



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

July 2010

Have a Happy (and Safe!) 4th of July

The 4th of July is just around the corner. Although some areas have moved to ban fireworks all together, there are still some places where fireworks are loosely regulated and there are still some people who will go “above and beyond” with their fireworks just to get a bigger “bang”, pun intended, out of the holiday. Here's some tips to keep you and your family safe this 4th of July:

- Always buy fireworks from licensed community stands selling “safe and sane” fireworks. Many people like to buy their fireworks on local reservations where fireworks that would be considered illegal anywhere else can be purchased. Still others get fireworks from illegal sources that are basically small sticks of dynamite that can take an arm off. Stick with safer fireworks for a happier 4th.
 - Never try to make your own fireworks. Unless you are a chemist with an advanced degree working under lab conditions, trying to reconfigure fireworks into your own creation can be dangerous at best and deadly at worst. By their nature, the components of anything that can explode are unstable so don't risk life and limb just to test your creativity.
 - Children should always be supervised by their parents when using fireworks. Children should never play with matches and, by extension, should also never be allowed to play with fireworks-type devices that include fire and explosions.
 - Make sure to use fireworks in a safe location. Very dry surroundings along with houses and other structures that can catch fire are a bad combination. Fireworks should only be set off on a hard surface that won't catch fire and be used far enough away from anything likely to catch fire due to sparks created by the fireworks.
 - Have water handy in order to put out any fire that may start from the fireworks and also to soak the spent fireworks in before you go in for the night to ensure that they will not reignite.
 - Don't relight “dud” fireworks or pick up fireworks that didn't seem to light properly—they could explode in your hand causing damage to your hands, face, and eyes.
 - Don't horse around when using fireworks. Never point lit fireworks at people, light fireworks when under the influence of alcohol, or throw lit fireworks at people or animals.
 - Be aware of things that can cause a problem when using fireworks such as windy conditions that could blow the sparks from your fireworks into combustible material, loose clothing that can catch fire, or using fireworks near the road which could cause damage to passing cars.
 - Take care when transporting fireworks. If you intend to take the fireworks you have purchased to grandma's house because that is where you will be for the holiday weekend, remember that fireworks cannot be taken on airplanes, on ferries, or mailed through the postal service. Storing fireworks in a hot car is also not a very good idea. Better to purchase your fireworks when you get to your destination.
 - Never light fireworks in glass or metal containers; this can result in flying glass and shrapnel which can injure yourself or your spectators.
 - Never use fireworks that are meant for professional displays. While these fireworks can be big and beautiful, if they are not used by fireworks professionals they can cause injury or death.
 - Make this a fun holiday to remember for all the right reasons.
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July 2010 NW Region Calendar

- **July 1st**—Kitsap County Base Station Meeting in Bremerton. Topic: Poisoning Emergency. Info: 360-447-2066
- **July 6th**—Jefferson County EMS Council meeting in Chimacum at 7pm
- **July 8th**—Clallam County DUI Panel in Pt Angeles at 6:30pm. 360-417-2385
- **July 10th**—Jefferson County DUI Panel in Pt Townsend at 8:30am. 360-385-9153
- **July 13th**—Kitsap Youth DUI Panel in Bremerton at 7pm. 360-731-5139
- **July 14th**—Mason County DUI Panel in Shelton at 7pm. 360-427-1686
- **July 14th**—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Center in Bremerton
- **July 15th**—Mason County EMS Council meeting in Shelton at 6pm.
- **July 15th**—Clallam County EMS Council meeting in Pt Angeles at noon.
- **July 15th**—West Olympic Peninsula Council meeting in Clallam Bay at 7pm.
- **July 15th**—Mason County Base Station Meeting in Shelton. Topic: PALS Info: 360-426-1611
- **July 16th**—West Olympic Peninsula Healthcare Coalition meeting; 1pm at Clallam Bay Fire. 360-479-5631
- **July 20th**—Kitsap Spanish DUI Panel in Bremerton at 7pm. 360-731-5139
- **July 21st**—Mason County Inter-Agency meeting; noon in Shelton. 360-427-1686
- **July 21st**—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- **July 27th**—Kitsap Adult DUI Panel in Bremerton at 7pm. 360-731-5139
- **July 28th**—Kitsap County EMS Council meeting in Bremerton at 9am.
- **July 29th**—Kitsap County Healthcare Coalition meeting in Silverdale at 9:30am. Call 360-744-6426 for details.

Please note...

- *There will be no Kitsap Suicide Prevention Task Force meeting in July.*
- *There will be no Jefferson County Base Station Meeting in July.*
- *There will be no EMS Live@Night presentation in July.*

Save the Date!

