



What's Happening

Preparing for a Safe Summer

Summer is finally here! However, along with summer comes some specific safety issues that usually only occur at this time of year. Here are some tips to keep you and your family safe this summer:

- Prepare your home for the wildfire season. Clean your roof and gutters and inspect your chimney at the beginning of each summer. Stack firewood away from your home. Keep the area around your home free of debris and other combustibles (dead trees, dry grass, etc). Be extra careful when burning outdoors whether you are using a barbeque or burning the brush pile. Make sure your home is easily accessible by the fire department. If wildfire threatens, listen to the local news for information, use a hose to wet down your home and surrounding area, and, as a last resort, be prepared to evacuate at a moment's notice.
 - Take care when burning. If I had a nickel for every person who put gasoline on a fire to "get it going"... The dryer, hotter, and windier the weather, the more care is needed when burning. Small backyard bonfires can easily get out of hand and cause a major fire. Likewise, when using the barbeque, only use approved fire starters (gasoline is not one of them). Be sure to keep kids away from fire and keep matches and lighters out of the reach of young children who will usually hide (outside or maybe in a closet) and experiment with these tools—often the results can be devastating.
 - Be careful of carbon monoxide poisoning. Many people think this type of poisoning only happens in the winter when people use combustion heaters or generators indoors, however many people are overcome during the summer when they are exposed to carbon monoxide from RV generators and boat motors. Never allow anyone to "teak surf" (hang on to the back of the boat and be pulled through the water) as this causes the person to inhale a whole lot of carbon monoxide from the boat's engine, lose consciousness, let go of the boat, and possibly drown.
 - Make sure everyone in the family is properly equipped for summer sports. People should always wear helmets when riding a bicycle, skateboard, motorcycle, or scooter. Everyone who heads out hiking, even if the family "always" stays together, should carry their own survival kits and know how to use them. Don't allow small children to drive ATVs, Skidoos, and motorcycles that are designed for older drivers.
 - Be wary of unfamiliar places. Summer is the time for vacations, however experiencing a new location can lead to unexpectedly dangerous situations. Know the tides and how to safely walk on the beach. Never dive into an unfamiliar body of water. Be sure everyone goes with a partner everywhere—carnival rides, bathrooms, nightclubs, resort events, swimming, etc.
 - Keep your doors and windows secured in both your home and car. Many criminals find summer to be *the* opportune time for easy access thefts. Because of the nice weather, people leave doors open or unlocked and windows wide open day and night thus creating an easy opportunity for burglars, or worse, to enter your home.
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Mark Your Calendar!

DUI Panels

June 3; 7pm Pierce County—Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715

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

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

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

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



Base Station Meetings

Jefferson County EMS
June 5th at 7pm
'Shock/Trauma Assessment'
Chimacum, WA
crodrigues@jgh.org

Kitsap County EMS
June 1st at 9am
'Alcohol Withdrawal'
Bremerton, WA
360-447-2066

Mason County EMS
June 21
'Chest/Abd Soft Trauma Injuries'
Shelton, WA
360-426-1611

Council Meetings

Jefferson County EMS Council
No meeting scheduled this month.

Northwest Region EMS Council Meeting
No meeting scheduled this month.

West Olympic Peninsula EMS Council
June 19th; 7pm at Forks

Mason County EMS Council
June 19th, 6pm at Mason General Hospital

Clallam County EMS Council
June 19th, noon at Olympic Medical Center

Kitsap County EMS Council
June 25th; 9am at the Readiness Center

EMS Live@Nite

When: June 10; 6:45pm

Where: Via video conference

Topic: 'Farm Injuries'

More Info: 888-258-9632

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

June Is...

