



The City of Tallahassee and The Tallahassee Fire Department Present:



The Newsladder

Special points of interest:

- Summer heat is responsible for 175 deaths annually in the U.S.
- Everyone should drink 8-8 oz. glasses of water each day to keep their body functioning normally and to avoid dehydration
- Drowning is the second-leading accidental injury-related death among those ages 1-14
- Severe allergic reactions to insect bites or stings can be life threatening

Inside this issue:

Got Water?	2
Water 101: Away or at Home, Tips for Safe Fun	3
Meet a TFD employee	3
Back to School: Get Them There Safely	5
Bees and Wasps and Mosquitoes.. Oh My!	6
Reader Question	7
Just the Stats: Calls April-June 2007	7

Surviving the Heat: Safety Tips

Warm weather means activities and fun under the sun! However that fun could easily be spoiled if you are not careful to avoid a heat-related illness. The American Red Cross urges you to follow these tips to prevent a heat-related illness:

1. NEVER leave children or pets alone in closed vehicles. A closed vehicle can reach over 140 degrees F within minutes.
2. Dress for the heat. Wear lightweight, light-colored clothing.
3. Drink water. Carry water or juice with you and drink

continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

4. Eat small meals and eat more often. Avoid foods that are high in protein.

5. Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.

6. Stay indoors when possible. Air conditioning provides the safest escape from extreme heat: Install window air conditioners snugly. Check air-



Summer can be fun, but the heat that comes along with it can be dangerous.

conditioning ducts for proper insulation. Vacuum filters weekly during periods of high use.

7. Take regular breaks when engaged in physical activity on warm days.

(continued on page 2)

Hurricane Preparedness: Supply Kit Checklist

The National Hurricane Center recommends the following items for your hurricane supply kit:

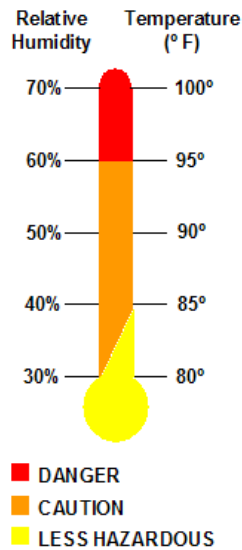
Water - at least 1 gallon daily per person for 3 to 7 days

- Food** - at least enough for 3 to 7 days
- non-perishable packaged or canned food / juices
 - foods for infants or the elderly
 - snack foods
 - non-electric can

- opener
- cooking tools / fuel
- paper plates / plastic utensils

Blankets / Pillows, etc. Clothing - seasonal / rain gear/ sturdy shoes

(continued on page 6)



Learn to recognize the signs of heat-related illness. If possibly heat-stroke, seek immediate medical help.



Water does a body good.

Surviving the Heat

(continued from page 1)

Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

NATIONAL WEATHER SERVICE HEAT INDEX

Based on the latest research findings, the National Weather Service (NWS) has devised the "Heat Index" (HI). The HI, given in degrees F, is an accurate measure of how hot it really feels when relative humidity (RH) is added to the actual air temperature.

HEAT WAVE: A MAJOR SUMMER THREAT

In a normal year, about 175 Americans die as a result of summer heat. Among the family of natural hazards, only the cold of winter—not lightning, hurricanes, tornadoes, floods, or earthquakes—takes a

greater toll.

HEAT DISORDERS: SYMPTOMS & FIRST AID

SUNBURN: Redness and pain. In severe cases swelling of skin, blisters, fever, headaches. First Aid: Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by physician.

HEAT CRAMPS: Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating. First Aid: Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.

HEAT EXHAUSTION: Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Fainting and vomiting. First Aid: Get victim out of

sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.

HEAT STROKE (or sun-stroke): High body temperature (106° F. or higher). Hot dry skin, no longer sweating. Rapid and strong pulse. Possible unconsciousness. First Aid: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. Do not give fluids.

www.wellnessproposals.com

Got Water?

