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The Pulse

August, 2010

Volume 43 • Issue 8



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENTS REPORT

Roger Winter

August has traditionally been labeled the “Dog Days of Summer”, but this year I think July took the title away; when the heat, humidity, thundershowers and the threat of tornados. What is left for August? Well some of the most amazing facts are that the internet was born in the month of August, the Lincoln Penny was issued, Hawaii became the 50th State, and the Smithsonian Institute was founded.

August usually signals the midpoint of the summer. We have many squad functions to participate in and many parades to march in. I am sure that the Chief will authorize a class “B” uniform, with no tie. Again, many of us go on vacation so please don’t forget to get that replacement we don’t want to leave our shifts shorthanded.

August for us means the reading of many new SOP’s for the squad. Updating the SOP’s is important it will bring us up to date as what is happening at the squad today. The reading usually occurs at the General Membership Meetings. The readings of the SOP’s and business at the general membership meeting can come to a halt if we do not maintain a quorum. As a squad we made a by-law change to increase the quorum from 20 active members to 50 active members to conduct the General Membership Meeting. We fell a bit short at the last meeting when people started leaving during the meeting. At the meeting’s end we only had 48 active members present, not enough to officially end the meeting. It is recorded as such in the minutes. Yes, we did hang around to auction off the gifts at the end. Keep in mind if we do not have enough active members during the meeting, the meeting will stop and will be adjourned. So let’s get out to the meeting and stay until its conclusion.

This past weekend Brian Canty and his special events committee ran the annual squad picnic. Once again the weather held out. OK, it more than held out hot, humid, with good pool times, good food, and drink. Thank you Brian for another outstanding picnic.

MONDAY CAPTAIN

Tim Ebert

Congratulations John Connors on passing dispatch, ambulance orientation, and getting promoted to Aid.

Congratulations Ashley Urquhart on getting promoted to First Aider.

Congratulations Dennis Vangroski on getting his EMT card.

Welcome Vanessa Ortiz #1297 to the Monday overnights.

Thanks to everyone who has filled in on a shift and answered a back up call.

Last but not least, thanks to all the Monday crews who diligently come in every week, do there check outs, cover the calls, and make Mondays run so well.

Hope everyone is enjoying there summer.

Scholarships or Tuition Assistance – Bob Franz

New York State Volunteer Ambulance & Rescue Association, Inc., Scholarship Program: The NYSVA&RA annually provides up to three scholarships that range from \$500.00 to \$1,000.00, depending upon funding. The purpose of the program is to provide recognition of achievement and ability, and to assist members (youth and adult) of squads that are members in good standing of the NYSVA&RA in continuing their education in an accredited college or university. Scholarships are awarded on the basis of merit as determined by The Scholarship Committee of the association, whose decisions are final. Applicant must be a high school senior in good academic standing and graduating in June of the year applying or adult member furthering their education. Applicant must have applied to and be planning to enroll and pursue a course of study in an accredited college or university. For additional information see application form on the bulletin board & on the mail folder cabinet or visit the nysvara.org website or contact Bob Franz. Applications must be received by August 15th (postmarked no later than August 12th). (nysvara.org website – click “Membership” then click “Member Benefits” then click “NYSVARA Scholarship Information”).

Welcome!



Craig Forney #1278 Sun 1900 x 2300

- Resides in Huntington Station
- Graduated from Walt Whitman High School
- Graduated from the NY Restaurant School of Culinary Arts
- Employed as a Chef for Capital One Bank
- Joined HCFAS because he enjoys helping people
- Future goal is to become an EMT



Bency Jean-Baptiste #1269 Sat 1900 x 2300

- Resides in Huntington Station
- Graduated from Martin Luther King High School in Haiti
- Employed as a driver for the Huntington Coach
- Hobbies are sky-diving & vacationing
- Yearned to join the HCFAS family to assist in helping the community
- Future goal is to become an EMT & Dr



Kyle Rudden #1288 Wed 0700 x 1100

- Resides in Huntington
- Graduated from Northport High School
- Graduated from Stony Brook University with a BA in psychology & philosophy
- Employed as a manager at the Book Revue
- Previous life guard & scuba rescue diver
- Former member of Commack Volunteer Ambulance
- Joined HCFAS with the desire to do something for the community
- Currently attending the EMT course
- Future goal is to become a CL/DR



BASICS – August 2010
Emergency Incident Rehabilitation (Rehab)
By Mark W. Brenner



As I sat down to write this column, I was approached by both Chief Heavey and Deputy Chief Brenner who asked me to prepare something for both Rehab and an additional review of the RAD-57. I am most happy to oblige these gentlemen.

For this article I referenced Appendix 22 of the Suffolk County ALS Policies and Protocols Manual. The purpose of this policy is to serve as a monitoring standard for BLS & ALS providers operating in an emergency incident rehabilitation sector. Rest, rehydration, rehab evaluation, and nutrition are key components in supporting firefighters and other emergency responders operating in personal protective clothing for prolonged periods of time. By the way, EMS personnel and police officers are also considered as emergency responders at these major incidents and should be treated following the same guidelines.

