5. Motor vehicle use is now generally recognized as the source of more air pollution than any other number for which it is designed or equipped. 9. A bicyclist riding on sidewalks or in crosswalks must yield the right-of-way to pedestrians and must give an audible signal before passing. 10. No, bicyclist may not wear a headset, headphone or other listening device other than a hearing aid when riding.



# It's about driving safety

## Did you know?

Motor vehicle crashes are the leading cause of death for U.S. teens, accounting for more than one in three deaths in this age group. In 2009, eight teens ages 16 to 19 died every day from motor vehicle injuries. Per mile driven, teen drivers ages 16 to 19 are four times more likely than older drivers to crash.

Source: Centers for Disease Control and Prevention

## Less experience, more risks

- Teens are more likely than older drivers to underestimate dangerous situations or not be able to recognize hazardous situations.
- Teens are more likely than older drivers to speed and tailgate.
- Compared with other age groups, teens have the lowest rate of seatbelt use.
- Teens have a higher risk of being involved in a crash at any level of blood alcohol concentration than older adults.

Source: Centers for Disease Control and Prevention

## Safety first: Teen driving tips

- Put on your seatbelt and make sure all your passengers buckle up, too.
- Don't drive with small children or even small teenage friends as passengers in a front seat that has a passenger-side air bag.
- Use good-quality tires and make sure they are inflated to the right pressure.
- Maintain your car.
- Make sure your windshield is clean.
- Make sure your car has gas in it.
- Don't drink and drive, and don't ride with anyone who has been drinking.
- Don't take drugs or drive if you've taken any.
- When driving to a new place, get complete directions before you go.
- Don't drive like you own the road; drive like you own the car.
- Obey the speed limits, stop signs and traffic lights.
- Use turn signals to indicate your intention to turn or to change lanes.
- Share the road with others – watch out for motorcycles, bikes and pedestrians.
- Don't blast the radio, CD or MP3 player.
- Don't fiddle with the radio or your mp3 player while you are driving.
- Don't leave your car in cruise control when you're driving late at night or when you're tired.

- Be aware of the weather, traffic congestion and road conditions.

Source: Florida Department of Highway Safety and Motor Vehicles

Don't talk on the cell phone, text, put on makeup, comb your hair or eat while driving. People who talk on cell phones while driving are **four times** more likely to have an accident. If you need to make a call or text someone, pull off the road to a safe spot and park the car.



# Hitting the ROAD?

## Don't let it be through a windshield

Everyone knows seatbelts save lives ... right? But do you know why? Cars provide room to live for occupants belted-in during a crash. If you're ejected from the car, however, you keep going at the same speed your car was traveling. Seatbelts keep you from being ejected. It's that simple.

### In 2009, among drivers 15-19 in Florida:

- 29,485 teen drivers were involved in motor vehicle crashes that left 153 teen drivers and passengers dead.
- Of those teens under 17 years old who were killed in automobile accidents, 62 percent were not wearing seatbelts.
- Crashes were the leading cause of death for teens in Florida (and across the U.S.).

Source: Florida Traffic Crash Statistics Report 2009

### Battle of the belts: saving lives

The Battle of the Belts program began as an effort to decrease motor vehicle crash fatality statistics among teenagers and increase safety belt use rates in the local Tampa Bay area. Pasco County ranks first in overall highway safety injuries and fatalities

and second for teen drivers in Florida counties with populations of 200,001 and above.

Student groups were asked to create a unique, student-directed campaign for their high school to encourage fellow students to wear their seatbelts during every ride in a motor vehicle. High schools were invited to participate through their school resource officers (SROs). Volunteers conducted counts of seatbelt use among the first 100 student drivers before and after the student campaigns. These counts determined if use increased, following the school campaigns. Individual students competed in PSA, poster and essay contests.

A website was created through All Children's Hospital to represent the program. The site includes a listing of all awards and winners, with photos from the awards ceremony, at [allkids.org/battleofthebelts](http://allkids.org/battleofthebelts).

Participating high schools included the following: Anclote, Gulf, Hudson, James W. Mitchell, Land O'Lakes, Ridgewood, River Ridge, Sunlake, Wesley Chapel and Wiregrass Ranch.