- Clean Air Month
- Student Safety Month
- National Men's Health Week (second week)
- Nursing Assistant's Week (second week)
- National Cancer Survivors Day (June 1)
- National Hunger Awareness Day (June 6)
- Flag Day (June 15)
- Father's Day (June 14)

Central Kitsap Kids Day

June 7th; 10am-2:30pm

Kitsap County Fair
Grounds

Bremerton, WA

360-447-3550



Training Alerts

- June 5 & 6—MPD Conference Yakima, WA 360-479-5631
- June 9—Injury Prevention TAC Tumwater, WA 360-236-2862
- June 10—ACLS Renewal Greys Harbor EMS; Yakima, WA 360-537-5480

Meetings in the Northwest Region

June 4—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686

June 11—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260

June 13—Region Healthcare Coalition meeting; 1pm in Forks. 360-479-5631

June 13—Forks Healthcare Coalition meeting; 10am in Forks. 360-479-5631

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

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

June 26—Kitsap Healthcare Coalition meeting; 9am at Harrison Hospital. 360-479-5631

June 30—Kitsap Gets Active; 8:30am at in Bremerton. Pat Degracia at 360-337-5235

Notes From the Preparedness Conference

I recently attended a preparedness conference which featured a number of speakers who had actually worked and lived through some of the worst American disasters in recent history including the Minnesota Bridge Collapse and 9/11 at the World Trade Centers. These are the best people to learn from since they had the opportunity to see what actually worked and what didn't in the aftermath of a major disaster. Here is a random list of some of their findings:

- Prepare ahead of time. Make reasonably sure that your communications systems will work, that you know who your community partners are, and that your staff is trained. Train and drill regularly.
- If you have traffic coming to your facility after a disaster whether to bring staff and patients or for evacuation purposes, have one way in and one way out just like a restaurant drive-thru to avoid congestion.
- Post signs to give needed information so your on scene commanders aren't answering the same question a hundred times.
- Label your incident command post and make sure all incident commanders are wearing their vests so that they will be noticeable in a crowd.
- Watch out for scam artists who seem to come out of the woodwork both during and after these types of events.
- If you do evacuate your incident command post or your building, leave a sign so people who show up later will know where you went.
- Make sure you have enough bullhorns which will be used to give orders and information over the noise of the crowd.
- Keep up with the latest news and information on the disaster through local TV and radio news stations, websites (DEM, DOT, newspaper, etc), and don't forget to keep an eye on YouTube as well since people often post videos to this site faster than the local news can. Also keep an eye on the local weather forecast as this can have a dramatic impact on your situation.
- Have master keys to all locked locations in your building available to key personnel. If only one person has a key to a critical location it could take quite a while to find that person.
- Have a way that staff can make contact for direction or information on a 24/7 basis such as a hotline phone number.
- Make sure your organization/facilities are well insured for any possible disaster. This is invaluable during the rebuilding phase of a disaster.
- Have a way to secure firearms. In some disasters, the people seeking medical assistance are police and others who routinely carry firearms. These items can't just be left lying around while the person is receiving treatment, so plan ahead how and where to securely store firearms and other dangerous weapons.
- Consider that although a bio/chem disaster may have taken place far from your facility, people who worked in the area of the disaster but live closer to your facility may come to your facility for care on their way home.
- The need for extra security during a disaster is a given. Be sure you have a thorough security plan in place before a disaster happens.
- All staff should know how to treat an area as a crime scene.
- Have someone in charge of coordinating efforts from the public and local businesses who show up wanting to help after a disaster. Also know where to send people when they want to donate blood because most hospitals and clinics are not set up for this.
- It is important to know what the corporate disaster plans are for the retail pharmacies in your area.
- Make sure your staff is prepared both at work and at home ahead of time. If they aren't prepared and don't have options for transportation, child care, elder care, and/or

Preparedness continued

pet care, they will be much less likely to come to work. Remember, in many disasters, it is estimated that more than 30% of your staff will not show up for work.

