

HOT TOPICS

March 15, 2002

Volume 1 – Issue 10



Community Education News

By Lieutenant Hal Knabb

“When Every Minute Counts: Simplifying C.P.R. Saves Lives”

The new guideline changes in lay rescuer C.P.R. stress this axiom. And as the two most recent “saves” in Delray Beach attest, these guideline changes are making a difference. Nearly 700 people die of cardiac arrest every day in the United States. By simplifying C.P.R., a key link in the chain of survival, it is hoped that this number is reduced.

The biggest change is that lay rescuers are no longer taught to check for a pulse before administering chest compressions to an unconscious victim. The reason: thirty-five percent of lay rescuers are wrong or unsure about whether a victim has a pulse and every minute that a rescuer hesitates the victim’s chances of survival decrease seven to ten percent. Lay rescuers are now taught to look for signs of circulation such as normal breathing, movement, or response to stimulation. Another change in the new guidelines for lay persons recommends against attempting the Heimlich maneuver on an unconscious choking victim or attempting to clear the airway through blind finger sweeps. Instead, lay rescuers should begin C.P.R., including chest compressions, and only use the finger sweep if they see something in the mouth.

C.P.R. is not the only link in the chain of survival addressed by the new guidelines. The guidelines also stress early defibrillation. Most people who suffer a sudden death episode are victims of ventricular fibrillation, an abnormal chaotic heart rhythm that prevents the heart from pumping blood. C.P.R. usually is a way of buying time for a victim until his or her heart can be shocked back to a normal rhythm through defibrillation.

The guidelines urge that police, security guards, flight attendants and others be trained in the use of AEDs (automated external defibrillators) and that the AEDs be placed in sports arenas, theaters, airports and other public facilities. Two studies published in October of 2001 in the *New England Journal of*

Medicine pointed to the lifesaving benefits of the quick use of AEDs. The studies found that defibrillators used in Mississippi and Nevada casinos and aboard American Airlines flights saved nearly half of all victims, 10 times the usual survival rate for people who suffered cardiac arrest outside a hospital.

Finally, a goal for insuring a safe community environment is that every family has at least one person trained in C.P.R. so that every family has some protection. The American Heart Association’s program called Family and Friends addresses this goal quite well. The program requires little time to teach, is user friendly and easy to present. The program materials are available for anyone interested in presenting the Family and Friends C.P.R. training. Contact Community Education Specialist at 243-7422.

Hello everyone!

EMS News

By Division Chief Robert Moreland

It’s been a busy month for everyone, and you should all be proud of the job that you are doing. In the EMS division, the new state requirements for data collection started on February 20th. I appreciate all of your cooperation with the data entry when doing your reports. We also know that there are some refinements needed in the software, especially with the choices offered in the auto narratives. This is an on-going process, and I welcome your suggestions for improvement. We should think of this as the first step in the integration process as we move toward using PDA’s for our field reports, and installing laptops and printers in the Rescue vehicles. The goals being to reduce the time sitting at a keyboard in the stations, and be able produce high quality medical reports in the field setting.

We are starting to see some wonderful “saves” resulting from our Public Access Defibrillation Program. There were two successful resuscitations within a one month time frame where the patients went home from the hospital and their lives are returning to normal. Congratulations to all of you for sup-

porting the program and to those of you directly involved in the resuscitations.

Robert Creasman was the first to call with the answers to last month's case study. Sorry Robert, Lt. Tabeek wouldn't go for the trip to Hawaii!

In reference to that case study, remember, when treating a patient with an Inferior wall MI and hypotension, check V3r and V4r to see if a right ventricular infarction is present. To review, the right coronary artery supplies blood to the right ventricle, the inferior and posterior walls of the left ventricle, and the SA node in most of the population. ST segment elevation in the inferior leads, V3r and V4r, denotes a proximal blockage of the right coronary artery. These patients are at high risk for hypotension and usually respond well to fluid challenges (check lung sounds first). Bradycardias should respond well to atropine and pacing.

First, the answer to last month's "unscramble the letters" question

Fire Safety News

By Assistant Chief William Adams

which asked: what is the leading cause of poisoning according to the CDC? The answer is carbon monoxide.

We had two very significant "Saves" in February. On February 14th, an occupant of an apartment in the Waters Edge complex emptied an ashtray into a waste basket and left the room. The rattan waste basket and its contents ignited. Fortunately, a sprinkler head was activated by the heat. There were no injuries.