# Keep your eyes on the road, your hands upon the wheel



It's not just not wearing seatbelts that contributes to car accidents and teen deaths. Distracted driving also plays a big part in the mix.

- Drivers who use hand-held cell phones are four times as likely to get into crashes serious enough to injure themselves. (Insurance Institute for Highway Safety)
- Eighty percent of all crashes and 65 percent of near crashes involve some type of distraction. (Virginia Tech 100-Car Study for the National Highway Traffic Safety Administration)
- Brain activity used while driving decreases by 40 percent when a driver listens to conversation or music. (Center for Cognitive Brain Imaging at Carnegie Mellon University)
- More than 80 percent of drivers admit to blatantly hazardous behavior: changing clothes, steering with a knee, painting nails and shaving. (Nationwide Mutual Insurance)

### DISTRACTIONS = DANGER

According to [Distraction.gov](http://Distraction.gov), distracted driving is defined as "any non-driving activity a person engages in that has the potential to

distract him or her from the primary task of driving and increase the risk of crashing." Distractions can be categorized as one of the following: visual, manual and cognitive.

- Visual distracted driving: taking your eyes off of the road.
- Manual distracted driving: taking your hands off of the steering wheel.
- Cognitive distracted driving: taking your mind off of driving.

### FOCUS. FOCUS. FOCUS.

Undistracted driving is the safest method of driving. When drivers are undistracted, they are able to focus on the roadway and are aware of behaviors of other drivers on the road. These drivers stay focused, pay attention and expect the unexpected.

- Put your cell phone on silent and out of reach.
- Put your makeup on before you leave the house or at your destination. Don't brush or comb your hair or shave while driving.
- Avoid eating while driving.
- Do not read a book or check your e-mail in the car.

Source: Regional Medical Center Bayonet Point



## Learning with the Times

### Prom promise

Regional Medical Center Bayonet Point staff have worked

with SADD groups at Pasco County high schools on the Prom Promise campaign. You can learn more about this campaign at [sadd.org](http://sadd.org). Read about the different activities your school can participate in during prom week. Using the letters to the editor in the *Tampa Bay Times* as models, write a letter to the editor in support of SADD groups. Find statistics and articles in the *Times* to support your ideas.

# It's about **personal** safety



## Think about it

Many bicycle-related crashes resulting in injury or death are associated with the bicyclist's behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign and riding the wrong way in traffic.

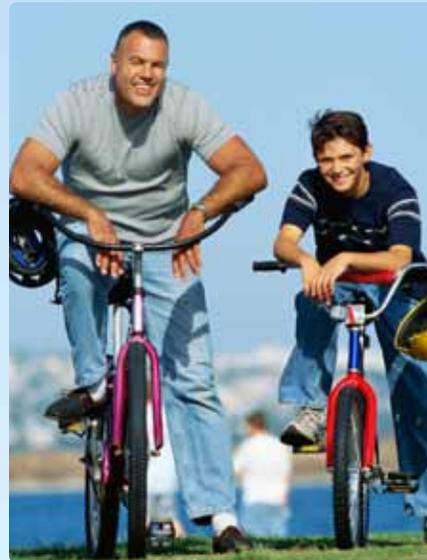
To maximize your safety, always wear a helmet *and* follow the rules of the road.

*Source: National Highway Traffic Safety Administration*

## Being safe on two wheels or two legs

Do you want to enjoy the great outdoors, get some exercise and have some fun? Then bicycle riding is a great activity for you and a great way to be independent. It is important to remember that a bicycle is a vehicle, not a toy. The best way to enjoy the ride and stay safe is to follow these tips:

- Before using your bicycle, make sure it is ready to ride. You should always inspect your bike to make sure all parts are secure and working properly.
- Wear a properly fitted bicycle helmet. It will protect your brain and possibly save your life.
- Adjust your bicycle to fit. Stand over your bicycle. There should be one to two inches between you and the top bar if using a road bike, and three to four inches if using a mountain bicycle. The seat should be level front to back.
- Before riding, inflate tires properly and check that your brakes work.



