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The City of Tallahassee and The Tallahassee Fire Department Present:



The Newsladder

Special points of interest:

- Doing warm-ups and stretching before playing sports or exercising can reduce your chances of injuries.
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Sports Safety

Baseball

Baseball is one of our country's most popular recreational sports with more than 40 million Americans participating in softball and baseball leagues.

Protective equipment is one of the most important factors in minimizing the risk of injury in baseball. Here are some safety tips to prevent injuries:

Remember your equipment must fit properly and be worn correctly.

Wear a batting helmet at the plate, when waiting a turn at bat, and when running bases.

Facial protection devices that are attached to batting helmets are available in some youth leagues. These devices can help reduce the risk of a serious facial injury if hit by a

ball.

The catcher must always use a catcher's mitt. If you play another position, ask your coach about specific size requirements for your mitt.

Catchers should always wear a helmet, face mask, throat guard, long-model chest protector, protective supporter, and shin guards.

Most youth leagues prohibit the use of shoes with steel spikes. Instead, wear molded, cleated baseball shoes.

Inspect the playing field for holes, glass, and other debris.

American Orthopaedic Society for Sports Medicine

Soccer

Each year, more than 477,500 soccer-related injuries are

treated in hospitals, doctors' offices, clinics, ambulatory surgery centers and hospital emergency rooms.

The American Academy of Orthopaedic Surgeons offers the following tips to prevent soccer injuries:

Wear shin guards to help protect your lower legs. Soccer tournament records have shown that most players who sustained lower leg injuries were not protected by adequate shin guards.

Wear shoes with molded cleats or ribbed soles. Shoes with screw-in cleats often are associated with a higher risk of injury. However, shoes with screw-in cleats should be worn when more traction is needed, such as on a wet field with high grass.

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Tailgating Tips

Whether or not you are a college football fan, there is no denying that Tallahassee is a football town. Many fans flock to the stadium hours before the game to enjoy a tradition commonly known as tailgating. Tailgating is fun but there are few tips

that can make the pre and post parties safer.

Food Safety

Wash hands before, during and after preparing food for a tailgate. Sing your favorite team's fight

song – while lathering with soap and water for 20 seconds.

Be sure to pack moist towels for guests to clean up before digging in.

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Sports Safety

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Don't crawl or sit on the goal or hang from the net. Injuries and deaths have occurred when goals have fallen onto players.

Soccer goals should be well padded and properly secured. Padding the goal decreases the incidence of head injuries when the goalie and other team members collide with the posts.

The playing surface must be kept in good condition. Holes on the playing field should be filled, bare spots reseeded, and debris removed.

Be knowledgeable about first aid and be able to administer it for minor injuries, such as facial cuts, bruises, or minor tendonitis, strains, or sprains.

American Orthopaedic Society for Sports Medicine

Football

With the school football season having just started, it is important to be aware of the risks associated with playing the game.

Researchers found that college football players get injured more often than their high school counterparts, but high school athletes are more likely to end up severely injured.

Based on almost 1,900 injury reports submitted, researchers estimated there were 517,726 football-related injuries during the 2005-2006 season at the high school level across the United States. The NCAA system logged more than 3,500 injuries in its database during the same period.

Not unexpectedly, college players were about twice as likely to injure themselves as high school students, suffering 8.6 injuries per 1,000 "athletic-exposures" (a practice or competition), compared with high school athletes' 4.36 injuries/1,000.

But the distribution of injuries differed, with fractures, concussions, and season-ending injuries were more common among high school athletes.

Parents can help their children by ensuring that they maintain good physical conditioning year-round, are properly coached in techniques such as tackling and falling, and -- perhaps most important -- that they tell someone, whether a parent, coach, or athletic trainer, if they are injured, especially in the head.

<http://www.nlm.nih.gov>

Warm Up to Keep Your Game Up

Don't rush into any sport or exercise without warming up first - muscles that haven't been properly prepared tend to be injured more easily. Start out with some light cardiovascular activities, such as easy jogging, jumping jacks, or brisk walking, just to get your muscles going. Follow your brief warm-up with some stretches. (Stretching works best after a warm-up because your tissues are more elastic [flexible] due to the increase in heat and blood flow to the muscles).