Another fire occurred at a unit in the Waterford Place complex. Vapors from flammable liquids stored inside a closet ignited and started other combustibles on fire. The probable ignition source was a water heater. The closet door was open and the heat from the fire activated a single sprinkler head in the adjoining dining room. The sprinkler extinguished the fire. The tenant of the apartment was not home at the time. Without the activation of the sprinkler, the fire would have grown unnoticed, possibly involving the attic area and other apartments.

It is important for responding units to make sure they have pre-planned the location of control valves so that water damage can be minimized. In the Waterford Place complex, for example, the shut-off valve was found behind an access panel in a storage room. There was no PIV.

PENSION NEWS

On February 5th and 6th, educational seminars were held at Fire Headquarters to assist people who are either in the DROP or contemplating entering the DROP. Representatives from Gabriel, Roeder, Smith, were on hand to show participants how the new self-directed investment program will work. Anyone in the DROP prior to January 16th of this year has the option of leaving his/her DROP account in the pension fund, or transferring the balance to the new self-directed program. If you were unable to attend those seminars, I have a tape of the presentation. Please feel free to contact me if you need to view the tape or have any questions.

Budget: Reminder that all teams should have turned their budget in by now.

Administration News

By Admin. Officer Ellen P. Wickert

IAFF Contract : I am still processing retroactive pay for the new IAFF contract. Many employees will be receiving revised performance evaluations as well as revised promotional pay, in addition to the 2.2% implementation adjustments. Your cooperation during this time is deeply appreciated.

Computer News: The MIS department is working on converting all the computers at Fire Headquarters to Windows 2000.

EMS Billing News: The Medicare ambulance fee schedule will be implemented on April 1, 2002. Payment will be based on level of care required. Under the fee schedule, we will now be reimbursed based on the level of care that the patient required after arrival of the ambulance at the scene.

Preliminary Definitions:

BLS Level:

IV's are included in the BLS level in states where Basic EMT's are legally allowed to start IV's.

ALS1 Level:

Includes ALS assessment and/or one drug and/or one ALS procedure. ALS assessment only counts in Emergency's.

ALS2 Level:

Administration of 3 or more drugs (aspirin, oxygen, and IV fluids do not count as drugs) or 3 Doses of the same drug, and/or one or more ALS Procedures.

A memorandum will be distributed with further information as we receive it.

TORNADOES 101

By: John Tomaszewski, Assistant Chief

A tornado is defined as a violently rotating column of air extending from a thunderstorm to the ground. In an average year, 800 tornadoes are reported nationwide, resulting in 80 deaths and over 1500 injuries. Tornadoes can occur anywhere at any time of the year. In the southern states, peak tornado occurrence is in March through May. Tornadoes are also closely associated with hurricanes and often occur during Hurricane Season, June 1st through November 30th. The southern states are also susceptible to waterspouts - weak tornadoes that form over warm water. Waterspouts sometimes move inland, becoming tornadoes, causing damage and injuries.

Know what to listen for...

A **Tornado Watch** is issued when tornadoes are possible in your area. Remain alert for approaching storms.

A **Tornado Warning** is issued when a tornado has been sighted or indicated by weather radar. Move to your pre-designated place of safety.

Stay informed of weather conditions by tuning into local radio and television stations or by listening to NOAA Weather Radio for the latest tornado watches and warnings. Remember, tornadoes occasionally develop in areas in which a severe thunderstorm watch or warning is in effect, so listen for that information as well. Remain alert!

Know what to look for... Environmental Clues

- dark, often greenish sky
- wall cloud
- large hail
- loud roar, similar to a freight train
- some tornadoes appear as a visible funnel extending only partially to the ground
- some tornadoes are clearly visible while other are obscured by rain or nearby low-hanging clouds

Know what you can do... Tornado Safety

Before the Storm

- Develop a plan for you and your family for home, work, school, and when outdoors
- Have frequent drills
- Know the county in which you live, and keep a highway map nearby to follow storm movement from weather bulletins
- Listen to radio and television for information
- If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible
- Know who is most at risk:
people in automobiles
the elderly, very young, and the physically or mentally impaired
people in manufactured (mobile) homes
people who may not understand the warning due to a language barrier

If a Warning is issued or if threatening weather approaches...