REST – Avoid going from hot directly to air conditioning. Ideally there should be a ten (10) minute wait in ambient temperature. Firefighters should follow the “2 air bottle rule” or 45 minutes work time maximum. Typically one (1) ten minute rest period will be necessary before the firefighter resumes fire ground duties.

Rehydration Strategy – Rehydrate the emergency responder with at least 12 oz. water or sports drink. Do not use carbonated beverages or caffeine. NOTE: Oral body temperature should be obtained prior to allowing the emergency responder to drink cold liquids.

Evaluation –

- Observe for behavioral changes, such as change in affect, loss of motor coordination/dexterity, or emotional decompensation.
- Measure heart rate and Oral (PO) body temperature
- If temperature > 100.6 F, do not allow the emergency responder to don PPE for the remainder of the event.
- If heart rate is greater than (>) 110 bpm & temperature is less than (<) 100.6 F, one (1) additional ten (10) minute rest period is indicated.
- If heart rate does not return to normal after 20 minutes continuous rest, the emergency responder becomes a patient and is transported to the closest emergency department.

Please note: Emergency responders should be taken out of service and treated and transported to the closest emergency department whenever:

- Signs/symptoms of heat stroke
- Altered Mental Status of any kind
- Oral temperature > 101 degrees F.
- Irregular heartbeat or chest pains
- Shortness of Breath/Dyspnea
- Heart Rate > 150 bpm at any time and great than 140 bpm after rest.
- Systolic Blood Pressure > 200 at any time
- Diastolic Blood Pressure > 120 at any time
- Headache (major sign of dehydration)
- Orthostatic vital signs
- Nausea/Vomiting
- Self-Monitoring of urine – reported dark color/strong smell

(Basics Con'td)

1. ***Obtaining an oral body temperature can be performed:***
 - a. On all calls
 - b. On cold or heat emergency patients
 - c. By EMT's when engaged in emergency incident rehab activities at the scene of an incident.
 - d. None of the above

2. ***In the Rehab sector, in addition to observing for behavioral changes, who two (2) signs are also evaluated?***
 - a. Respirations and Pulse
 - b. Pulse and Blood Pressure
 - c. Heart rate and Oral body temperature
 - d. Nausea and Loss of Dexterity

3. ***Do not allow the emergency responder to do PPE for the remainder of the event if their oral (PO) body temperature is:***
 - a. > 99 F
 - b. > 100.6 F
 - c. > 101.1 F
 - d. > 102.0 F

4. ***You are attending to emergency responders in the rehab sector. One has an oral body temperature > 101 F. This responder:***
 - a. Can don PPE for the remainder of the event.
 - b. Is to be taken out of service, treated and transported to the closest hospital emergency room.
 - c. Is to be given an additional ten (10) minute rest period before resuming duties.
 - d. None of the above

5. ***You are attending to emergency responders in the rehab sector. The responder's oral (PO) body temperature is 100.4 F but their pulse rate is 120 bpm. They rest an additional ten minutes. Then, after a total of twenty minutes rest, their pulse is still 120 beats per minute. You would now:***
 - a. Administer oxygen for ten minutes and then reassess their heart rate.
 - b. Immediately transport them to the nearest hospital emergency room.
 - c. Report them to their Chief for disciplinary action.
 - d. None of the above

Additionally, any EMS provider who is trained and authorized in its use may use Non-invasive CO-oximetry (RAD-57) in conjunction with rest and rehydration activities to determine the carboxyhemoglobin level of emergency responders.

- For an SpCO greater than or equal to 12% - TREAT with 100% oxygen and TRANSPORT to the closest emergency department.
- For an SpCO less than 12% BUT signs of CO exposure are present – TREAT with 100% oxygen and TRANSPORT to the closest emergency department.
- FOR an SpCO less than 12% and NO SIGNS OF CO EXPOSURE AND NORMAL VITAL SIGNS – no further medical monitoring is needed.

More on the RAD-57 at Carbon Monoxide Emergencies will be covered when the weather turns cooler. For now, stay hydrated and be careful out there.

(Basics Con'td)

And now a few words from Paramedic/Firefighter Kevin Brenner on rehab:

Things I've learned (sometimes the hard way)

- Get them in the shade and not necessarily in your ambulance (what if you need the unit to treat a more critical patient?)
- The stomach is only designed to hold about 30 oz. Chugging liters of water almost guarantees vomiting.
- Watered-down sports drinks are way important, or 6 oz of sports drink and the rest as plain water (basically you mix it inside your belly anyway).
- The best way to cool down is to strip! Fire fighters need to take off helmet, coat, hood. They will also get tremendous relief from dropping their pants!!!