What: Annual NWREMS Conference

When: January 21-23, 2011

Where: Suquamish Resort; Poulsbo, WA

More info: Check our website at www.nwrems.org for a Save the Date flyer which should be posted within the next month.

Other Meetings/Training Opportunities in July

- July 15th—Severe Weather Shelter Refresher training at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- July 15th—Webinar: Fatal Injury Mapping and Its Use in Suicide Prevention. Email rbmehta@cdc.gov for details and log-in information.
- July 19th—Disaster First Aid class at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- July 21st—Kitsap County Earthquake Recovery Plan Review at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- July 28th—Joint Information Center training at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- July 28th—Patient Tracking Workshop in Shoreline, WA. Call 206-263-8717 or email onora.lien@kingcounty.gov for details.
- July 28th—Washington State Senior Falls Prevention Coalition meeting in SeaTac, WA. Call 360-236-2862.

Upcoming Regional Healthcare Coalition Meetings/Trainings:

- August 6th—Region 2 Hospital Prep meeting; 11am at Forks Ambulance in Forks.
- August 23rd—Statewide Healthcare Coalition Leadership meeting; 9am in Kent.
- September 20th—Statewide ACF (Alternate Care Facility) Planning meeting; 10am in Kent.
- September 28th-30th—Annual Tribal Emergency Preparedness Conference at Great Wolf Lodge in Grand Mound, WA.
- November 10th—Statewide Healthcare Coalition Leadership meeting; 9am in Kent.
- January 25th-27th—Statewide DOH Full-scale Exercise in Clallam County.

Tech News for First Responders

Technology is changing on a nearly daily basis. Here's some of the most useful tech items for first responders:

- A smart phone. Whether you choose a Droid or iPhone, having a phone, camera, GPS device, your protocols, and hundreds of other apps at your fingertips is super useful.
- First there was MySpace, then blogs, then FaceBook and Twitter. Now there is Tumblr (www.tumblr.com) which is gaining in popularity as a social media platform.
- Check out <http://paramedic.alltop.com/>. In today's news they cover everything from 'which grip is best for cot lifting' to 'ambulance of tomorrow unveiled'. Interesting.



14 Preparedness Activities for You and Your Family

Summer is an excellent time to do activities that can help you and your family be prepared should a disaster strike our area. What may be difficult or unpleasant at other times of year (like camping out in the wilderness in the winter) or difficult to fit into everyone's schedule after school and sports begin in the fall, can be done now, during the summer, when both the days are warmer and families have more time together. Here's a bunch of activities that can pay dividends in the future:

1. Go camping. This is an excellent way to learn skills for "roughing it" before being forced to do so by a disaster.
2. Learn CPR. Everyone in the family should learn this skill even if dad is a paramedic and mom is a nurse. They may end up being the ones in need of saving so you want to make sure your kids know this valuable skill as well!
3. Take a HAM radio class. During a disaster, HAM radios will be *the* way to communicate. Fortunately our area has many active HAM radio clubs which host classes that are open to the whole family.
4. Take a boating safety class. With so much water in our area, knowing the basics about boating, even if you don't own a boat, is a good idea.
5. Make sure everyone in the family knows how to swim. Again, with so much opportunity in our area for swimming, this is a vital skill to have. Everyone already knows how to swim? How about taking a lifeguarding course together?
6. Take a basic first aid class. Again, parents may already know these skills but it is important that everyone in the family know how to respond in the event of a medical emergency.
7. Hold a family fire drill. This should be done on a regular basis, just like it is done at your children's school.
8. Exercise together as a family on a daily basis. Unfortunately our nation is growing more obese by the day. Go against the grain by doing something as simple as taking a walk after dinner each night or as challenging as taking a karate class or mountain climbing course together.
9. Grow a garden together. Kids are amazed when they see that the chunks of potato they buried in the ground in the spring come up in the fall as a whole bushel of potatoes. Not only is gardening a good way to grow your own nutritious food, it is a fun family activity that also provides exercise and a reason to pull away from the computer or video games for a couple of hours.
10. Cook together. With more time during the summer and lots of great produce available in grocery stores, summer is an excellent time to work together as a family to cook healthy family meals. Even the smallest of children can measure out dry ingredients while older teens can learn about meal planning and preparing more complicated dishes.
11. Get the whole family involved in creating a family disaster plan which should include a communications plan, creating a kit of disaster supplies, and learning how to prepare for disasters that are most likely to strike our area such as earthquakes, tsunamis, and winter storms.
12. Participate in activities that challenge as well as inform. Learning how to can food is a good skill. Entering your canned food in the county fair is a good challenge. Riding a bicycle everyday for transportation is a good habit to get into. Riding your bike 100 miles in one day in an organized bicycle club event is a challenge. Working together as a family to meet these challenges builds not only skills but family unity.
13. Have a garage sale. Not only is this a good way to clear out the clutter and make some cash, but it will also allow you to organize your garage so that it will be as useful as possible for storing your disaster supplies and gear.
14. Give your kids research tasks on disaster preparedness. This is a great way to get kids ready to do well in school in the fall because not only do they stretch their reading and research muscles, they learn some practical

Did You Know...?