- In a home or building, move to a pre-designated shelter, such as a safe room
- If a safe room is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture
- Stay away from windows
- Get out of automobiles
- Do not try to outrun a tornado in your car; instead, leave it immediately
- If caught outside or in a vehicle, lie flat in a nearby ditch or depression
- Manufactured (mobile) homes, even if tied down, offer little protection from tornadoes and should be abandoned

Each year, many people are killed or seriously injured by tornadoes despite advance warning. Some did not hear the warning while others received the warning but did not believe a tornado would actually affect them. After you have received the warning or observed threatening skies, **YOU** must make the decision to seek shelter before the storm arrives. *It could be the most important decision you will ever make.*

Training and Safety Division

by Division Chief Russell Accardi

The Training & Safety Division conducted training February 20,21,22, 2002 for all operations personnel in the use of our decontamination procedures. **Lt. Mark Reynolds** reviewed three options for decon. Personnel practiced make shift options for handling mass decon of many civilians who are symptomatic of a chemical exposure, using equipment carried on all suppression apparatus. These procedures allowed for the privacy of these civilians to be addressed in a quick manner. Personnel also practiced the set up and use of the inflatable decon tents carried by the four regional haz mat teams in Palm Beach County. They practiced another option using our decon process when our haz mat team uses chemical protective clothing.

The BLS and AED training was conducted in February, which is required for EMT and Paramedic re-certification. If you did not make one of those sessions be sure to attend one of the two make up sessions scheduled March 11th or 12th, 2002 at Fire Headquarters. You will be responsible to obtain this training on your own after those dates.

Thanks to **Lt. Mike Wise** on his find. Because of it several crews have been able to get valuable training on forcible entry, roof ventilation, and other breaching techniques, at a house being demolished at White Drive on the intracoastal. Thanks also goes out to **Lt. Ed Crelin** for conducting many of those sessions. The Operations Committee also took advantage of the roof to evaluate several ventilation saws provided by equipment distributors.

Lt. Victor Williams coordinated the one week orientation March 4 – 8,



Lt. Victor Williams, Pm. Mockenhaupt & FF/PM. Kantner

2002 for our two new hires **Paramedic Crista Mockenhaupt**, and **Firefighter Paramedic Bradley Kanter**. A nice reception

was also done at the conclusion on Friday afternoon where they were presented their badges. Congratulations to these two on the first step in their careers with our department. Thanks goes to all the personnel who assisted during the orientation process.

Lt. Mark Reynolds and **Lt. Wayne Yoder** have been diligent in their involvement of committees and task forces traveling throughout the state, to ensure our department will be informed and aware of grant money for equipment and training in both Haz Mat and Terrorism. Their success will be evident in the near future. We certainly benefit from their dedication and perseverance, even Lt. Yoder's injuries have not stopped him from making these trips.

Division Chief Rob Moreland and **Lt. Mark Reynolds** attended a seminar at JFK Hospital on Bioterrorism and dealing with patients of weapons of mass destruction March 8, 2002.

Remember your training and stay safe!

Training Schedule 2002

March 6th – 8th
Company Level

March 11th – 12th
BLS & AED @ Fire Headquarters
8:30 – 12:30 and 1:30 – 5:30

March 13th – 15th
Zoll Monitor In-Service & Equipment Review
Model 5 @ Fire Headquarters

March 20th – 22nd
Haz-Mat/Techs Only
Plug & Patch Kits

March 25th-29th
UL Ladder Testing

March 27th – 29th
Company Level

From the Chief's Desk

In many ways, the events of September 11th seem much more distant than the slightly more than six months which have passed since that unbelievable morning. Clearly, we all have changed in that relatively short period, and we will never be quite the same as individuals or as a nation.

The families of hundreds of Fire Fighters in the New York City area still are trying to bring closure to losses of family and close friends. There are still 204 Fire Fighters who have not been found in the ground zero debris and mangled remnants of two of the most significant structures ever erected. It's all gone now, or soon will be, waiting for the plan to "redevelop" the area and bring economic energy back to a key element of the world's economic hub. No matter what is erected there, it should always serve as a haunting reminder that man is finite.... so are his buildings and plans for greatness. Only our faith and our belief in One greater than us endures forever.

Yet, the world still turns, the sun still rises each day ... and we go on. Our nation is presently committed to routing out those who embrace terror and those who harbor the mechanics of that mindset. It will be a long, if not *very long* course of action. The country and it's people still seem supportive and display resolve. But, we should be aware that this broad support and renewed patriotic fervor has already begun to wane as various competing political agendas are advanced, and new issues fill page one of the nation's newspapers. This is normal, and it must be expected. This phenomenon is not new in America, and we should not be confused by the mixed messages that now seem to be coming forward in the post-9/11 realities.

