



The City of Tallahassee and The Tallahassee Fire Department Present:



The Newsladder

Inside this issue:

Basic First Aid	1
Travel Safety Tips	2
Tired? Easy Ways to Get a Better Night's Sleep	3
But Everything Looks So Good...Healthy Shopping Tips	3
Employee Spotlight	4
Hot Weather Dangers: Heat Exhaustion, Heat Cramps, and Heat Stroke	4
By the Numbers—April—June 2008 Stats	Back

Basic First Aid

Cuts and Bumps and Bruises, Oh My!

A cut and a bruise, with or without swelling, are basically the same thing, except that one occurs at the body's surface, and the other occurs under the surface, in the soft tissue below the skin. In fact, the ugly black and blue marks you see when you bruise are really blood clots that form under the skin. The worse they look, the more they are clotting and healing.

Bumps and Bruises

If the injury swells too much, the bump could signal a bone or joint injury. And, if the bruises keep coming too fast and furious, it could signal a more complicated medical condition. Bumps and bruises are damage that occurs in the soft tissue under the skin. Under the following conditions, there is no need to call for medical assistance when a person suffers a cut, scrape, bump, or bruise:

- The injury is small (less than 1/2 inch around).
- There is no bleeding, or only slight bleeding. Make sure you follow the universal guidelines, such as wearing protective gloves, to prevent the spread of HIV or any other dangerous infections.
- The victim is not in excessive pain.
- The victim does not feel

numbness or tingling.

- The person is not suffering any paralysis.
- The victim does not seem to have any broken bones or dislocation at the joints. (If the victim is in a great amount of pain and the shoulder, leg, arm, or ankle appears to be lying or hanging at an awkward angle, there is a good chance he or she has a broken bone or a dislocation.)

Bruises on the hands, fingers, feet, and toes can cause more problems than those that occur on knees, shins, or arms. Your hands and feet are a complicated network of motor functions, nerve endings, and flexibility. Any problems in these areas can cause a disability. If you or someone around you experiences more than minor swelling or bruising after bumping into something or falling down, call your physician.

First Aid - Bruises

- Immediately apply an ice pack to the bruise to reduce swelling. (If an ice pack isn't available, use ice wrapped in a cloth or as cold a compress as you can make.)
- If possible, elevate the bruised area so that it is higher than the heart.

This keeps blood from "pooling" in the affected area (and thus creating more internal bleeding and swelling).

- Keep the bruise elevated for approximately 15 minutes if the wound is minor. If the bruise is severe and it covers a large portion of the body, call for help. (See Bandaging Wounds for immobilizing techniques.) Keep a severe bruise elevated for at least an hour or until a trained emergency care team arrives.
- If the bruise doesn't appear to be getting any better and more than 24 hours have passed, see your physician.
- Seek prompt medical help if there is any swelling around the bruise, especially if it occurs at a joint. This can signal danger to nerves, muscles, and bones, all of which require a trained physician's attention.

Cuts and Scrapes

Here are simple first aid procedures for treating minor scrapes and cuts:

- If the injured area has a skin scrape, wash it with mild soap and lukewarm water.

(continued on page 2)

Travel Safety Tips

Summer means vacation for most people. Here are a few tips to make your travels safer.



Before You Go

- Check your car or have it serviced before any long trip (battery, tires, belts and fluids).
- Have a qualified technician check the air conditioner.
- Check your oil. If you will be towing a trailer or boat, or driving in the desert, switch to a motor oil with higher viscosity.
- Pack an emergency kit that includes water, jumper cables, flares, a flashlight, equipment to change a tire, and a first aid kit.
- Fill up your gas tank at night or early in the morning to minimize damage to the ozone layer.
- Make sure your child safety seats and booster seats are properly installed.

On the Road

- Require all occupants to buckle up, with children in the back seat.

- Obey speed limits and all roadway signs.
- Drive calmly and avoid entanglements with aggressive drivers.
- Pack non-perishable snacks and plenty of juice and water (individual water bottles for each family member helps you monitor intake to avoid dehydration).
- Take frequent breaks - at least every two hours - and avoid driving when tired.
- Be especially careful around railroad crossings.
- Avoid driving in the "No Zone" around trucks. If you cannot see the truck driver in the truck's mirror, the truck driver cannot see you.
- Slow down in work zones, obey all signs and flaggers and pay attention to the vehicle in front of you (most work zone crashes are rear-end collisions due to an inattentive driver).