Your body needs water to maintain its normal temperature. Staying well-hydrated is important no matter what the weather. Extreme temperatures however act more quickly to dehydrate the body, making it important to drink water-based beverages even though you may not

feel like it. Try to drink eight 8-ounce glasses every day, with increased amounts for added activity. If you spend lots of time outside, your need will increase. Beverages that best meet hydration needs include water, juices, milk or caffeine-free coffee or tea.

Bottled Water

Bottled water, in many cases, is no better than the tap water but rather a convenience. For most people, water is the best source of fluoride so relying on bottled water may compromise this intake.

(continued on page 3)

Got Water?

(continued from page 2)

Check the label for added fluoride or try filling an empty bottle with tap water so you get both the convenience and the fluoride.

Eat Your Water?

Water does far more for your body than just satisfy your thirst. Almost every body cell, tissue and organ needs water to function. In fact, water is the nutrient your body needs in the greatest amount. While

drinks supply a good portion of your water needs, solid foods also provide a surprising amount. For example (number in parentheses is the percentage of water by weight):

Lettuce (95%) Watermelon (91%)
Broccoli (89%) Grapefruit (89%)
Carrot (88%) Apple (86%) Yogurt (85%)
Rice, cooked (70%) Cheddar Cheese (37%)

Keep your body functioning normally and avoid dehydration by eating healthfully and by drinking your recommended amounts of wa-

ter.

Flavors

If you prefer flavored water over plain, check the label for calories per serving and added sugars. If you don't want to spend extra money on bottled water, try adding a lemon, lime, orange slices or a small amount of fruit juice to enhance the flavor of tap water.

www.wellnessproposals.com

You don't have to drink all your water, you can eat it too! Watermelon, a summertime favorite, is made up of 91% water by weight.

Water 101: Away or at Home, Tips for Safe Fun

General Water Safety Tips

- Learn to swim, and never swim alone
- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal

floatation device when around the water.

- Watch out for the dangerous "too" – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Set water safety rules for the whole family based on swimming abilities.
- Be knowledgeable of

the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth charges, obstructions and location of entry/exit points.

- Pay attention to local weather conditions and forecasts.

(continued on page 4)



Inexperienced swimmers should wear an approved personal flotation device if around the water.

Meet a TFD Employee: Me

I have been editor of this publication for over a year, but that is not my primary responsibility at the department. My main role is that of Human Resources (HR) Officer. In that role, I assist management, supervisors, and employees in various areas of HR. My favorite part of my job, besides of course doing this newsletter, is watching our new firefighters get their start. I am

there from the very beginning, at the time of application, to the first day they start and beyond. From payroll, to leave, to evaluations and benefits, I am here to assist these employees. In addition to HR duties, I coordinate the Ride-Along Program, serve as webmaster for the department's intranet and internet, and write our internal newsletter.

I have two degrees from Florida State, a B.S. in Marketing- Communications and an M.B.A. I enjoy watching a variety of sports (especially FSU), going to plays, and spending time with the special people in my life.

As I reflect on my six years with the department, I realize it truly is unique and made up of very special people and I am glad to be a part of it.



Mona Pearson, TFD Human Resources Officer and your Newsladder editor.

Water Safety 101

(continued from page 3)



“More than half of the drowning incidences among those ages 1-4 occur in the child’s home pool.”

- Use a feet-first entry when entering the water.
- Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving or boating.
- Know how to prevent, recognize, and respond to emergencies.

Beach Safety

- Protect your skin: wear a sunscreen.
- Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool.
- Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat’s effects worse.
- Watch for signs of heat stroke: Heat stroke is life-threatening. The person’s temperature control system, which produces sweating to cool the body, stops working.
- Wear eye protection. Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they



absorb at least 90 percent of UV sunlight.

- Wear foot protection. Many times, people’s feet can get burned from the sand or cut from glass in the sand.