This all points to our need for at least 2 units at an MCI; one preparing for rehab or triage (if things go south), the second prepared to transport. The unit prepared to transport should report to an area near the command post with stretcher, oxygen bag, AED or LP12 (stroke and MI are the leading causes of death on the fire ground). BLS bag. No need for drugs or airway or suction or burn supplies. Burns need a hose line worth of water to stop the burning process. And more critical interventions need to be performed inside the unit, where we can lock the doors and tell the firefighters to back off so we can do OUR job.

When the incident is over, responders may need to shower and change clothes. Dry clothes are crucial, in cool or hot weather, and, many studies are finding the shower is vital to get all the carcinogens off you!

ANSWERS: 1c, 2c, 3b, 4b, 5b

August 2010 • Service Awards

5 years

Joanne Cunningham

Harvey Lapidus

10 years

Karen Blackburn

Karen Maresco

30 years

Mary Ann Schramm

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <i>Happy Birthday!</i> Dominic Heavey Ronald Weinbofer M. Meyer	3 	4	5 	6 	7 
8 	9 GMM 	10	11 	12 	13 	14 
<i>Happy Birthday!</i> Mike Barker Richard Stone John Palmieri	<i>Happy Birthday!</i> Albert Mirabella	<i>Happy Birthday!</i> Harvey Lapidus	<i>Happy Birthday!</i> Diana Weinberg	<i>Happy Birthday!</i> Dillon Harvey	<i>Happy Birthday!</i> Paul Kelly Lawrence Thompson	<i>Happy Birthday!</i> H. Loewenthal
15 Recruitment Open House 2 pm <i>Happy Birthday!</i> Mary Ann Johnson	16 	17 	18 	19 	20	21 
	<i>Happy Birthday!</i> Joanne Mirabella	<i>Happy Birthday!</i> Carl Schramm	<i>Happy Birthday!</i> Tom Lemp Mike Smith	<i>Happy Birthday!</i> Matthew Sisinni		<i>Happy Birthday!</i> Frances Jazombek Bernard Poole
22	23 	24	25 	26 	27	28 
	<i>Happy Birthday!</i> Vanessa Amaya		<i>Happy Birthday!</i> Corinne Taylor	<i>Happy Birthday!</i> Suzie "Radar" Biagi		<i>Happy Birthday!</i> Lawrence Herman
29 	30 	31				
<i>Happy Birthday!</i> Mary Woznick	<i>Happy Birthday!</i> Christy Stiles					

• August's flower is the gladiolus or poppy, and its birthstone is the peridot.

PROPOSED AMENDMENT TO THE BY-LAWS

Background and Purpose:

- Whereas: HCFAS bylaws currently impose term limits on Operational Officers of two consecutive one-year terms of office. And
- Whereas: No term limits are set for members of the Board of Directors. And
- Whereas: Term limits: downgrade seniority, favor meritocracy, increase competition, encourage new challengers, improve tendency to vote on principle, and introduce fresh thinking and new ideas. And
- Whereas: Upon passage, this bylaw will become effective immediately and apply to the Board of Directors currently in office, Therefore be it,
- Moved: That the HCFAS Bylaws be amended as Follows (deletions lined through, additions underlined):

ARTICLE II

Add New Section 20

SECTION 20 - TERMS OF OFFICE – BOARD OF DIRECTORS

Directors will be limited to three consecutive two-year terms of office.

Time spent in filling a vacated position will not count towards the term limit.

Upon having been elected to three consecutive two-year terms, a director will again be eligible for re-election only after one year has elapsed from his last term.

A complete one-year term of office will be defined as running from January 2nd, 0700 hours following the annual December election until January 2nd, 0700 hours of the following year.

Upon passage, this bylaw will become effective immediately and apply to the Board of Directors currently in office.

Section 20 renumber to Section 21

SECTION ~~21~~ - TERMS OF OFFICE – OPERATIONAL OFFICERS

The following operational officers will be limited to two consecutive complete one-year terms of office:

1. Squad Chief
2. 1st Deputy Squad Chief
3. 2nd Deputy Squad Chief
4. 3rd Deputy Squad Chief
5. Chief Dispatcher

A complete one-year term of office will be defined as running from January 2nd, 0700 hours following the annual December election until January 2nd, 0700 hours of the following year. Time in office spent in filling a vacated office will not count towards the two-year limit.

An officer upon completing two consecutive one-year terms will again be eligible for the same office only after one year has elapsed from his last completed term.

Proposed By: Nancy H. Barker Nancy Barker #930

Mark Cappola #1087

Ann Maroney #921

First Reading _____ Second Reading _____

Vote Results: For _____ Against _____ Abstain _____

Date: Passed _____ Withdrawn _____ Rejected _____

Signature: Secretary, Board of Directors _____

Memorial Day Parade

Photo's submitted by Tony Cruz



HCFAS members enjoying a baseball game at Citifield.



Photo's submitted by Tony Cruz



Andy Ball is congratulated by President Winter and Chief Heavey for his 40 years of service to Huntingon Community First Aid Squad