- The Makah Tribe at Neah Bay is hosting the Annual Intertribal Canoe Journey which will take place on July 19-26. This is a fantastic event which draws tribal members (and spectators) from all over the Pacific Northwest. About 12,000 people are expected to participate in the event. For more information, go to <http://paddletomakah.org>.
- AmeriCorps is looking for health promoters to serve in rural communities (including Shelton and Forks in the Northwest Region) for a ten month period beginning in September 2010. AmeriCorps members receive a monthly stipend, \$5,350 for college, health insurance, and subsidized child care. To sign up, go to www.americorps.gov and specify health and Washington state in the search field. The Washington Health Foundation is co-sponsoring these positions. The deadline for application is July 15th.
- The Washington State Department of Health will be holding their statewide disaster exercise in January 2011. The exercise will be focused in Clallam County and involve a variety of health and emergency response agencies. If your agency would like to participate in the exercise, contact Dan Banks, the Exercise Coordinator, at 360-236-4539.
- The West Sound Safety and Health Expo will take place August 18th and 19th at the Kitsap Convention Center in downtown Bremerton. This is a free event open to all. For more information, go to www.kitsapcountyhealth.com.
- The Second Annual Kitsap Immigrant Assistance Center Health and Resource Fair will be held on August 21st at Olympic College in Bremerton. Go to www.kitsapiac.org for details.
- The Port Orchard Police Department will be coordinating a National Night Out event on August 3rd from 6pm to 9pm at the Waterfront/Gazebo Park in Pt Orchard. The event will feature booths, informational hand outs, a "bounce house" for the kids, and free hotdogs and pop. This is a national program to promote neighborhood spirit and police-community unity and similar events will be held all over the US on the same night.
- On the first Monday of each month, the All Hazards Alert Broadcast (AHAB) sirens are tested in coastal communities in Clallam, Jefferson, Pacific, and Grays Harbor counties. This month, tsunami alarms will sound at noon on July 5th and will include a five-second tone sequence followed by a short message in order to test the system.
- On July 12th, Clallam County Health and Human Services will be moving into their new office across the street from their current location. They will be closed for business July 6th thru 9th for the move. Their mailing address and phone numbers will remain the same but their physical address will change to 111 East 3rd St, Suite 1A; Pt Angeles, WA 98362 and their fax number will change to 360-452-4492.
- A communications tool similar to the Amber Alert system is available at www.nixle.com. By registering your cell phone number and email address, you will receive messages about local conditions such as weather alerts, missing children, blocked roads, etc.
- The 7th Annual Tribal Emergency Preparedness Conference will take place on September 28th-30th at the Great Wolf Lodge in Grand Mound, WA. This is always a wonderfully informative conference. For details, go to www.npaihb.org/calendar/event/1393.
- The 4th Annual Tacoma Trauma Conference will be held on November 3rd at the Greater Tacoma Convention and Trade Center in Tacoma, WA. For details, go to www.tacomatraumaconference.org.
- The Washington State Department of Health recently provided a press release reminding the public that summer is a great time to get their children vaccinated. Not only will that get them ready for summer camp, but they will be ahead of the game when school starts in the fall. For links to required vaccinations and other information, go to www.doh.wa.gov/Publicat/2010_news/10-100.htm.

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA**

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We're On The Web!
www.nwrems.org

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*

NWREMS Office News

- We wish everyone a happy and safe 4th of July!
- There will be no NWREMS meetings in July. Our next Executive Board meeting will be held on August 12th at 9am in Sequim and our next TED Committee/IPPE Committee/QI Committee and Council meeting will be held on September 9th in Sequim.
- We have recently acquired cases of disaster mental health preparedness packets from SAMSHA. These packets will be provided at local healthcare coalition meetings and are available at no charge to our community partners. Contact April at 360-9903270 for more information.
- Plan your fall training classes now! If you want to host a class, need a class, or have questions about EMS-related training, contact our Training Coordinator at rene@nwrems.org.