Six months ago, the interest in and support for public safety was so strong that no one could have imagined that reductions in fire and police services would be considered anywhere. However, in the past several weeks we have heard the Mayor of New York ask for a 6% reduction in the FDNY budget, and the reduction of about 1,000 police officers. The facts are – you can only spend what you have, and if the revenues are not coming into the city's coffers, there are only a few choices. The attacks on the World Trade Center did

more than bring down several major buildings.... the nation's economy took a serious "hit" as well. Fundamentally, America is strong in all the fundamentals, and we will get through this setback, but in the short term, we must realize that emotion doesn't pay the bills.

On another note.... a new web site is up and running that is worth a peek. www.firetimes.com is a product of some of our friends in Phoenix and is a great example of what Fire Fighters can do to better the profession. Give it a look-see.

Speaking of New York City things.... *Division Chief Russ Accardi* was recently asked to return to the Big Apple and teach some classes at the FDNY Academy to augment their seriously depleted instructor corps. We're glad you are home again, if only long enough to get some clean clothes and head to Ocala to share more stuff with the Florida fire service. Keep up the good work Russ – we're proud of you.

Twenty-eight Fire Fighter/Paramedic applicants have been selected for interviews in the next few weeks. Hopefully we will see a

number of viable candidates emerge from the process to fill some of our current vacancies. Advertising will continue as part of our recruiting efforts.

Check out the updated Delray Fire-Rescue web site at www.delrayfirerescue.com Thanks to *Batt. Chief Fitzer*, a lot of basic information was updated and added. Like most dynamic instruments, web sites must be maintained and nurtured. If you have ideas to offer on this subject, give Chief Fitzer a call or an e-mail.

On a personal note, I had a great experience on February 18th when I took a flight on a B-17 bomber on a cross-country tour and operating out of Boca Raton Airport for a few days. This was the primary aircraft assigned to the U.S. Army Airfield in Boca during WWII. After a 30 minute "hop" around Palm Beach and Broward counties, you could not help but be amazed at what these planes did to defeat the "terrorism" of the 1940's. If it were not for these great machines and the men who flew them into the heart of Germany, well..... who knows?



Chief Koen and Richard Gescheidt prepare for a flight on a restored B-17 "Flying Fortress", one of 12,500 such aircraft built during WWII.

COMMUNITY EMERGENCY RESPONSE TEAM

By Bernard Federgreen

Update on the first CERT Picnic. The final arrangements for a combined barbecue/roundup will be held on Saturday, April 13, 2002 at Morikami Park (Jog Road south of Atlantic Avenue). It's an all day affair starting at 8:00 AM. Since the hurricane season starts as of June 1st, there will be a final equipment check on that day. Social activities as well as some surprises will take place during the course of the day. A little bird told me that even Chief Koen will be doing some of the cooking.

A community committee will meet on Monday, March 25th, to cover the logistics of this affair. Your letter of invitation will also be your admittance ticket.

The CERT logo shirts for those re-trained volunteers have been ordered, and the mailing list will be completed by March 5th.

It is also possible that the CERT teams will participate in a city wide drill which could take place in June.

At the last re-training program held on March 23rd, Lt. Hal Knabb instructed the largest group yet. 29 attended, with strong representation by a number of our Haitian CERT members.

Operations News

By Acting Asst. Chief Charles Stravino

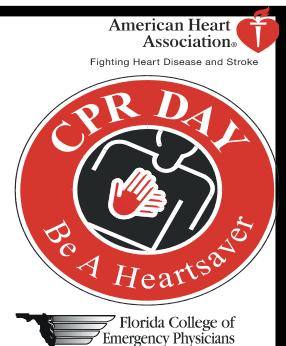
On Thursday, February 28, 2002, we responded to a call in Rainbow Homes, which came in as a bucket of gas on fire between 2 houses. What that call turned out to be was something very different, and our fire fighters were very fortunate to come away without injuries. When Station #1 arrived they had a 120 lb. Above ground L.P. cylinder with the relief valve open, gas from the valve on fire and flame impingement on the tank from debri, shrubs and a wood fence on fire. Lt. Crelin quickly

assessed the situation, deployed a 1-3/4" preconnect line as well as the new blitz monitor. The fire was put out and now the crew had a leaking valve to deal with. Special Ops crews decided to replace the valve and in doing that a significant release of the remaining product would be expelled during the operation. It was quite a site for about 30 seconds. After the scene was stabilized, firefighters noticed a chain link fence where they operated was glowing in several spots. It was determined the fence was energized from a powerline in the rear of the yard remote from where the L.P. tank was. Crews were in contact with the fence and tank which both potentially could have been electrocution hazards. These were unforeseen circumstances which could have had huge implications. Afterwards comments like "things aren't always what they seem," and "you think you're dealing with something and it turns out to be something else," were over heard. We held a post incident review of the call immediately afterwards on scene so everyone could benefit from this experience.

