

What's Happening

February 2009



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA  
CARE COUNCIL

# What's Happening

## USFA Releases 2008 Firefighter Fatality Statistics

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The United States Fire Administration (USFA) has preliminarily reported that there were 114 on-duty firefighter fatalities in the US during 2008. Here's the statistics:

- 50 firefighters died from heart attack and strokes on the job.
- 26 firefighters died in association with wildland fires
- 29 firefighters died as the result of vehicle crashes
- 64.9% of all firefighter fatalities occurred while performing emergency duties
- 6 firefighters were killed in crashes involving their personal vehicles and three died in water tanker crashes; these two types of vehicles have historically been the most often involved in crashes that take the lives of firefighters. Speed and lack of seatbelt use usually contribute to these incidents.

These are grim statistics that highlight the fact that while the job of a firefighter may be exciting and heroic, the possibility of injuries and death for those who come to the aid of others in emergency situations is very real. There are, however, a number of programs and websites dedicated to keep those safe who keep us safe. Check out these resources:

- Firefighter Close Calls ([www.firefighterclosecalls.com](http://www.firefighterclosecalls.com)). This is a comprehensive site that offers safety, survival, and training downloads, analysis of close calls and how these incidents could have been mitigated, and weekly fire drill information sheets.
  - Firefighter Near Miss ([www.firefighternearmiss.com](http://www.firefighternearmiss.com)). This site offers a confidential online reporting system for near misses which are then reviewed and placed in a searchable database, minus identifying information, for other firefighters to use as a learning tool
  - Everyone Goes Home ([www.everyonegoeshome.com](http://www.everyonegoeshome.com)). This site features life safety events and training as well as life safety initiatives for firefighters. The life safety resources links are also very informative.
  - Firefighter Safety ([www.firefightersafety.net](http://www.firefightersafety.net)). This site provides training articles, videos, product reviews and seminars on firefighter-related safety issues and products.
  - Firehouse ([www.firehouse.com](http://www.firehouse.com)). The firefighter safety section of this website offers a wide range of firefighter safety articles, the most recent of which include "rescuing a downed firefighter", "the firefighter disorientation challenge", and 26 Safety 101 lessons.
  - Fire Rescue 1 ([www.firerescue1.com/firefighter-safety/](http://www.firerescue1.com/firefighter-safety/)). This site provides news, information, and reviews of various firefighter safety topics.
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# Mark Your Calendar!

## DUI Panels

February 10; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

February 12; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

February 14; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

February 24; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



## Base Station Meetings

Jefferson County EMS  
February 5th at 6pm  
'Communicable Diseases'  
Chimacum, WA  
crodrigues@jgh.org

Kitsap County EMS  
February 5th at 9am  
'Abdominal Emergencies/12 Lead  
lab'  
Bremerton, WA  
360-447-2066

Mason County EMS  
February 19  
'12 Lead'  
Shelton, WA  
360-426-1611

## Council Meetings

Jefferson County EMS Council

*No meeting scheduled this month*

Northwest Region EMS Council Meeting

*February 12th; noon at The Lodge in Sequim*

West Olympic Peninsula EMS Council

*February 19th; 7pm in Forks*

Mason County EMS Council

*February 19th; 6pm in Shelton*

Clallam County EMS Council

*February 19th; noon at Olympic Medical Center*

Kitsap County EMS Council

*February 25th; 9am at the Readiness Center*

## EMS Live@Nite

When: February 10; 6:45pm

Where: Via video conference

Topic: 'Disaster Preparedness,  
Wildland Fires, WMD'

More Info: 888-258-9632

**Post Your Event Here!**

**Email info to [aprilborbon@yahoo.com](mailto:aprilborbon@yahoo.com)**

## More Upcoming Events

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### February Is...

- American Heart Month
- Children's Dental Health Month
- Burn Awareness Month
- National Patient Recognition Week (first week)
- Burn Awareness Week (first week)
- Super Bowl Sunday (February 1)
- Valentine's Day (February 14)
- President's Day (February 16)

### West Region EMS Conference

February 20-22

Ocean Shores, WA

[www.wrems.com](http://www.wrems.com)



### Meetings/Training in the Northwest Region

February 5—Region 2 Healthcare Coalition meeting; noon at OMC in Pt Angeles. 360-479-5631

February 6—OTEP Evaluator Workshop; 9am at the Readiness Center in Bremerton. 360-447-2066

February 11—Hood Canal Bridge Closure meeting; 1pm at the North Kitsap Fire and Rescue Headquarters in Kingston. 360-479-5631.