In addition to warm-ups and stretches, practice sessions are also an excellent preparation for most sports or activities. If you belong to a team, attend as many team practices and games as possible.

Even if you don't belong to a team, you can use regular workouts and practices to enhance your performance and lessen the chance of injuries. For instance, try doing tennis drills or practicing your serve before starting a set. Shoot some baskets or play a quick game of one-on-one with a friend.

Although you should practice regularly, don't overdo it. Sudden increases in training frequency, duration, or intensity might produce better performance at first but can lead to injuries later. Your doctor or coach can help you develop a training and conditioning program that's appropriate for your age and level of development.

<http://kidshealth.org>

Stretching



Tailgating Tips

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Always defrost meats in the refrigerator or in the microwave. Marinate meat in the refrigerator and don't reuse the marinade unless boiled.

For the trip to the tailgate, tightly seal raw or thawed meat in plastic wrap to prevent contaminating other food items. Consider packing meat products in one cooler and additional foods in another.

Keep raw meats and ready-to-eat foods separate. Pack extra or color-coded plates or utensils to help prevent cross-contamination. Use one set for raw foods and another for cooked foods.

Cook to proper temperatures. A meat thermometer is the only reliable way to ensure foods are safe to eat. Tailgating favorites like hamburgers and bratwurst should be cooked to 160°F and chicken breasts to 170°F.

Pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperatures below 40° F.

Transport coolers in the backseat of your air-

conditioned car instead of the hot trunk, especially for long road trips.

Don't forget that carryout and/or pre-prepared foods are also susceptible to food poisoning.

Throw away perishable tailgate items before entering the game. Foods should not be left unrefrigerated for more than two hours. In hot weather (90 ° F or above) this time is reduced to one hour.

After the game, serve and eat only non-perishable foods unless foods packed in the cooler remain stored at 40° F or below.

<http://www.homefoodsafety.org>

Other Helpful Tips

Ice, Ice, Ice

Bring an extra full chest of ice . There's nothing worse than a warm drink in the hot sun.

Green Space

If possible, park near a grassy area. Blacktop will heat up quickly on a hot, summer day.

Arrive Early, Leave Early

Give yourself plenty of time to cook, eat and clean up before the game, so you can avoid traffic jams after the game.

Prepare Your Meal

Prepare as much of the food as you can before arriving at the stadium. This will help you keep on schedule for the game.

Plan for the Weather

Don't let the weather get you down. Bring extra ponchos or garbage bags .

Stay Safe

Accidents do happen. Remember to bring a stocked first aid kit to the game.

Portable Power

Save your car's battery for the ride home. Use your portable generator to power radios, lights, or small appliances.

<http://generatorinformation.com>



“ Keep raw meats and ready-to-eat foods separate. “

Meet a TFD Employee: Firefighter Mark Evans

Mark joined the department in December of 2004 and has been busy ever since. He is involved in the Fire Explorers program where teens can learn about careers in firefighting. In addition, in 2006 Mark was named a recipient of the NAACP Black Achievers Award. He is a member of the TFD Honor

Guard. Always willing to help, Mark has become a valuable member of the department in his short tenure. He provides a good example to the new firefighters that have come on board after him. Keep up the good work Mark!



Firefighter Mark Evans



Hunting Safely

Many people in our area enjoy hunting as a sport. The dangers are many as loaded guns are involved in this outdoor activity. Poor visibility, misdirected shots and careless gun handling can turn a day of hunting into a day of disaster. Although fatal hunting accidents are rare, they do occur.

Responsible hunters should promote hunter education and obey game and firearm laws. These laws vary by state, city and county so it is important that you check with officials in the area you are planning to hunt and learn the local laws.

Hunters can prevent accidents by preparing in advance, demonstrating responsible conduct, and handling equipment safely.

“Before you shoot, carefully identify your target.”

To stay safe on your next hunting trip, the American College of Emergency Physicians offers the following suggestions:

Never hunt alone. Always let someone know where you are going and when you'll return.

Wear proper clothing to prevent exposure to the cold, illness, insect bites, and poisonous plants.

Carry a survival pack that includes high-caloric food, waterproof fire starter, compass, map and a first-aid kit.