- Dress to be seen. Wearing neon, fluorescent or other bright colors when riding day or night will make you more noticeable.
- Always ride with at least one hand on the handlebars. Carry books

and other items in a bicycle carrier or backpack.

- Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves and dogs.
- Riding at night is dangerous and should be avoided if possible. If you have to ride at night, wear something that makes you more easily seen by others.

*Source: National Highway Traffic Safety Administration*

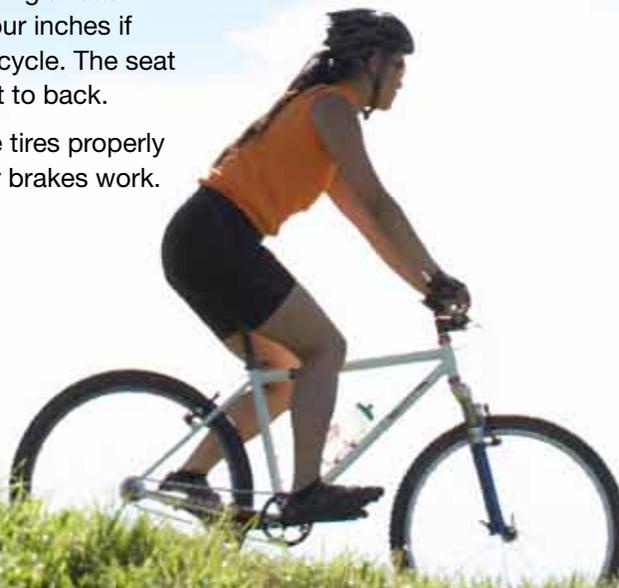
## Bicycling rules of the road

Bicycles are considered vehicles and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists.

- Go with the traffic flow.
- Obey all traffic laws.
- Yield to traffic when appropriate.
- Ride in a straight line and not between cars
- Stay alert.
- Look before turning or crossing intersections.
- Watch for cars entering traffic from parking spots and drivers opening doors of parked vehicles.

Remember, the safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction.

*Source: Department of Transportation*



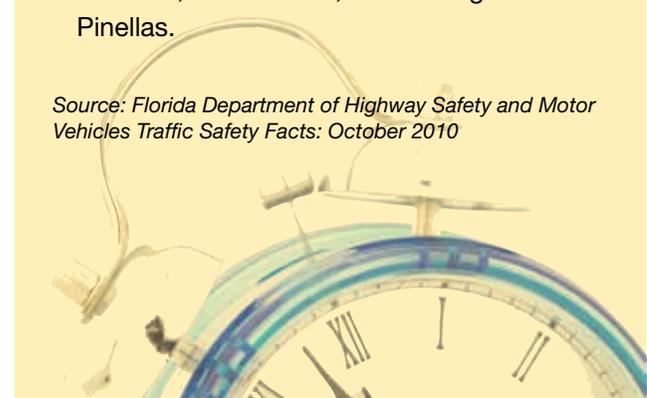
# Pedestrian safety tips



## Florida facts

- Teenagers under the age of 19 make up 10 percent of pedestrian fatalities.
- Forty-eight percent of pedestrians are killed when crossing the road not at an intersection.
- More than 13 percent of pedestrians are killed when crossing the road at an intersection.
- Six percent of pedestrians are killed while walking along the road with traffic.
- December and November have tied as the deadliest months of the year for pedestrians, with 12.2 percent of all fatalities occurring each month.
- October accounted for 11.4 percent of the pedestrian fatalities.
- Saturday is the most deadly day for pedestrians, with 19.7 percent of fatalities occurring.
- The largest counties have the highest number of pedestrian fatalities. The statewide pedestrian fatality rate is approximately 2.6 fatalities per every 100,000 people.
- The following counties accounted for 244 pedestrian fatalities, or more than half of the state's recorded fatalities: Miami-Dade, Broward, Palm Beach, Hillsborough and Pinellas.

Source: Florida Department of Highway Safety and Motor Vehicles Traffic Safety Facts: October 2010



aware that cars may not stop even if you have the right-of-way.