February 11—Mesa Redonda de Kitsap; 8:30am at the Norm Dicks Government Center. 360-337-5260

February 11—Kitsap County Traffic Safety Task Force meeting; 10am in Silverdale. 360-337-7101

February 12—NWREMS Board meeting; noon at the Lodge in Sequim. 360-479-5631

February 17—Clallam County Healthcare Coalition meeting; 10am at OMC in Pt Angeles. 360-479-5631

February 18—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686

February 18—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

February 25—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

February 26—Kitsap County Healthcare Coalition meeting; 9:30am at HMC in Silverdale. 360-475-6426

# Washington Poison Center Names Top 10 Poisoning Agents for 2008

The Washington Poison Center (WAPC) recorded more than 76,000 cases of humans and animals exposed to toxic substances in 2008. Adults accounted for nearly 31% of the human exposure cases. The most common calls – accounting for over half of those placed to the center's 24-hour hotline – were about prescription and over-the-counter substances.

According to the State Department of Health, poisonings and drug overdoses are the leading causes of unintentional injury-related deaths in Washington State, surpassing motor vehicle crashes.

“Deaths from unintentional drug overdoses are a quickly growing problem – and are now the number one cause of accidental deaths in at least seven states, including Washington,” said Dr. William Hurley, Medical Director of the Washington Poison Center. “These deaths are often from people controlling pain with opioid drugs, such as methadone or oxycodone. Most victims have taken opioids, alcohol, and other drugs before death.”

The WAPC's top 10 human poisonings list for

2008 includes:

1. Ibuprofen
2. Benzodiazepine (tranquilizers)
3. Diaper care/rash product
4. Ethanol (alcoholic beverage)
5. Pediatric Acetaminophen (children's Tylenol)
6. Non-Drowsy Antihistamines (like Zyrtec and Claritin)
7. SSRI (antidepressants)
8. Desiccant (silica gel)
9. Adult Acetaminophen (Tylenol)
10. Antibiotics Systemic (used for acne)

If you are concerned that a poisoning may have occurred, immediately call your Poison Center's 24/7 hotline at **1-800-222-1222**. Calling within Washington State will connect you to one of the Washington Poison Center's specially-trained pharmacists, nurses and poison specialists. Poison help is always free and confidential. Services are available for people with hearing problems and for non-English speakers.

## 5 Facts About Poisoning from the WAPC

**Fact 1:** More than 50% of reported poisonings involve children six and younger and is the most common reasons children are seen in emergency rooms.

**Fact 2:** Adult poisonings cause more serious injuries and have a higher fatality rate than children's poisoning cases!

**Fact 3:** Animals and pets get poisoned, too. The WAPC helped about 8,000 animal owners in 2008.

**Fact 4:** All calls to **1-800-222-1222** are free and confidential. Experts are available 24/7 to take your calls. Services are also available for people with hearing problems and for non-English speakers (140 languages).

**Fact 5:** The WAPC saves money and lives! Over 85% of cases are handled over the telephone, reducing expensive visits to emergency rooms or urgent care facilities.

## 9 Tips to Keep Children Safe from Poisoning

A poison is any product or substance that can be harmful if it is used in the wrong way, by the wrong person, or in the wrong amount. Any person or animal can get poisoned if they eat it, drink it, breathe it, inject it, or get it on the skin or in the eyes. Millions of people are unintentionally poisoned every year and children under the age of six are at the greatest risk.

The following 10 tips can help keep your child safe from poison:

1. Keep all household poisons and medicines in their original, labeled, child-resistant containers.
2. Lock poisons and medicines out of children's sight and reach.
3. Be careful with non-prescription and prescription medications and supplements. To avoid confusion, do not refer to medications as "candy" or take them in front of children.
4. Keep purses and diaper bags out of children's reach. Also be aware of visitors' purses and suitcases.
5. Never leave children alone with household products or medications. If you are using

a product, take a child with you when stopping to answer the telephone or door. Most poisonings occur when the product is in use.

6. Return household and chemical products to safe storage immediately after use.
7. Know which plants in and around your home can be poisonous and keep them away from children and animals.
8. Take the time to teach children about poisonous substances. Teach them that Mr. Yuk means no, stay away and ask an adult for help.
9. Keep the Poison Center Hotline **1-800-222-1222** on or near your phone.

