

CMH Prehospital Newsletter

September 2019

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Did You know???

Eagles can SWIM!?



September 11, 2019 marks the 18th Anniversary of one of the largest Terrorist Attacks on American soil. Please take a moment on September 11th to remember those that gave their lives for their community on that fateful day.

The 1st plane struck the North tower of the WTC at 0845

The 2nd plane struck the South tower of the WTC at 0903

The 3rd plane crashes into the Pentagon at 0937

The South Tower collapses at 0959

The 4th plane crash lands in Shanksville, Pa at 1007

The North Tower collapses at 1028

At 1728 Seven World Trade Center collapses after burning for hours.

IN HONOR AND REMEMBRANCE

Neal's Words of Wisdom

This time of year always sneaks up on me. I look forward to football and cooler weather. I do like warm weather but I appreciate the change in seasons. Growing up in the desert we had 2 seasons summer and 5 months it was not real hot. I enjoy the change of seasons green grass, fall colors, cool weather, and I prefer just a little snow.

We have a lot to be proud of as the department. We do good patient care. We get the right patient to the right place efficiently. We give compassionate exceptional care. Competencies and education are important to keep us keep sharp. Our Paramedic students have challenged us as they do ride time and ask questions. The pride mentors and FTOs show helping our students are great. Our EMT, Paramedic students and new Paramedics are our future. These programs have made us better.

We are busy. Runs are up and standby session is in full swing. Even though our responses and patient transport number were down this FY we responded to 9,789 requests for service and transported 7,429. Since this June, the new FY, our responses and patient transports are up 11%. We had a little slump in November and December last year. I think the flu season was late and our weather was milder. No flu, not as many sick COPD patients and no slip trips and falls on ice and snow. Chalk it up to global warming.

As managers we have several challenges in front of us. We have to control and get over time down. We have to work with increasing call volume. We have a few more ideas we are working on that we hope will help and make us more efficient. As these projects mature and get closer to happening we will let you know. We already have made announced a schedule change in the 24 hour stations. We have 2 new Paramedic positions approved to help us with vacation coverage and requested days off. We have changed our crew mix on the ALS 1000 shift in Polk County to give us more options in staffing and handling transfer. We have made some BLS shift changes.

The one constant that we have to do is to fulfill the EMS promise that was set for us by the 1970 TV show Emergency. Jim Page a LA Paramedic (a legend in EMS) was the technical advisor. Out of Emergency came the EMS promise that people expect, anytime, anywhere, you call, we will respond and we will deliver emergency care. Our mission is challenging in a rural area. It looks a lot different than LA. It presents its own unique set of challenges. Our 4 county service area is 2,265 square miles, population of 64 thousand, and a population density of 241 people per square mile. We work with volunteer fire department and rescue squads. We have to come up with distinctive solutions to problems that do not exist in urban areas. We do it on a daily basis.

We have a lot to be proud of and we do a good Job. I am proud to work with all of you. It is great that we have employees that see we need system improvements to better serve our area. Continue to share those ideas and concerns. I do not stick my head in the sand I acknowledge those issues and do not ignore them. I keep a list and work to improve our system a little at a time. That is why I like exceptional. The definition can change as we keep improving and pushing the bar up. What is exceptional today can be routine tomorrow and we move to the next level.

Thank you for all you do. Be safe.

Neal T.

Polk County Updates

Here in Polk county we will be working to decrease overtime just as the counties are. We are hiring several new PRN people as they apply. We are also adding part time employees as well. To go along with these changes, we are moving the BLS trucks to 10 hour shifts, pretty much on the same days.

At the August staff meeting we discussed the following issues:

Exporting charts —Please remember to export your charts by the end of your shift. The only time they should remain not exported is if there is a issue that needs to be addressed such as Tom Liberty needs to add the destination, you are waiting for patient information because that patient was flown, and so on. Please. Export your charts before clocking out at the end of your shift.


Cleaning the ambulances. I have noticed when an assigned truck comes back from Fleet and crews are going back into their trucks, out of the back up truck, the back up truck is not being washed, refueled or cleaned up. It is not fair to the next crew that has to go into the back up truck to have to clean up your mess before starting their shift. It is also not fair to stand by crews who have to come in to clean the truck before they can report to their stand by.