- Make sure your staff knows how to use all of your alternative communications equipment. Make sure they know where these items are stored, how to turn them on, and the proper protocol for use. Also, be sure that these systems can be set up for use where they can be continually monitored and used during a disaster. If your satellite phone or HAM radio system can only be used in a closet in the back of the building, this will make it much less usable during a disaster.
- On the topic of grants, if you are looking to apply for grants for your preparedness equipment, supplies, and training, put together a generic proposal packet that can be tweaked at the last minutes for specific grants that come along so you do not need to redo the research and information gathering part each time. Also, try to fund projects with the lowest projected sustainability costs because when the grant goes away, your organization will still need to sustain the program/equipment.
- Depending on where the disaster scene is in relation to your hospital or clinic, most patients may walk into your facility as opposed to being brought in by ambulance. This may require an on-site triage system for an abundance of walk-in patients in addition to an EMS triage system.
- PPE use by providers is critical. Did you know that 50% of the people infected by SARS were healthcare and EMS providers?
- Psychological aftercare is a huge part of any disaster. A Harvard study found that the rates of serious mental illness doubled in the areas hardest hit by Hurricane Katrina.
- A phone bank can prove useful for a number of reasons. This service can provide information, triage less sick patients, and follow up with patients after a disaster.

Preparedness Resources

- www.redcross.org
- www.nwrems.org/healthcarecoalition
- www.seattleredcross.org
- www.kitsapdem.org
- www.jeffcoeoc.org
- www.clallam.net/EmergencyMgmt
- www.ahrq.gov/prep
- www.ready.gov
- www.pearceglobalpartners.com
- <http://emergency.cdc.gov>
 - www.fema.gov
- www.hhs.gov/disasters
- www.doh.wa.gov/phepr
- www.pandemicpractices.org
- www.codenameinsight.com
- www.survival-center.com
- www.alpharubicon.com
- www.codeready.org

Teens. Prom. Graduation. Alcohol.

Mothers Against Drunk Driving in conjunction with Bremerton High School, Bremerton Fire Department, Olympic Ambulance, AirLift Northwest, Bremerton Police Department, and the Kitsap County Coroners Office recently held a Mock Crash at Bremerton High School. This event serves as a stark reminder that this time of year can be deadly for teens. The combination of warmer weather, prom, graduation, and end of school year parties, often leads to increased alcohol use among teens. When these teens then get in a car and drive, the results can be deadly.

According to the statistics:

- Three out of every four students (75%) had consumed alcohol by the end of high school.
- Motor vehicle crashes are the number one cause of death for teens 15-20 years old.
- 28% of the drivers aged 15-20 years old who were killed in traffic crashes had been drinking.
- Drivers are less likely to use seat belts when they have been drinking. Of the young drivers who were killed in traffic crashes, 74% were unrestrained.
- In 2005, 3,467 15-20 year old drivers were killed and an additional 281,000 were injured in motor vehicle crashes.
- For young drivers, alcohol involvement is higher among males than females. In 2005, 24% of the young males drivers who were involved in fatal crashes had been drinking at the time of the crash compared to 12% of the young female drivers who were involved in fatal crashes.
- During the 30 days prior to the survey, 28.5% of high school students nationwide had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol.
- The rate of alcohol involvement in fatal crashes is three times higher at night than during the day.

Source: www.sadd.org/stats.htm



Photos from the 2008 Bremerton High School Mock Crash. To see more photos from this event go to www.nwrems.org.

Did You Know?