Enjoy the Ride!

Above all -- relax, take it easy, and have fun on your summer vacation!

www.hsra.unc.edu

Basic First Aid

(continued from page 1)

- Apply antibacterial cream or spray to prevent infection.
- Cover the wound with a sterile gauze pad and tape or a simple Band-Aid.

Burns

Burns are ugly, they hurt, and they are scary. But they can be treated with simple first aid steps. In fact, they are the one injury that must be treated before medical help arrives. The fact is that burns, unless treated right away, will get worse. They'll get deeper below the surface of the skin because the heat continues to do damage.

First Aid - Burns

When it comes to burns, degree has nothing to do with temperature. The terms first-, second-, and third degree identify the severity of a burn. Of those, first-degree is the least harmful, and third degree is the worst. Because first aid treatment depends on a burn's severity, it's important to correctly identify the severity of the burn. Check the appearance at the center of the wound. That's usually where the burn is deepest, which is your indicator of what degree of treatment is required.

Here's the "short list" on what not to do for burns:

- Do not pierce or open

blisters. It leaves the burned person "wide open" for infection.

- Do not peel off burned dead skin. It not only leaves the new skin underneath too vulnerable to infection, but it can cause scarring.
- Do not attempt to peel away any clothing stuck to the burn. Pulling away the cloth can also peel away any healing skin.
- Do not use butter, anti-septic creams, or any other "folk remedies" on burns. They can actually cause the infection you're trying to avoid! None of these remedies, especially butter, will do anything beneficial for burns.

Accidentally touching a hot burner, getting too much sun, and holding a scalding hot pot are all ways you can get first-degree burns. First-degree burns are the most benign and most common burns of all.

First-degree burns have slight redness or discoloration, along with a bit of swelling and pain. First-degree burns do not usually need professional medical attention. Simply cool the burn under cold, running water for several minutes to stop the burn from getting worse. You can give the injured person an aspirin (if he or she has no medical complications) and soothe the area with some aloe vera ointment or burn cream.

www.life.familyeducation.com

Tired? Easy Ways to Get a Better Night's Sleep

It is vital to our health and our well-being to get enough sleep. Yet about 50 million Americans report that they do not get enough.

Here are some tips to a better night's rest:

- To help regulate your internal clock you should go to bed and get up the same time everyday, even on your days off. Most adults require 7-8 hours of sleep.
- Establish a relaxing routine before going to bed. Take a warm bath, listen to pleasant music, or do some light reading.
- Avoid stimulants like caffeine and nicotine from later afternoon on.
- Exercise regularly. A recent study shows those that exercised on a regular basis slept almost an hour longer than those

that did not. They also feel asleep in half the time.

- Seek help if your sleep has been disturbed more often during the past month or if sleep problems interfere with your ability to function normally during the day.

To help relieve daily stress that may be causing you to lose sleep try self massage. These moves can help relieve tension in your head, neck, shoulders and hands.

- Scalp—place thumbs behind your ears and spread your fingers on the top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.
- Eyes—close your eyes and place your ring fingers directly underneath your eyebrows, near the bridge of your nose.

Slowly increase pressure for five seconds then gently release. Repeat 2-3 times.

- Shoulder—place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Hold this position for 10 seconds, release and then repeat on left side.
- Palm—lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

"TopHealth" May issue



But Everything Looks So Good...Healthy Shopping Tips

There are so many options at the grocery store. Many are not healthy so how can you pick the healthiest food the next time you visit the store?

- Read the labels. If they say "healthy" they must contain at least 10% of the Daily Values per serving of important nutrients in addition to being low in trans fat, saturated fat, sodium and cholesterol.
- Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. These are

important sources of fiber. Look for the word "whole" at the top of the package ingredients list.

- Pick the deepest in color when choosing salad greens—dark greens and reds. The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid, and calcium among other nutrients.
- Don't dismiss frozen foods. Some frozen fruits and vegetables contain as many nutrients as fresh produce, sometimes

even more.

- If selecting "TV" dinners choose those that contain less than 10 grams for fat and the least amount of sodium and cholesterol.
- Don't pass up pasta, it is high in protein and contains B vitamins and iron.
- Avoid shopping on an empty stomach: choose fruit juices not drinks, buy skinless chicken, and remember a standard size serving of meat or fish is the size of a deck of cards.

Keep these tips in mind when you are shopping for a healthier you.

Healthy Shopping!!