Which leads us to the next issue. When returning from special events and stand bys clean your truck. I understand that at the end of your stand by you would like to return home as soon as possible, but, it is still your responsibility to leave that truck clean. This includes washing the truck and throwing away your trash.

Please be sure to look at Google calendar. We have several open shifts and we are looking for help filling those shifts. Please contact me with which shifts you would like to work.

I would like to thank everyone that has picked up extra shifts. I truly do appreciate your help.

Aaron Weaver, Paramedic
Operations Manager—Polk County
CMH EMS



**All County Staff Meeting
September 25th 0900 at
Polk County Station**

Life & Times From the Beautiful Stockton Lake

So you ask yourself, “Self, what is going on in Cedar County these days?”

Well, let me tell you! “The Lake” season has almost come to an end, the last major lake holiday is over had good weather and large crowd in Stockton, but now everything is winding down and CORP will be shutting down the sites come September 30th, football season has started and there are a lot of open games to still sign up for, so don’t wait call or text if you can help. Winter is just around the corner as we get our trucks ready for the upcoming cold weather, don’t forget to stock up on the thermal blankets now before they are all gone. And don’t forget the stock up on Heat Packs and plug in the IV warmer, Remember to get those patients covered up and off the cold ground or highway, Please remember to put a heavy blanket on the cot this time of the year, it’s going to start getting cold in the evening and just cause you are not cold doesn’t mean that sick or injured patient you are picking up isn’t.

Watch out for the deer as deer season is coming. They will be moving more and more during the daylight hours, and not just at night. If you are not driving, you should be helping your partner keep an eye out for the 4 legged creatures. MODOT has not done there last fall shoulder mowing yet so you might not see those deer until there almost upon you, so Please Drive Safely, speaking of driving have you signed up for the EVOC class?

Notes from the Board: Well, time will tell, Bid opening for Cedar County EMS contract is schedule for September 16th at 18:30 hope and pray all goes well. This is all I am going to say about this.

Employees: Well, besides having some great employees with CMH and I would like to say THANK YOU for all you do, Please Don’t forget to take the monitor in the house with you on ALL EMS calls we have to help get the “arrived on scene to first 12 lead” down to below 10 minutes. I am hoping everyone is looking a lot better in the rankings we have to decrease our times.

Flu shots for Cedar County staff are available at the Stockton station at soon, O Boy not again, seems like we just did those, I will advise soon when you can stop by and get yours.

Well, thanks for all you do for CMH. Be safe out there and watch your partner’s back.

Tom Ryan,
Operations Manager Cedar County
CMH EMS

St Claire County Tips & Tricks

This month let's review a very simple but overlooked aspect of our jobs "Pre Shift Vehicle Inspection". Proper vehicle maintenance and inspections are crucial to our operations. For those of you that actually do the checkoff sheet, I might add that is few. I'm sure you just click right through with Yes, Yes, Yes when answering the questions pertaining to vehicle maintenance. I mean we have Fleet Services, why should we think that something might go wrong in between routine maintenance, right? **WRONG !** Vehicles are very much like we are, to operate effectively they have to have proper maintenance and inspections. Just like us, to be efficient they have to stay hydrated, yes that means fluids. Without the proper fluid and proper levels of fluids things do not operate at its full capacity. Maybe not operate at all. So Let's review. Most all vehicles depend on several different types of fluid to operate. Water, Engine Oil, Transmission Fluid, Power Steering Fluid, Brake Fluid, Windshield Washer Fluid, Diesel or Gasoline and DEF on Some.