Home Pools

According to Safe Kids Worldwide, drowning is the second-leading cause of accidental injury-related death among children ages 1-14, and the leading cause of accidental injury-related death among children ages 1-4. More than half the drowning incidences among 1- to 4-year-old children are pool related. More than half those drownings occur in the child’s home pool, and one-third occur at the home of friends, neighbors or relatives. Here are some tips to help make swimming at home safer:

- Never leave a child unobserved around water. Your eyes must be on the child at all times.
- Install a phone by the pool or keep a cordless phone nearby so that you can call 9-1-1 in an emergency.
- Learn Red Cross CPR and insist that babysitters, grandparents, and others who care for your child know CPR.
- Post CPR instructions and 9-1-1 or your local emergency number in the pool area.
- Enclose the pool com-

pletely with a self-locking, self-closing fence with vertical bars. Openings in the fence should be no more than four inches wide. The house should not be included as a part of the barrier.

- The gate should be constructed so that it is self-latching and self-closing.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Always keep basic life-saving equipment by the pool and know how to use it.
- Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.
- Pool covers should be completely removed prior to pool use.
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool, bottom, and surface, as well as the surrounding pool area.

www.wellnessproposals.com





Drivers should pay close attention at bus stops, watching out for children crossing the road.

Take the time to discuss with your child the proper way to get on and off the bus, as well as cross the road. If riding a bike, go over bike safety rules.



Back to School: Get them there safely

Riding on a School Bus

Every school day, some 450,000 yellow school buses transport more than 24 million children to and from schools and school-related activities <http://www.schoolbusinfo.org>

Getting on the school bus

- When waiting for the bus, stay away from traffic and avoid roughhousing or other behavior that can lead to carelessness. Do not stray onto streets, alleys or private property.
- Line up away from the street or road as the school bus approaches.
- Wait until the bus has stopped and the door opens before stepping onto the roadway.
- Use the handrail when stepping onto the bus.

On the bus

- When on the bus, find a seat and sit down. Loud talking or other noise can distract the bus driver and is not allowed.
- Never put head, arms or hands out of the window.
- Keep aisles clear -- books or bags are tripping hazards and can block the way in an emergency.
- Before you reach your

stop, get ready to leave by getting your books and belongings together.

- At your stop, wait for the bus to stop completely before getting up from your seat. Then, walk to the front door and exit, using the hand rail.

Getting off the school bus

- If you have to cross the street in front of the bus, walk at least ten feet ahead of the bus along the side of the road, until you can turn around and see the driver.
- Make sure that the driver can see you.
- Wait for a signal from the driver before beginning to cross. When the driver signals, walk across the road, keeping an eye out for sudden traffic changes.
- Stay away from the bus' rear wheels at all times.

Crossing the Street

- Children should always stop at the curb or the edge of the road and look left, then right, and then left again before crossing.
- They should continue looking in this manner until they are safely across.
- If students' vision is blocked by a parked car or other obstacle, they should move out to

where drivers can see them and they can see other vehicles -- then stop, and look left-right-left again.

Walking and Biking

Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decisions making situations and dangers while walking to and from school.

- Mind all traffic signals and/or the crossing guard -- never cross the street against a light, even if you don't see any traffic coming.
- Walk your bike through intersections.
- Walk with a buddy.
- Wear reflective material...it makes you more visible to street traffic.

Riding in a Car

- Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45%.
- Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child safety seats.

Hurricane Preparedness

(continued from page 1)



Be prepared..have your hurricane supply kit items readily available.

First Aid Kit / Medicines / Prescription Drugs/ Special Items - for babies and the elderly

Toiletries / Hygiene items / Moisture wipes

Flashlight / Batteries Radio - Battery operated and NOAA weather radio

Telephones - Fully charged cell phone with extra battery and a traditional (not cordless) telephone set

Cash and Credit Cards - Banks and ATMs may not be available

Keys

Toys, Books and Games

Important documents - in a waterproof container or watertight resealable plastic bag - insurance, medical records, bank account numbers, Social Security card, etc.

Tools - keep a set with you during the storm

Vehicle fuel tanks filled

Pet care items

— proper identification / immunization records / medications

— ample supply of food and water

— a carrier or cage

— muzzle and leash

www.nhc.noaa.gov

Having these items ready at a moment's notice will help you be better prepared if a hurricane was to strike our area. For more information visit www.tal.gov.com.