- Step into the street only if you do not see any moving cars.
- Walk on the sidewalk or a walking path. When there is no sidewalk, always walk facing traffic.
- Never run into the street to catch a ball or chase a toy, a friend or a pet.
- Do not cross in the middle of the street unless there is a crosswalk and signal or a crossing guard.
- Use intersections with signals and pedestrian buttons whenever possible.
- Be careful around parked cars; stop, look left, look right and look left again before stepping out from between parked cars.
- Early in the morning or in the evening and at night, wear reflective and/or light-colored clothing, carry a light and/or wear a flashing light.

Source: Department of Transportation



## Learning with the Times

### Peer pressure

Teenagers often encounter peer pressure in which they feel pressured to do things that may be harmful to them. Playing with your mp3 device, talking on your cell phone or texting while you are driving are very dangerous activities, yet many young people do these things because they think everyone else does. Find an article in the *Tampa Bay Times* where peer pressure may have played a role. Write about the peer pressure you see, read and hear about in your community (at school or at home). Explore why it is important for people to be prepared for situations in which they may feel pressured to do something that may have negative effects on their life.

# They Know the Importance of The *Golden* Hour

Meet the physicians specializing in a higher level of trauma care at the new Trauma Center\* at Regional Medical Center Bayonet Point.



**Scott Norwood, MD**  
Trauma Medical Director  
Board Certified  
General Surgery &  
Surgical Critical Care



**David H. Villarreal, MD, FACS**  
Board Certified  
Trauma Critical Care Surgeon



**Jon W. Johnson, MD**  
FACS, FCCM, FCCP  
Board Certified  
Trauma Critical Care Surgeon



**Stephen Rowe, MD**  
Board Certified  
Trauma Critical Care Surgeon



**Jesse Moskowitz, MD**  
Board Certified  
Trauma Surgeon



**James Hurst, MD**  
Medical Director of the  
USF/HCA Trauma Network

REGIONAL MEDICAL CENTER  
BAYONET POINT



14000 Fivay Road, Hudson, FL 34667  
**RMCHHealth.com | 727-819-2929**

TRAUMA NETWORK

\*Provisional Level II



# Provisional Level II Trauma Center



**Shayne George,**  
Chief Executive Officer

Regional Medical Center Bayonet Point has a history of providing the highest level of critical medical care in Pasco County. The surrounding counties of Hernando and Citrus are in need of a trauma program to ensure that critically injured patients have access to treatment within the “golden hour” – that period of time immediately after a serious injury during which there is the highest likelihood that prompt medical treatment will prevent death.

This past November, Regional Medical Center Bayonet Point announced that the Florida Department of Health, Office of Trauma, approved their application to become a Provisional Level II trauma center.

The development of a trauma program is a natural next step in the evolution of Regional Medical Center Bayonet Point and is a milestone that the entire organization is committed to achieve. Trauma Service Area 6, which includes Hernando and Citrus Counties, has the second-highest ranking for deaths from brain injury trauma and fourth for motor vehicle trauma.

“This designation means we can now provide residents of Pasco and surrounding counties with trauma care in their own community and ensure that critically injured patients have access to treatment within the ‘golden hour’ – the first hour after a serious injury during which there is the highest likelihood that prompt medical attention will prevent death,” said Shayne George, chief executive officer.

“We’ve done amazing things in our emergency services department by minimizing ER wait times and far exceeding the national averages for treating heart attack and stroke patients,” explained Pam

In Florida, the leading cause of trauma injury is motor vehicle crashes, accounting for 42.8 percent of all injuries in 2008. Motor vehicle injury fatality rates are strongly associated with the distance from



Medical support for Pasco County S.W.A.T. Team.

Jon W. Johnson, M.D., Trauma Critical Care Surgeon

Schlicher, Director of Emergency Services at Regional Medical Center Bayonet Point. “Having a trauma center here will mean faster treatment for trauma patients, which could be the difference between life and death and will satisfy a huge need in our community.”

## Increasing a patient’s survival chances

“Getting a patient to a trauma center within the first hour of injury, or golden hour, drastically increases their chance of survival,” said Dr. Jon Johnson, critical care surgeon.

the trauma center to the site of the injury event, according to “A Comprehensive Assessment of the Florida Trauma Center,” survey conducted by USF and UF for the Florida Department of Health. The assessment further noted that a county’s overall mortality rate is higher if a trauma center is not present.