WATER: Water is used in the engine system along with antifreeze/coolant. Water circulates through the system to keep the engine running at proper operating temperatures. Adding antifreeze/coolant helps the cooling process in the summer and well as the name implies, keeps it from freezing in the winter. There is a reservoir under the hood, for those who have actually looked, that allows you to visually inspect the water and the water level. The water may appear green, yellow or orange depending on make and model, and brand of coolant being used. If the water level is low, it is always best to top it off with more coolant, if coolant is not readily available, adding plain water will do. Always check under truck for possible leaks and report to maintenance for further inspection. Remember **NEVER** open water reservoir when engine is **HOT!!!!!!**

ENGINE OIL: Engine Oil, yep you got it, goes in the engine. Engine oil also helps reduce heat by reducing friction of moving metal parts and by keeping the internal component of the engine lubricated. Engine oil can be checked with the engine oil dipstick also located under the hood. Engine oil should be checked while parked on a level surface and engine is shut off. Make sure to pull dipstick out, wipe it off and then reinsert it to check level.

Transmission Fluid: Like engine oil, transmission fluid does the same thing for the transmission. It lubricates internal components, reduces heat and friction, and ensures the vehicle shifts gears properly. Transmission fluid is also pumped through lines to a cooler that is often built into the radiator, some makes and models may have a separate cooler but it usually is always located on or around the radiator itself. Transmission fluid also must be checked while parked on level surface. Unlike engine oil, transmission fluid has to be checked while vehicle is running and preferable at operating temperature. Transmission fluid is also checked with a dipstick similar to the engine oil dipstick.

St Claire County Tips & Tricks (Continued)

Power Steering Fluid: Used for, you got it! Power steering! I would venture to say that most, if any of the younger generation has ever had the opportunity to drive a vehicle that had manual steering and or brakes. The power steering fluid on most new trucks have a separate reservoir. This reservoir has a cap with dipstick attached to check the fluid level. Some trucks are equipped with hydraulic brake booster, the brake booster is also powered by the power steering pump. **DO NOT CONFUSE** the power steering reservoir with the brake fluid reservoir. They are often located close together. Mixing fluid could lead to detrimental break downs.

BRAKE FLUID: Brake fluid is just that, for the brakes. Along with power brake booster, whether it is hydraulic or air ensures that the vehicle can stop in a timely and safe manner. The brake fluid reservoir is usually located on top of the brake master cylinder, sometimes it will be separate but will always be close the brake system under the hood. Usually the reservoir is clear and fluid level can be checked visually without removing cap. This cap does not typically have a dipstick attached. Be cautious if you are adding brake fluid, there are still several types on the market and all do not work the same. Always if in doubt go by Fleet to have topped off.

WINDSHIELD WASHER FLUID: Well even though it doesn't help with the performance of the vehicle, it can contribute to the performance of the driver and the safety of the crew. Some trucks are equipped with a sensor that will warn you when this fluid level is low. It usually cannot be checked on newer vehicles by simply looking under the hood. Engineers I think entertain themselves by finding the most awkward places possible to hide the washer fluid reservoir. It can be filled from under the hood like the other fluids.

DIESEL or GASOLINE: If you don't know which one is which, you probably don't need to be driving. There is a marvelous needle on the dash that indicates the fuel level. Its works the same on all vehicles. As the fuel level gets lower, the needle on the dash also gets lower. **GENIOUS!!!!** We should all be topping off with fuel when levels go below three quarters of a tank. There is **NEVER** an excuse for a call to be delayed or missed due to low fuel levels.

DEF: Diesel Exhaust Fluid, without going into detail we will just say it cleans the exhaust fumes before it goes into the atmosphere. The DEF system can be a nightmare if not properly maintained. The readout indicator will let you know long before you run out. If your warning comes on you should get it topped off as soon as possible. If fleet is closed every station keeps extra jugs of DEF. If out on the road for transfer and you are concerned, larger truck stops have DEF available at the diesel pump. Just remember a message that is displayed concerning the DEF system should be reported ASAP.

St Claire County Tips & Tricks (continued)

We are well into stand by season, we cannot afford for trucks to be breaking down and taken out of service due to complacency and or laziness when it comes to doing our pre shift inspections. There is a lot more to it than just fluid level checks. I just wanted to hit on that one... Do your jobs, do it well and above all...Be Safe doing it.

John Frazer, Paramedic

St Clair County Operations Manager

Competencies!!

Do not forget to sign up for Competencies!! You MUST sign up on OzarksEMS in order to come to the class! Annnd....Competencies are MANDATORY!!

(plus they reflect your yearly review!!)