- Remember the Mr Yuk stickers from your childhood days? These stickers are still available free of charge from the Washington Poison Center. These stickers can be put on household poisons to warn people (both children and adults) not to touch or ingest the products because they are poisonous. Call 800-222-1222 to receive your free stickers.
- Speaking of the Washington Poison Center, this organization provides 24/7 information on poisonings and poison-related topics by calling 800-222-1222. Services are available in all languages and this is a quick way to ascertain if what you or your child just ingested could be poisonous and what steps to take (ie: whether to call 911 immediately or if the substance is non-poisonous and will not be a problem).
- The 3rd Annual Injury and Violence Prevention Symposium will take place on June 10th from 1pm to 3:30pm at the Washington State Legislative Building in Olympia. The event will celebrate the launching of the newly published Washington State Injury and Violence Prevention Guide. Please RSVP by May 16th to Annie Merritt at 360-236-2860.
- The National Center for Victims of Crime will hold its annual conference in Portland, OR on June 2-4. The Conference will focus on responses, rights and resources for crime victims. Go to www.ncvc.org for more information.
- Start training now for the American Foundation for Suicide Prevention's 'Out of the Darkness Overnight' which will be a nighttime, 20 mile walk to increase suicide awareness on June 21-22 in Seattle. For more information, go to www.theovernight.org.
- Don't miss the Central Kitsap Kid's Day which will take place June 7th at the Kitsap County Fairground from 10am to 2:30am. This event is free and open to the public and always draws a huge crowd. There will be booths that provide information on various aspects of fire and life safety, fire trucks and ambulances that the kids can tour, free bicycle helmets, and loads of give-aways. Check out www.ckfr.org for more information.
- The Washington Dental Service Foundation is offering a scholarship for future dental hygienists, dental assistants, and laboratory techs for Washington State residents who are a member of an underrepresented minority. Scholarships will range from \$3,000 to \$15,000 and will be renewable annually. Download a copy of the application from our website at www.nwrems.org.
- "Trauma Nurses Talk Tough" Day will be held on June 19th at Legacy Emanuel Hospital in Portland, OR. Information on a variety of TNTT injury prevention training topics will be shared. Also, all agencies that currently teach the TNTT program will receive the updated CD at no cost at this conference. Call Simone at 503-413-4960 for more information or to register.
- The 2008 Tribal Emergency Preparedness Conference will take place on June 23-24 at the Wildhorse Casino Resort in Pendleton, OR. This conference will focus on a variety of preparedness issues that impact tribes such as 'Tribal Law Enforcement and Public Health Collaboration', 'Tribal Casino Emergency Plans' and 'Tribal Leaders Risk Communications'. To register or for more information go to www.npaihb.org.
- The President's Council on Physical Fitness and Sports is a wonderful website for finding out all kinds of information on getting fit. The website, www.fitness.gov, features a number of activities including a list of over 100 sports you can try out (this is a great way to keep your kids occupied during the summer) as well as an online Adult Fitness Test like the kind you used to take in elementary school.
- Just a reminder about the Federal Grants website. At www.grants.gov, you can research hundreds of grants available to both public and private entities. If you are looking for funding sources, this is a great place to start.

**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

Edited by April Borbon
www.aprilborbon.com
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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*

News from the NWREMS Office

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

- Our healthcare coalition planning is in full swing. We have the following meetings coming up: Clallam County Healthcare Coalition meeting on June 10 at 9:30am at Olympic Medical Center. West Olympic Peninsula Healthcare Coalition on June 13 at 10am in Forks. Region 2 Healthcare Coalition meeting on June 13 at 1pm in Forks. Region 2 Hospital/Healthcare Coalition Strategic Planning meeting on June 23 at 9am at OMC in Port Angeles. Kitsap County Healthcare Coalition meeting on June 26 at 9am at Harrison Hospital in Silverdale.
- For information on preparedness and healthcare/clinical disaster planning, check out our website at www.nwrems.org/healthcarecoalition.
- The Hood Canal Bridge will be closed for two month in May and June of 2009. We are currently working on mitigation strategies for this event. Our next Hood Canal Bridge Closure Mitigation meeting will take place on June 3rd from 1pm-3pm at North Kitsap Fire and Rescue.
- Look for us at the Central Kitsap Kids Day on June 7th. We will have a booth featuring information, give-aways, and activities on safety-related topics.
- Congratulations to Chief Jim Shields who will be retiring on June 7th after more than twenty five years of Chief of the Poulsbo Fire District.