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The City of Tallahassee and The Tallahassee Fire Department Present:



The Newsladder

We're Back!!! With a new look and more helpful information for you and your family.

Special points of interest:

- NOAA predicts four to six Category 3 or higher hurricanes this season.
- Heat-related illnesses can become serious or even deadly if unattended.
- The best thing anyone can do to stay safe in and around the water is to learn to swim--this includes adults and children.

Inside this issue:

Hurricane Season: Another Busy Year?	2
Summer Fun in the Sun Safety	2
Home Pool Safety	2
Meet a Firefighter	3
TFD's Helping Hands	3
Reader Question	4

Hurricane Season: Another Busy Year?

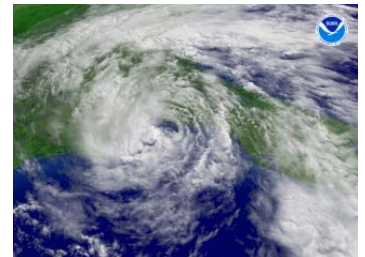
Since hurricane season began on June 1, the Tallahassee Fire Department (TFD) would like to remind citizens to remain vigilant in staying prepared for an emergency. The area has already experienced its first tropical storm of the season when Alberto made landfall on June 13. Along with the start of the season came the announcement that Robby Powers will be the new Emergency Management Coordinator for the City. Mr. Powers started in his new role on June 26.

So will this be another

busy year? The National Oceanic and Atmospheric Association (NOAA), a government organization that predicts hurricanes, estimates there will be 13-16 tropical storms, eight to ten hurricanes, and four to six storms Category 3 or higher during the season that runs through November 30.

The Department offers the following hurricane tips:

- * Find out if you live in an evacuation area. If you do, know your evacuation routes. If you do not need to evacuate, make sure you



On June 13, Tropical Storm Alberto, the first tropical storm of 2006.

are prepared to stay in your house during a storm.

Residents are encouraged to look in their local telephone book for evacuation routes.

- * Consider purchasing a weather alert radio. These special radios provide official information directly
- (Continued on page 2)*

Summer Fun in the Sun Safety

Warm weather means activities and fun under the sun! Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day.

Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be sus-

ceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

(Continued on page 2)



A hurricane unleashes its fury. Be prepared this hurricane season.

Hurricane Season: Another Busy Year?

(Continued from page 1)
from the National Weather Service and can be purchased from an electronics store. Prepare to be without electricity for an extended period of time. Stock up on batteries for radios and flashlights.

* Have at least a 3-day supply of water and nonperishable food. Identify shelter options such as a friend or relative's house,

a motel or public shelter. Pets are not allowed in public shelters, so make arrangements for their care prior to evacuation.

* As the storm approaches, prepare for high winds by covering all windows with plywood or installing storm shutters.

* Move all outdoor furniture, tools and loose items inside.

* Officials also suggest

establishing a communication plan with out-of-state relatives or friends. If phone lines are damaged or cell phone circuits are jammed, as often happens during a major emergency, it may be difficult to contact loved ones directly.

For more information please visit www.nhc.noaa.gov or the TFD web page at www.tal.gov.com.

Summer Fun in the Sun Safety

(Continued from page 1)
Here are some tips for the heat:

Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

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.

Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.

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.

Stay indoors when possible.

Take regular breaks when engaged in physical activity on warm days. 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 the activity and find a cool place.

Remember, have fun, but stay cool!

For more information, visit the American Red Cross site: www.redcross.org/services/hss/tips/heat.html

"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."

Home Pool Safety

Nothing is better to cool off from the summer heat than a swim in your pool.

Remember these tips to make it a safe experience:

Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim--this includes adults and children.

The City's Parks and Recreation Department and the American Red Cross offers swimming classes for people of any age and swimming ability. To enroll in a course to learn or improve your ability to swim, contact Parks & Rec or the local Red Cross chapter.

Never leave a child unobserved around water. Your eyes must be on the child at

all times. Adult supervision is recommended. Although drowning rates have slowly declined (Branche 1999), drowning remains the second leading cause of injury-related death for children ages 1 to 14 years (CDC 2005).

Keep a cordless phone nearby so that you can call 9-1-1 in an emergency.

(Continued on page 3)



A child enjoys a favorite summer past time.

Home Pool Safety

(Continued from page 2)

Learn Red Cross CPR and insist that babysitters, grandparents, and others who care for your child know CPR.

Enclose the pool completely 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.

Never leave furniture near the fence that would enable a child to climb over the

fence.

Always keep basic lifesaving equipment by the pool and know how to use it. Pole, rope, and personal flotation devices (PFDs) are recommended.

Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.

Pool covers should always 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 .

Following these tips can help ensure your splashes are safe ones.

For more information on water safety visit the American Red Cross website:
www.redcross.org/services/hss/tips/healthtips/safetywater.html.

“Although drowning rates have slowly declined (Branche 1999), drowning remains the second-leading cause of injury-related death for children ages 1 to 14 years (CDC 2005). “

Meet a Firefighter: Judi Davison

Lt. Judi Davison has been with the department over 14 years. During this time she served in the positions of firefighter, driver/operator and since January 2006, lieutenant. We asked Lt. Davison a few questions about why she wanted to become a firefighter, what she likes about the job and advice she may have for others considering it as a career. “The job is challenging and rewarding.

What I love about the job is the camaraderie and the citizen support for what we do.” For those that want to become a firefighter she offers, “Get involved, do a ride-along, volunteer, learn about our work schedule and workload.” Lt. Davison has also been involved in the MDA boot drive, United Way, Urban Search and Rescue and served as a peer fitness instructor.

“ Give it everything you’ve got..always give a 110%”

-Lt. Judi Davison



Lieutenant Davison has been with the department since 1992.

TFD’s Helping Hands

Every year in May, personnel in the Tallahassee Fire Department reach out a helping hand to the community taking part in two special events, this year was no exception.

On May 5, members of TFD participated in the American Cancer Society’s Relay for Life. Through various fundraising activities such as a car wash

and raffle, and through generous community donations, the Department raised \$8,200 in the fight against cancer.

Later in the month, personnel hit the streets with boots in hand for the annual Muscular Dystrophy Association Boot Drive. Over \$16,000 was raised to fight muscular diseases.



2006 Relay for Life



Hitting the streets with boots in hand for the 2006 MDA Boot Drive

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Reader Question: How do I become a Firefighter?

This issue we address questions concerning what firefighters do and how to become one.

What are some of the duties of a firefighter ?

Firefighters respond to fire alarms with a fire company. They rescue individuals and provide appropriate emergency medical assistance. In addition, they perform property conservation operations such as placing salvage covers, sweeping water and removing debris. Firefighters administer first response first aid to injured or afflicted persons or advanced life support if working as a FF/Paramedic. Tallahassee firefighters work a 53-hour workweek, 24 hours on, 48 hours off, with shifts

starting at 7 pm.

What are the requirements to become a Tallahassee firefighter ?

Age: At least 18 years old at the time of application.

Education: High school graduate or have a GED equivalency at the time of application.

License/Certifications: Possess a valid Class D or Class E Florida Driver's License. Possess a Florida Certificate of Compliance for Firefighter Minimum Standards and a Florida Emergency Medical Technician or Paramedic Certification at time of application.

Tobacco Use: Must be a non-user of tobacco products for at least one year immediately preceding the date of application.

If given a conditional offer of employment, the Department conducts a thorough background check, Voice Stress Analysis test, written and oral psychological exams and a medical exam with drug testing.

To learn more about becoming a TFD firefighter, visit our website on talgov.com or call our Human Resources Officer at 850-891-6652.