Sept 6th at 0800

Sept 11th at 1300

Sept 23rd at 0800

Sept 25th at 1300

Sept 30th at 0800

Health & Safety Tips with Brice

We had some cool days at the end of August, which has gotten me excited for one of my favorite seasons, Fall. September 23rd will be the start of fall, the return of flannel, and possibly my beard.

I don't have a lot this month just some reminders and questions.

As many of you know my former full-time partner and friend to many of us is no longer one of our co-workers. John Smith was hurt on the job and within a short time is no longer able to do the job he loved so much.

As I have said to some of you, and as the wisdom of learning from history suggests; What can we learn from John's injury? How can we prevent that from happening in each of ourselves? It all starts with your body posture.

Your back was designed with three natural curves in it, that is its neutral position. So as much as possible keep your spine in a neutral position, especially when lifting. How do we do this?

The first way is to bring your shoulders back by trying to touch your shoulder blades together tight enough to hold a pencil between them. This will protect your rotator cuff from being injured. This is most important during the draw sheet move we use multiple times a day with bed to bed transfers, and when moving heavy equipment like the monitor and red bag.

The second way is to keep your back straight, as if there was a broom handle from the back of your head, touching the middle/thoracic part of your back, skipping over your lumbar spine, and then touching your "tail bone" area. If you are bending so that your head is forward and your lumbar spine is touching the broom handle, then your back can't be in a braced position to keep the spine in a neutral position, and your disks are compressing in an uneven fashion. Some of you have heard me say that the back was not designed to be the lifting part of your body, but your legs were. Doesn't it make sense that the largest muscles in our bodies are made to lift the most weight? The little tiny muscles along your back are there to hold your spine in a straight position. Talk to Josiah if you have ANY questions about weight lifting.



More Health & Safety Tips with Brice

Finally as we work our way down the body we get to the low back and butt, obviously. Here is one of the most critical points of protection for your body, your hips. Specifically your gluteus muscles because they connect your legs (the big lifter part of your body) to your back (the lever that is attached to your arms that lift the big patient or object). So keeping your gluteus muscles engaged helps protect your back because then your back just keeps straight and bares the weight of your body and whatever you are lifting. This then allows your glutes and legs do the lifting and standing work. Keep whatever you are lifting as close to your core and hips as possible. Reaching more than 20 inches to lift something is never recommended and should be avoided whenever possible.

Lets try to make this practical for us.

If you stand up out of a chair by leaning your body forward to get momentum, and then use your arms to push down on your knees so that you can stand up you are probably not using your glutes. I myself have noticed this a while back because I had consistent left knee pain. I also noticed that I could not flex my left glute. TMI you may say, but my point is that my left glute was not engaged or active. So I did some of the exercises below and focused on standing up with only using my leg muscle and specifically finishing the stand by flexing my gluteus muscles.

So here's the point, do these three exercises in sets of 10 and holding the up position for 5-10 seconds and focus on flexing/squeezing your glutes to get your glutes activated and engaged for standing up and lifting things.

Hip Raise

Donkey Kicks

Bird Dog

The next thing to do is practice squeezing your glutes when you stand up, step up into the truck, or when you take the steps.

This all may sound silly to some of you, but proper body mechanics and muscle activation can go a long way in protecting you. If you won't do this to protect your back, what will you do?

Watch your partner's back and your back. Lets all go home at the end of the shift and our careers whole with lots of life left in us.

Thanks for reading. Take your health and safety seriously. You only get one body, protect it.

Brice Flynn, Paramedic

Health & Safety Chief

Workout Tips from Brice



Yay!!!

Birthdays!!