For more information on poison prevention, contact your Washington Poison Center at **1-800-222-1222** or visit [www.wapc.org](http://www.wapc.org).



Washington Poison Center  
24/7 Poison Information  
800-222-1222  
[www.wapc.org](http://www.wapc.org)

### Save the Date!

#### Poisoning and Drug Overdose Prevention Symposium

March 3rd, 9am to 3pm  
Cotton Tree Inn; Mt Vernon, WA

More info...

[www.northregionems.com](http://www.northregionems.com)

## Can Your Business Survive?

Is your business or organization prepared to survive a disaster? Use this handy checklist to make sure...

- Do you know what kinds of emergencies might affect your facility?
- Do you and your staff know what you will do in an emergency situation?
- Are you ready for utility (loss of power, water, gas) disruption?
- Do you know what you will do if your building/plant is not accessible?
- Do you know what staff, procedures, and equipment are absolutely necessary to keep operating?
- Do you have back-up plans for those operations?
- Do you have an evacuation and shelter-in-place plan?
- Do you have a contingency plan in place to acquire necessary supplies during and after a disaster?
- Do you have a plan to communicate with employees before, during, and after an incident?
- Do you have copies of building and site maps with utility and emergency routes marked?
- Are security procedures in place to protect your facility in the event of a disaster (ie: extra security for pharmacies that may be looted after a disaster, a facility lock-down procedure, etc)?
- Do you have back-up records and other vital information stored off-site?
- Do you have a plan for documentation after a disaster? This includes normal day-to-day record keeping as well as documentation of specific disaster-related information (don't forget to get a mission number from your local DEM for post-disaster reimbursement).
- Are your employees trained for medical emergencies?
- Have you practiced your disaster plan recently?
- Do you practice and coordinate with other facilities in your community?
- Have you reviewed your disaster plan and supplies in the last 12 months?
- Have you reviewed your insurance coverages to make sure it covers the types of disasters likely to impact your facility such as floods or earthquakes?
- Have you conducted a room by room walk through to determine which large items could be strapped down in preparation for an earthquake or similar event?
- Do you encourage employees to have a personal emergency supply kit, a family communications plan, and alternate care arrangements for their children so that they will be able to come to work during a disaster?

All of these questions are components of a good disaster plan. If your organization needs help developing or enhancing its disaster plan, give your local Department of Emergency Management a call. The DEM in your county specializes in preparing individuals and businesses for a disaster and can offer planning tools, information, and insight into the preparedness process.