The new network’s focus on quality patient care and expanded research initiatives will help improve trauma care across Florida. “This network will provide the state’s trauma patients with consistent and state-of-the-art care,” said Dr. Scott Norwood, trauma center director. “The network will provide an invaluable source of trauma research data.”



# CONTEST

## Making a difference

### THINK ABOUT IT:

More than a quarter of a million children are treated in Florida emergency rooms annually and the cost is approximately \$300 million. Each year, an average of 2,096 children ages 14 and under die as a result of a home injury. The leading causes of injury among this age group are fires, suffocation and drowning. What can be done to reduce these incidents and save lives?

Your mission is to write an essay, song or script, or create a video addressing this issue and coming up with possible solutions. Your ideas should be based on personal observations and experiences. If you do research, be sure to document your sources. Be creative!

Video submissions should be on a DVD. All entries must include student's full name, age, school, grade level, address, phone number, e-mail address and parent signature.

Submissions should be mailed to **NIE Making a Difference Contest**, Tampa Bay Times NIE, 490 First Ave. S., St. Petersburg, FL 33701.

Entries must be received by midnight on March 30, 2012. Winners will be notified no later than April 10, 2012.

This contest is open to all middle and high school students in Citrus, Hernando, Hillsborough, Pasco and Pinellas Counties. Children of employees of the *Times Publishing Company* and Regional Medical Center Bayonet Point are not eligible to win.



### PRIZES

*(Prizes donated by R.M.C.B.P Volunteer Association, Inc.)*

- First Place:** iPad  
**Second Place:** iPod Shuffle  
**Third Place:** \$30 iTunes Gift Card

### 2012 SUMMER TEEN VOLUNTEER PROGRAM

Once again, there will be a Summer Teen Volunteer Program at Regional Medical Center Bayonet Point. If you would like to participate, you need to be between the ages of 13 and 19, and be willing to donate four hours of your time once a week. The program will take place from June 4 through August 11. If you want to volunteer, you can go on line to [RMCHHealth.com](http://RMCHHealth.com) and go to the top right corner and click on "About Us." Look for the box on the left hand side and scroll down and click on "Volunteers." You will see the two-part teen application. Please fill it out and either mail it back to the address at the top of the application, fax it to 727-869-5507 or email it to [Marianne.vigilis@hcahealthcare.com](mailto:Marianne.vigilis@hcahealthcare.com).

## WEB RESOURCES

**Centers for Disease Control and Prevention**  
[cdc.gov](http://cdc.gov)

**Florida Department of Transportation**  
[dot.state.fl.us](http://dot.state.fl.us)

**Florida Department of Health**  
[doh.state.fl.us](http://doh.state.fl.us)

**Florida Department of Highway Safety and Motor Vehicles**  
[flhsmv.gov](http://flhsmv.gov)

**Florida Department of Transportation**  
[dot.state.fl.us](http://dot.state.fl.us)

**KidsHealth**  
[kidshealth.org](http://kidshealth.org)

**Regional Medical Center Bayonet Point**  
[rmchealth.com](http://rmchealth.com)

**Safe Kids USA**  
[safekids.org](http://safekids.org)

**Tampa Bay Times Newspaper in Education**  
[tampabay.com/nie](http://tampabay.com/nie)

**Students Against Destructive Decisions**  
[sadd.org](http://sadd.org)

**Waterproof Florida**  
[waterproofFL.com](http://waterproofFL.com)



## Learning with the Times

### Responsibility and respect in action

When people become famous, many kids look up to those people. Becoming a role model for another person is a great way to influence good behavior, especially when it comes to modeling safety. Look in the *Tampa Bay Times* and find a person who is a good role model. You might even find good examples on the Comics pages. Make a list of reasons why this individual is a good role model. Next, pretend you are going to interview this person for your school newspaper. Write out six questions that you would ask this person about being a role model. Trade questions with a friend and answer them as you think the role model would. Share your thoughts about the characteristics of a good role model with your class.