Aaron Weaver Sept. 4th

Greg Beydler Sept. 5th

Zane Gore Sept 10th

Andrew Johnson Sept 11th

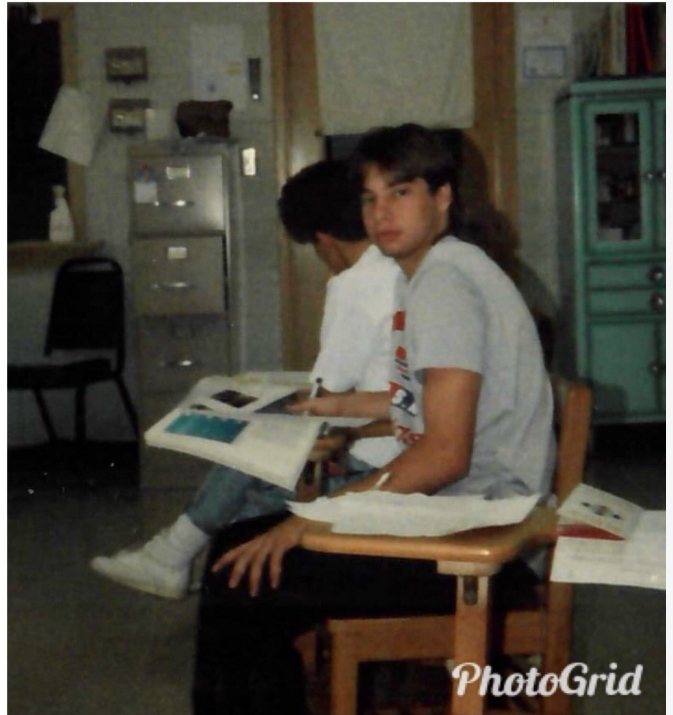
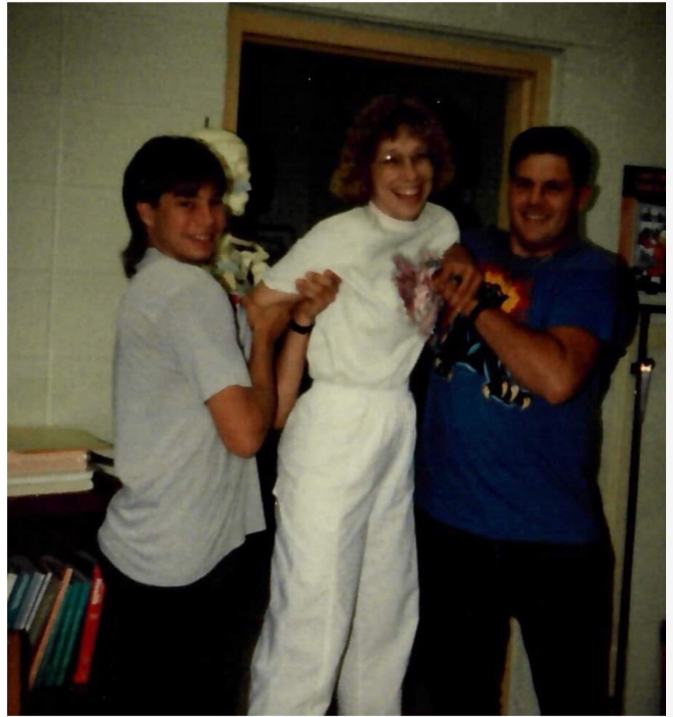
Matt D'Amore Sept. 14

Anniversaries!!

Drew Johnson 1 year

Morgan Young 18 years!

Happy Birthday Aaron!!



PhotoGrid

John Smith Career Celebration



When: *September 21st 1800-2000*

Where: *Southern Hills Baptist Church Fellowship Hall*

Why: *Celebrating the 48 years of fire service and EMS dedication to our community!*

How: *Bring a dessert and word of encouragement to John and the impact he has made on your life and our community.*

TAKE A DAY TO REMEMBER
THE DAY THAT CHANGED
US FOREVER.



On September 11, 2001 4 planes were hijacked while in the air. 2 were flown into the World Trade Center in NYC, 1 into the Pentagon in Washington D.C, and the final plane was crashed in a field outside of Shanksville, Pennsylvania. In total, 2,977 people died that day. 265 were on the planes, 2,606 in the World Trade Center and surrounding area, and 125 at the Pentagon. 412 Emergency Personnel were killed in the line of duty while responding to the largest mass terrorist event in our life time. 343 were FDNY employees, including a Chaplin, and 2 paramedics, 37 Port Authority and New Jersey police officers, 23 NYPD officers, 8 paramedics and EMTs from private EMS agencies and 1 patrolman from New York Fire Patrol.