## Did You Know?

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- Save the Date! The 2009 Partners In Emergency Preparedness Conference will be held on April 14th and 15th at the Greater Tacoma Convention and Trade Center. This is always an interesting, informative event. Go to [www.partnersinemergencypreparedness.com](http://www.partnersinemergencypreparedness.com) for more information or to register.
- Register now for the 24th Annual West Region EMS Conference which will be held on February 20-22 at Ocean Shores. This is always a huge event with lots of great information and speakers. Go to [www.wrems.com](http://www.wrems.com) for details or to register.
- The Southwest Region EMS and Trauma Care Council is offering two grant writing courses specifically for fire and EMS agencies. The grant writing courses will focus on both paid and volunteer-staffed agencies and will take place on March 7th and 8th, with another course on March 26th and 27th, in the Vancouver, WA area. Go to [www.swems.org](http://www.swems.org) for more information or to register.
- The Washington Health Foundation is now accepting applications for projects that will make Washington "the healthiest state in the nation." Grants from \$1,000 up to \$50,000 will be awarded for programs that promote physical activity and nutrition, community health, injury prevention, and other related topics. For more information or to apply go to [www.whf.org](http://www.whf.org) and click on grants. Applications are due by March 20, 2009.
- Speaking of grants, the Office of Women's Health offers a continually updated list of grants on their website. Applications for their most recent grant, Prevention of Violence Against Women and Girls Project, are being accepted through February 23rd. Go to [www.4woman.gov/fund/](http://www.4woman.gov/fund/) for more information or to apply.
- Still more grants, targeted specifically for firefighters, can be found at <http://www.usfa.dhs.gov/fireservice/grants/>. This site provides a list of USFA and other federal grant programs for firefighters and other first responders.
- A bill has been introduced that would formalize DUI Victim's Impact Panels in Washington state. House Bill 1408 is currently being discussed in the legislature.
- Do you have a creative kid? Here's a couple of upcoming contests that will inspire their creativity and can win them big prizes. The "Real Food Is" contest is seeking videos from kids explaining what real food is. The winning video will earn them \$1,000 for their school food project. For more info go to <http://farmtocafeteriaconference.com/real-food-is-video-contest/>. In another contest, kids can win a trip to Peru through the National Geographic's 2009 Hands-On Explorer Challenge. Go to <http://kidsblogs.nationalgeographic.com/hands-onexplorer/2008/11/2009-handson-explorer-challenge.html> for details.
- The Veteran's Assistance Fund is available to help indigent veterans and their families get back on their feet. Assistance includes help with rent or mortgage payments, energy or utility payments, food/transportation/medical assistance, and other help. Many of these programs are available for those who have served *any* amount of time in the US military. Contact your local VFW Post or American Legion Post for more details.
- FEMA's National Incident Management System (NIMS) Manual was recently updated in December 2008. Find this manual online at [http://www.fema.gov/pdf/emergency/nims/NIMS\\_core.pdf](http://www.fema.gov/pdf/emergency/nims/NIMS_core.pdf).
- AHRQ is offering a webcast on "Public Health Emergency Preparedness: Planning and Practicing for a Disaster" presentation which will take place online on February 9th at 1pm ET. This webcast will cover topics such as allocating resources during a disaster, evacuating patients, managing mass medical care, and many other topics. To register, go to <http://www.academyhealth.org/knowledgetransfer/EPWebcasts.htm>.
- Save the date, the 3rd Annual Healthy Schools Summit will take place on May 28 and 29 in Seattle. Go to <http://depts.washington.edu/waschool/summit/> for more information.

**NORTHWEST REGION  
EMERGENCY MEDICAL  
SERVICES AND TRAUMA**

5610 Kitsap Way #240  
Bremerton, WA 98312

PO Box 5179  
Bremerton, WA 98312

Phone: 360-479-5631

Fax: 360-479-5772

Email: [admin@nwrems.org](mailto:admin@nwrems.org)

Edited by April Borbon  
[www.aprilborbon.com](http://www.aprilborbon.com)  
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**We're On The Web!**

**[www.nwrems.org](http://www.nwrems.org)**

## News from the NWREMS Office

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Here's what's happening at the NWREMS office in February:

- We want to thank everyone who helped make our first annual Pediatric Trauma Conference, which was held at the end of January, a success! Our guest speakers provided excellent insight and information on their topics and we ended up with over 80 attendees!
- Hood Canal Bridge Closure meeting will be held on Wednesday, February 11th, at 1pm at the North Kitsap Fire and Rescue headquarters station in Kingston. The bridge closure is coming up quick—May 1st will be here before you know it! At this meeting we will be discussing the upcoming bridge closure exercise and other mitigation topics. All are welcome to attend.
- Our quarterly Region 2 Healthcare Coalition meeting will take place on February 5th at noon at Olympic Medical Center in Pt Angeles. All regional and local coalition members are welcome to attend however we do need RSVPs for our lunch count, so sign up today!
- The Region 2 Hospital Prep meeting will take place on February 5th at 10am at Olympic Medical Center in Pt Angeles. All hospital reps are invited to attend.
- The King County Online OTEP "Train the Trainer" course will take place on February 5th at 11:30am at Olympic Medical Center in Pt Angeles. This course is open to all SEIs and others who will be instituting the new King County Online OTEP system throughout our region.
- Our NWREMS Council meeting will take place on February 12th at noon at the Lodge at Sherwood Village in Sequim. This meeting will be preceded by the Regional Hospital QI Committee meeting which will be held at the same location, beginning at 10am.

*The Northwest Region Emergency Medical Services and Trauma Care Council is a non-profit umbrella organization which oversees EMS training, prevention activities, and program funding in Clallam, Jefferson, Kitsap and Mason Counties.*

*The mission of the NWREMS & TCC is to promote and support a coordinated system for local Emergency Medical Services/Trauma Care Councils by:*

- *Providing resources/funding*
- *Enhancing education/training*
- *Promoting data collection/analysis*
- *Facilitating communication*
- *Promoting standardization*
- *Promoting public education and prevention*