This month Labor and Management are working on discussing options to more predictably accommodate physical fitness training while on duty. Lt. Wise, has a memo out for input on this topic. You may also channel your ideas to Chief Moreland or myself. Until next month be safe.

LEARN CPR FREE

Saturday, April 13, 2002
9:00 AM – 2:30 PM



F.A.U. Gymnasium
777 West Glades Road
Boca Raton, FL

Classes start every 1/2 hour
Fore more information please call (561) 367-4483



Paramedic John Reeck

The following is an interoffice memorandum from the City of Hollywood, Florida Police Department recognizing our very own Paramedic John Reeck and the emergency room employees at Memorial Regional Hospital.

**CITY OF HOLLYWOOD, FLORIDA
INTEROFFICE MEMORANDUM
POLICE DEPARTMENT**

DATE: November 16, 2001 FILE:
TO: James H. Scarberry
Chief of Police
FROM: Sergeant Steven A. Klein #1849
Squad #14
VIA: **CHAIN OF COMMAND**
SUBJECT: Department Recognition for Non-Members

ISSUE:

Recognition of Memorial Regional Hospital employees, regarding case #01-180275.

EXPLANATION:

On November 10, 2001, I was working an off-duty detail at Memorial Regional Hospital in the Emergency Room. While I was addressing the concerns of a patient in the triage area I was ambushed from behind. My assailant placed me in a headlock/choke hold, and at the same time grabbed my service weapon attempting to disarm me. During the confrontation we fell to the ground, where he continually tried to overpower me and take my service weapon from it's holster. The subject continually stated to hospital staff that they should get off of him so that he could "kill me." During this incident the subject battered one of the nurses by

head-butting her in the face. Numerous Emergency Room personnel disregarded their own personal safety and without second thought came to my aid. With their help, I was able to subdue the suspect without further incident.

The subject was later charged with Attempted Murder, Battery-Law Enforcement Officer, Depriving an Officer of Communications/Protection, Battery on a Health Care Provider and Resisting Arrest with Violence. A criminal history check revealed that the subject had previously served 9 years for 2nd degree murder.

I respectfully request that the below listed Memorial Hospital Emergency Room Staff and civilian (who was a patient waiting to be treated) be awarded the Department's Certificate of Appreciation, and be recognized formally at our City Commission Meeting. Their unselfish and heroic actions aided in bringing a dangerous convicted felon into police custody.

Recipe of the Month

Mashed Potatoes With Sautéed Escarole and Onions

Ingredients:

White All Purpose Potatoes
White Onions
Fresh Escarole
Dried thyme
Canola Oil
Milk
Butter
Kosher Salt
White Pepper

Procedure:

Peel and chop white onions and sauté in canola oil till just browned. Add chopped escarole and thyme and sauté both until escarole is tender. Drain any excess liquid and hold.

Prepare and cook potatoes for mashing. When done, break up with fork and then whip with a mixer till smooth. Season with salt, pepper and butter to taste.

Add the onions and escarole to the whipped potatoes and mix well. Serve or hold in covered pan with plastic wrap and foil with steam vents.

The distribution of our next newsletter is April 15, 2002. All news articles should be turned in to Cecelia Shade in the Administrative Office on or before March 29, 2002. Deadline for turning in news articles will be March 29th at 5:00 p.m. We hope that you have enjoyed this issue of "Hot Topics" and we look forward to producing our next new and exciting issue. Thank you for your participation.

Departmental Anniversaries

David Brassard	March 24	15 yrs.
Craig Merrill	March 25	15 yrs.
Richard Murphy	March 26	15 yrs.

TO:

W E L C O M E !

On Friday, March 8th a reception was held to welcome Fire Fighter/ Paramedic Bradley Kantner and Paramedic Crista Mockenhaupt in a badge presentation ceremony after completing their one week orientation last week.



Bradley and Crista (see photos to left) received their badges from Acting Assistant Chief Charles Stravino. We extend congratulations and much success to both of them in their careers in the fire service and with the Delray Beach Fire Department.



Fire Fighter/Paramedic Bradley Kantner and Paramedic Crista Mockenhaupt