Before shooting, carefully identify your target and beyond.

Keep the safety on your gun until you are ready to shoot.

Always control muzzle direction.

Treat every firearm as if it were loaded.

Wear orange or bright-colored clothing.

Store firearms unloaded and separately from ammunition.

Never hike, climb or jump with a loaded firearm.

Ensure the barrel and action are clear of obstruction.

Avoid alcohol and mood altering drugs.

<http://www.acep.org>

Have a Fun and Safe Halloween

Make this Halloween a safer one by following these tips:



1. Stay visible. Most of the fun on Halloween happens after dark (what fun would daytime Halloween be?). Make sure the kids and the adults are visible to cars at night. Wear brightly-colored costumes with reflective stripes sewn on. If he insists on being Darth Vader - give him a light saber.

2. Carry flashlights so kids can see and cars can see them. The more light each little goblin makes, the more visible they are to drivers. To help kids see, try face paint or makeup instead of masks.

3. Make sure costumes fit well. Kids in ill-fitting costumes are more likely to trip and fall. The worst time for a child to trip would be in the middle of the street as they are trying to cross.

4. Always cross on a corner. Gather the ghouls together in a group and hold hands while crossing the street. It's easier for drivers to see groups than single kids.

5. Wear appropriate shoes. Oversized clown shoes or adult high-heels are dangerous for little feet to negotiate.

6. Use flame-resistant material for costumes. Halloween and candles go hand-in-hand.

Make sure that candles used in home decorations are far from little trick-or-treaters.

7. Don't let little ones try to carve their own pumpkins. Carving should be handled by an adult. The little ones can help make the design. Kids can also clean out the seeds from the middle of the pumpkin.

8. Be sure any costume props are flexible and not sharp. Mini swashbucklers like to have swordfights; it's better if the swords don't actually puncture Tinkerbell. Also, if the little devil falls while running, he won't get impaled by his pitchfork.

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“ Be sure any costume props are flexible and not sharp. Mini swashbucklers like to have swordfights; it’s better if the swords don’t actually puncture Tinkerbell. “

Have a Fun and Safe Halloween

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- 9. Just because it is Halloween, doesn't mean the kids don't follow the same basic rules as every other day. Rules on crossing the street and going with strangers can be forgotten during the commotion of trick-or-treating; review the rules with the kids. Each group of kids should be supervised and each chaperone should keep a list of what each trick-or-treater is wearing.
- 10. Inspect the bag of goodies before letting the kids dig in. Make sure wrappers are on candy and have not been opened. Wash any fruit before eating it.

11. Despite calling it *trick-or-treat*, tricks are usually vandalism and vandalism leads to violence. Make sure your kids do not participate in any type of tricking.

12. Make sure each group has a cell phone in case they need to call 911. Understand how to call 911 from a cell phone.

Tips:

- 1. Don't overestimate your child's ability to negotiate traffic hazards or judge oncoming cars - especially after dark.
- 2. Emergency response is about managing chaos - so is chaperoning trick-or-treaters! On an emergency scene, we

like to keep each boss in charge of no more than six others, and that's a good rule of thumb for Halloween. Try to have at least one adult for every six kids in the group.

<http://fall.about.com>



September 11—Remembered





Heimlich Maneuver—

“Lean the person forward slightly and stand behind him or her. Make a fist with one hand. Put your arms around the person and grasp your fist with your other hand in the midline just below the ribs. Make a quick, hard movement inward and upward in an attempt to assist the person in coughing up the object.”

If Someone's Choking .. Do you know what to do?

Choking is an emergency. Call 911 emergency medical services. Do not attempt to drive a choking person to a hospital emergency department

What to do if a person starts to choke:

It is best not to do anything if the person is coughing forcefully and not turning a bluish color. Ask, "Are you choking?" If the person is able to answer you by speaking, it is a partial airway obstruction. Stay with the person and encourage him or her to cough until the obstruction is cleared.

Do not attempt to hit an adult person on the back because this may only hamper the person's attempts to cough up the object.

Do not give the person anything to drink because fluids may take up space needed for the passage of air.

Someone who cannot answer by speaking and can only nod the head has a complete airway obstruction and needs emergency help.