Chaplin Father Mychal Judge was seen outside of and on the ground floor of WTC North praying over the injured and giving last rights to those that were killed on impact.

Father Judge was carried out of WTC North after he was killed inside by falling debris. His body was carried to St Peter's Catholic Church and laid before the altar.

Father Judge was deemed Victim 1 of the 9/11 Attacks.

Father Judge has been nominated to become a Saint, this nomination for Canonization is awaiting approval from the Pope.

He has been canonized by the Orthodox-Catholic Church of America (NOT the Vatican) and is recognized as Saint Mychal the Martyr.

Father Mychal gave his life praying for and serving First Responders of NYC.



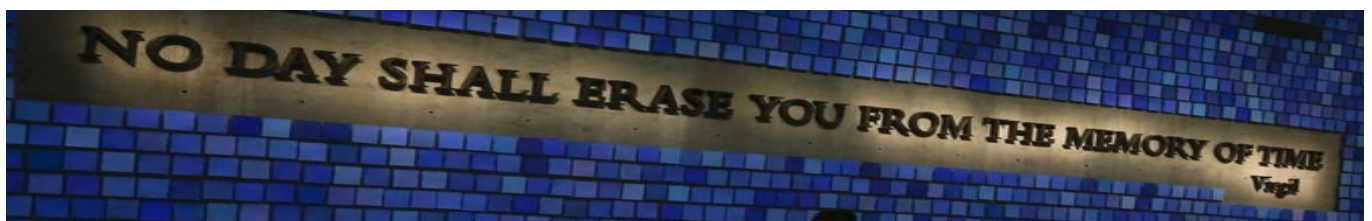
Yamel Merino, EMT. Yamel was a single mom who all she wanted was to grow up and be an EMT. Yamel worked for MetroCare 911 for 3 years. Yamel was the only EMT from a private company to pass that day.



9/11 was a tremendous day for the citizens, civilian and 1st responders of New York City, United States of America, and the World.

Though you may not have been effected personally on that day, in the long run we have all seen changes in our daily routines, in travel, and in our training of MCIs. Mistakes were made that day. Communication was horrific. But, we learned lessons that day.

The beautiful skyline of New York City has forever been changed. However, the changes are just as amazing. The Memorial and Museum that has been built on the grounds of the World Trade Center has turned into a wonderful memorialization of American History. Should you ever find yourself in NYC, I implore you to spend a few hours in the museum....listen to the victim's family tell





Sirius was a 4 year old Yellow Lab who responded to the WTC with his handler, Port Authority Police officer, David Lim. Sirius was the only canine casualty of 9/11. Sirius was found in the basement of WTC Tower 1



Allen Werner participated in Springfield's 9/11 Memorial Stairclimb this year. This year's event raised \$36,000 for Fallen Firefighters Families. Allen was one of 360 other firefighters, civilians and soldiers that participated in the climb. This was Allen's 5th Stairclimb. He has done 4 in Springfield & 1 in NYC.

Employee Updates!!



Tom (& our insurance!) advise that we all watch out for deer while on the roads!! Deer season is nearing and for some reason that guys like to get out and venture in front of our ambulances!! Be safe!!



Cedar County 1st Responders enjoyed an Appreciation Luncheon hosted by St Andrews Lutheran Church in Stockton on Aug 28th.

Polk County Shift Changes

Paramedics:

C Shift, A Week Comorgan Jones will be coming off of Q shift A week and into this position

C Shift, A week Allison Young will be coming off of P shift B week and into this position.

We are changing both C shifts into full time double medic shifts—Why? We will utilize that position combined with another ALS truck as needed.

Q shift A week Zach Lang will go full time and into this position.

P shift B week AJ Sherrer will be moving into this position

EMTs

B shift A week Cory Sidwell will be coming off of T shift and moving into this position

T Shift James Pursslley will be coming off of C shift and into T shift

A shift A week Zane Gore will be coming off of U shift and into this position

Current Shift Openings:

U Shift, BLS

ALS Float for Hickory and St Claire County

ALS Float for all counties