"TopHealth" February issue



TFD Employee Spotlight: Maurice Majszak

Maurice Majszak is the Senior Plans Examiner for the Tallahassee Fire Department. Hired in December 2005, he reviews all site plans to ensure that there is appropriate access and water for fire department operations.

Maurice is retired from the U.S. Navy where he earned the Defense Meritorious Service Medal for his efforts during the Iranian

hostage rescue attempt in 1979. He started in the fire service in August 1987 with the City of Miami Fire Department in Fire Prevention. Maurice then went to work for the City of Miramar Fire-Rescue Department as Fire Marshal. In 2000, when the Florida Fire Prevention Code was proposed he drafted the only change that was unanimously adopted.

Married with five children, Maurice has degrees in Business Administration, Industrial Management, Computer Information Science Technology and Fire Science. He is certified in Florida as a Fire Instructor III, Fire Investigator I, and Fire Inspector I and II. He is nationally certified by the National Fire Protection Association as a Fire Plans Examiner.



Maurice Majszak, Sr.
Plans Examiner

Hot Weather Health Dangers—Heat Exhaustion, Heat Cramps and Heat Stroke



Heat exhaustion is one of the heat-related syndromes, which range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration and inadequate fluid intake. Signs and symptoms resemble those of shock and may include:

- Feeling faint or dizzy
- Nausea
- Heavy sweating
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist, pale skin
- Low-grade fever
- Heat cramps
- Headache
- Fatigue
- Dark-colored urine

If you suspect heat exhaustion:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink

cool water.

- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

If fever greater than 102 F (38.9 C), fainting, confusion or seizures occur, dial 911 or call for emergency medical assistance.

Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. The spasms may be more intense and more prolonged than typical nighttime leg cramps. Inadequate fluid intake often contributes to heat cramps. Muscles most often affected include those of your calves, arms, abdominal wall and back, although heat cramps may involve any muscle group involved in exercise.

If you suspect heat cramps:

- Rest briefly and cool down
- Drink clear juice or an electrolyte-containing sports drink
- Practice gentle, range-of-motion stretching and gentle massage of the

affected muscle group

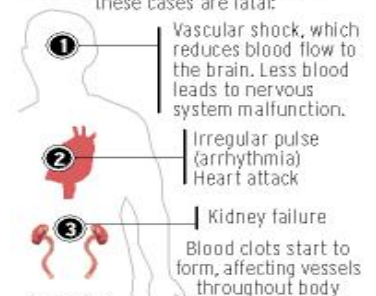
- Call your doctor if your cramps don't go away in one hour

Heatstroke is a life-threatening condition that occurs when your body temperature reaches 104 F (40 C) or higher. Heatstroke can be brought on by high environmental temperatures, by strenuous physical activity, or by other conditions that raise your body temperature. Whatever the cause, you'll need immediate medical attention to prevent brain damage, organ failure or death. Heatstroke is the escalation of two other heat-related health problems: heat cramps and heat exhaustion. You can prevent heatstroke if you receive medical attention or take self-care steps as soon as you notice problems.

www.mayoclinic.com

How heat stroke can kill

A series of deadly reactions can occur when the body's temperature rises above 106 degrees. About 10 percent of these cases are fatal:

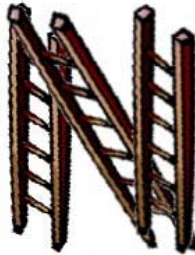


Source: New England Journal of Medicine

The Register

THE CITY OF TALLAHASSEE AND
THE TALLAHASSEE FIRE DEPARTMENT
PRESENT:

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



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

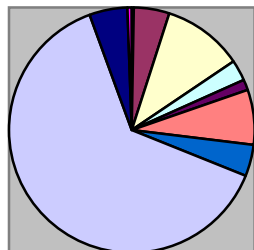
Cindy Dick, Fire Chief
Mona Pearson, Editor and Contributing Writer
Email: Mona.Pearson@talgov.com
Phone: 850-891-6600
Fax: 850-891-6606

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

By the Numbers— April—June 2008 Stats



Total Calls-5587



■ Airport Alerts - 13	■ Brush/Rubbish - 264
■ Building Alarms - 599	■ Structure Fires - 147
■ Vehicle Fires - 77	■ Vehicle Rescues - 400
■ Hazard Invest. - 238	■ Medical - 3531
■ Service - 289	■ Misc. Rescue - 29