The treatment for a choking person who begins to turn blue or stops breathing varies with the person's age. In adults and children older than one year of age, the Heimlich maneuver should be attempted. This is an abdominal thrust that creates an artificial cough.

How to perform the Heimlich maneuver:

Lean the person forward

slightly and stand behind him or her. Make a fist with one hand. Put your arms around the person and grasp your fist with your other hand in the midline just below the ribs. Make a quick, hard movement inward and upward in an attempt to assist the person in coughing up the object. This maneuver should be repeated until the person is able to breathe or loses consciousness.

If the person loses consciousness gently lay him or her flat on their back on the floor. To clear the airway, kneel next to the person and put the heel of your hand against the middle of the abdomen, just below the ribs. Place your other hand on top and press inward and upward five times with both hands. If the airway clears and the person is still unresponsive, begin CPR.

For babies (younger than one year of age), the infant should be picked up and five back blows should be administered, followed by five chest thrusts. Be careful to hold the infant with the head angled down to let gravity assist with clearing the airway. Also be careful to support the infant's head. If the infant turns blue or becomes unresponsive, CPR should be administered.

The victim is seated: The rescuer still wraps his or her arms around the victim and proceeds as described above. The rescuer will often have to kneel down.

For small rescuers and large victims, particularly children rescuing an adult: Have the victim lie down on his or her back. Straddle the

victim's waist. Place one hand on the belly, halfway between the belly button and the edge of the breastbone. Thrust inward and upward. This is the same technique used in unconscious people.

You are choking and you are alone: You may deliver a Heimlich maneuver on yourself. This can be done in one of two ways.

1. You can deliver a true "self"-Heimlich with your own hands. This is done by positioning your hands in the same fashion as if you were performing the maneuver on another person and delivering an inward and upward thrust.

2. Another option is to bend your belly over a firm object, such as the back of a chair, and thrust yourself into the object.

Pregnant/obese people: Abdominal thrusts may not be effective in people who are in the later stages of pregnancy or who are obese. In these instances, chest thrusts can be administered. For the conscious person sitting or standing, take the following steps:

Place your hands under the victim's armpits.

Wrap your arms around the victim's chest.

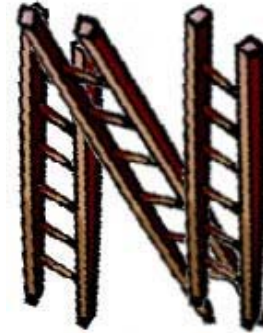
Place the thumb side of your fist on the middle of the breastbone.

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THE CITY OF TALLAHASSEE AND
THE TALLAHASSEE FIRE DEPARTMENT 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



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

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WWW.TALGOV.COM

Choking

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Grab your fist with your other hand and thrust backward. Continue this until the object is expelled or until the person becomes unconscious.

For the unconscious pregnant or obese person: The sequence of events is the same as those for an unconscious adult. Chest thrusts, rather than abdominal thrusts, are delivered. To position yourself for chest thrusts, take the following steps:

Kneel on one side of the victim.

Slide two fingers up the bottom edge of the rib cage until you reach the bottom edge of the breastbone called the xiphoid process.

With your two fingers on the xiphoid, place your other hand on the breastbone, just above your fingers. The thrusts should be quick and forceful to remove the object.

Care should be taken because complications such as rib fractures and heart muscle damage have been known to occur with chest thrusts.

If at all possible, subdiaphragmatic (below the ribcage) abdominal thrusts should be used in the pregnant woman, especially if there is still room between the enlarging uterus and baby, and the rib cage to perform the maneuver.

<http://firstaid.webmd.com>

Reader Question: How can I schedule a station tour for my 3rd grade class?

This issue we address a question concerning Station Tours.

“How do I arrange a Station Tour for my 3rd grade class?”

If you have a pre-school, school or church group of children that you would like to bring to a station for a tour, please call our Bureau of Fire Prevention at 891-6629.

In addition, we can arrange to bring a unit to your school for a “static display” if you have a special event scheduled. Please call 891-6629 at least two weeks in advance as there are only a certain number of slots available for these displays on any given day.

For career fair displays, please call 891-6652 to arrange someone to come out to set up a display or to speak to your group about careers in the fire service.