Bees and Wasps and Mosquitoes..Oh My!

If you experience a severe reaction (hives, wheezing, shortness of breath, or unconsciousness) after being stung or bitten by an insect, seek immediate medical help.



Insects do not usually attack unless they are provoked. Most bites and stings are defensive. A sting or bite injects venom composed of proteins and other substances that may trigger an allergic reaction in the victim. The sting also causes redness and swelling at the site of the sting.

Bees, wasps, hornets, yellow jackets, and fire ants. Bites or stings from these species may cause serious reactions in people who are allergic to them. Death from bee stings is 3-4 times more common than death from snakebites. Bees, wasps, and fire ants differ in how they inflict injury. When a bee stings, it loses the entire injection apparatus (stinger) and actually dies in the process. A wasp can inflict multiple stings because it does not lose its injection apparatus after it stings. Fire ants inject their venom by using their mandibles (the biting parts of their jaw) and rotating their bodies.

They may inject venom many times. Bites from a fire ant typically produce a pustule, or a pimple-like sore, that is extremely itchy and painful. In contrast, bites from **mosquitoes** typically do not cause significant illnesses, unless they convey microorganisms that actually live within these mosquitoes, like in the case of malaria and the West Nile Virus.

Symptoms

Besides redness and swelling at the site of the sting, you may experience a severe reaction beyond the immediate area if you are allergic to the bite or sting. This is known as anaphylaxis. Symptoms of a severe reaction include hives, wheezing, shortness of breath, unconsciousness, and even death within 30 minutes. If you experience this type reaction you should seek medical help immediately. In addition, if the site becomes infected you

should contact your doctor for proper treatment.

Treatment at Home

Treatment depends on the type of reaction. If there is only redness and pain at the site of the bite, application of ice is adequate treatment. Clean the area with soap and water to remove contaminated particles left behind by some insects. These particles may further contaminate the wound if not removed. Refrain from scratching because this may break the skin and lead to an infection. You may treat itching at the site of the bite with an over-the-counter anti-histamine such as Benadryl, in cream or pill form, or calamine lotion.

Remember when you are enjoying the great outdoors be aware that we share it with many small creatures and be prepared for possible encounters.

www.emedicinehealth.com

**THE CITY OF TALLAHASSEE AND
THE TALLAHASSEE FIRE DEPART-
MENT PRESENT:**

The Newsladder
Tallahassee Fire Department
327 North Adams Street
Tallahassee, FL 32301



Phone: 850-891-6600
Fax: 850-891-6606
Email: pearsonm@talgov.com

The Newsladder is a publication of the
Tallahassee Fire Department
Intended For
The Citizens of Tallahassee

Chief Cindy Dick, Fire Chief
Mona Pearson, Editor and Contributing Writer
Email: pearsonm@talgov.com

WE'RE ON THE WEB!
WWW.TALGOV.COM

**Reader Question: What if there is a topic I
want to see in your publication?**

This issue we address a question concerning topics in "The Newsladder".

If I would like to see a safety topic addressed in your publication, how would I go about doing that?

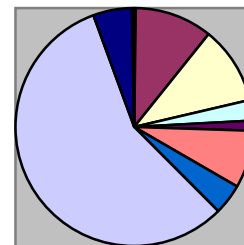
If you have a safety topic you would like to see featured in our

publication, please email us at the email listed above. We will research the subject and try to include it in our next publication. This publication is intended for you, the citizens of our community, and we would like to address any safety, prevention, fire or medical topics that you feel are important.



**Just the Stats
April—June 2007**

Total Calls- 5877



■ Airport Alerts- 11	■ Brush/Rubbish-624
■ Building Alarms- 615	■ Structure Fires- 175
■ Vehicle Fires- 74	■ Vehicle Rescues-461
■ Hazard Invest.- 248	■ Medical- 3339
■ Service- 317	■ Misc. Rescue-13