



# What's Happening

Northwest Region Emergency Medical Services  
and Trauma Care Council

June 2010

## Guest-proof Your Home For Summer

'Tis the season for summer guests. Throughout the summer you may end up hosting grandkids, friends, and other family members who come to our state to enjoy the many recreational opportunities, summer festivals, and events that abound in our area.

An important part of hosting guests, especially if you don't usually have a house full of people, is to make your home as safe as possible for them and provide them the information to stay safe while they are with you.

Here's how to "guest-proof" your home:

- Lock up all firearms. While you may be used to leaving firearms out or "hiding" them if you are the only occupant of your home, leaving firearms out when children and other guests come to visit can spell disaster. Make sure your firearms are locked away so that no one else can access them.
  - Lock up all medications. The accidental use of your medications (or worse, the theft of your prescription meds) can be dangerous for all involved. Make sure your meds are safely locked away.
  - Warn your guests of anything that they may not be used to. If you live on the Eastern side of the mountains and are used to encountering rattlesnakes, you would know what to do. Your guests from other areas may not know how to deal with this threat. If your guests are coming from sunny Southern California and are used to swimming in all bodies of water, they won't know that our permanently cold water and rivers with strong currents can cause hypothermia and drowning. If you live by the sound or the ocean and host guests from the Midwest, they will need to be informed about the danger of tides and rip currents.
  - Make your home "guest friendly" for the elderly (put away things they could trip over) and the very young (lock up poisons, cleaners, etc).
  - Leave an 'emergency contact sheet' in an easy to access place. Include things such as the address to your home, contact information for a neighbor, and family member's cell phone numbers in case your guests are home alone and an emergency happens.
  - Make sure your pets can be secured away from your guests. Sometimes new people and lots of excitement can upset your pets. Even "friendly dogs/cats that wouldn't hurt anyone" can bite or attack someone if they feel threatened so make sure your pets can be put in a secure area if they are not under your immediate control.
  - If you have a hazard on your property such as a swimming pool, lake, areas that are under construction, or livestock, be sure to warn your guests about the rules around these areas so that everyone will be safe.
  - Ask your guests if they have any allergies or health concerns that you need to be aware of. You will want to know if a child has a severe peanut allergy or allergy to bee stings or if an elderly guest has a dangerous heart condition so that you can be extra aware of creating a safe environment for them.
  - Make an extra key for your guests to use instead of just leaving the door unlocked for them...your home will be safer this way.
  - ALWAYS walk completely around your car before driving away, especially if you have young guests. Children often play in the driveway either in front of or behind vehicles in the driveway. There is no way you can see them if they are sitting (or sometimes even standing) near your vehicle so be safe and check before you drive.
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# June 2010 NW Region Calendar

- **June 1st**—Jefferson County EMS Council meeting in Quilcene at 7pm
- **June 1st**—Jefferson County Base Station Meeting in Pt Townsend. Topic: Drug/ETOH Abuse. Info: 360-385-5589
- **June 3rd**—Kitsap County Base Station Meeting in Bremerton. Topic: Dr Ekin on “Being a Pro”. Info: 360-447-2066
- **June 8th**—Kitsap Youth DUI Panel in Bremerton at 7pm. 360-731-5139
- **June 8th**—EMS Live@Night: Topic: Cardiac Arrest Info: 509-232-8155
- **June 9th**—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Center in Bremerton
- **June 10th**—Clallam County DUI Panel in Pt Angeles at 6:30pm. 360-417-2385
- **June 11th**—NWREMS Executive Board meeting in Sequim at 9am. 360-479-5631
- **June 11th**—Emergency Pediatric Care (EPC) course at Kitsap County EMS in Bremerton. 360-447-2066
- **June 12th**—Jefferson County DUI Panel in Pt Townsend at 8:30am. 360-385-9153
- **June 14th**—Intensive Airway Class for Paramedics class at Kitsap County EMS in Bremerton. 360-447-2066
- **June 16th**—Mason County Inter-Agency meeting; noon in Shelton. 360-427-1686
- **June 16th**—Region 2 Hospital Prep meeting at 10am at Olympic Medical Center in Pt Angeles. 360-479-5631
- **June 16th**—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- **June 17th**—Mason County EMS Council meeting in Shelton at 6pm.
- **June 17th**—Clallam County EMS Council meeting in Pt Angeles at noon.
- **June 17th**—West Olympic Peninsula Council meeting in Clallam Bay at 7pm.
- **June 17th**—Mason County Base Station Meeting in Shelton. Topic: NCR Info: 360-426-1611
- **June 17th**—Clallam County Healthcare Coalition meeting; 10am at OMC in Pt Angeles. 360-479-5631
- **June 22nd**—Kitsap Adult DUI Panel in Bremerton at 7pm. 360-731-5139
- **June 23rd**—Kitsap County EMS Council meeting in Bremerton at 9am.
- **June 30th**—Kitsap Suicide Prevention Task Force meeting; 3:30pm in Bremerton. 360-337-5250

## Save the Date!

What: Annual NWREMS Conference

When: January 21-23, 2011

Where: Suquamish Resort; Poulsbo, WA

More info: Check our website at [www.nwrems.org](http://www.nwrems.org) for a Save the Date flyer which should be posted within the next month.

## Other Meetings/Training Opportunities in June

- June 5th and 6th—Basic Group Crisis Intervention (CISM) Training course at the DNR Conference Center in Forks, WA. Call 360-415-2525 for details.
- June 12th—ARC Health Services Response Workshop at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- June 14th—Light Search and Rescue at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- June 15th—Second Annual Stroke Symposium in SeaTac. Call 206-216-2550 for details.
- June 15th-17th—ICS 300 at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- June 29th—ICS 402 at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.
- June 30th and July 1st—ICS 400 at the Kitsap County DEM office in Bremerton. Call 360-307-5870 for details.

## Community Events in June

- The 9th Annual Community Safety Day will be held on June 5th at the Clallam County Court House parking lot from 10am to 2pm in Pt Angeles. The event will feature free car seat safety checks, free bicycle helmets, and prizes along with booths and safety demonstrations. Call 360-417-2483 for details.
- The Central Kitsap Kid's Day will take place on June 5th, from 10am to 2:30pm, at the Kitsap County Fairground President's Hall in Bremerton. This free, fun, family event will feature booths, entertainment, and live fire and rescue demonstration. Call 360-447-3550 for details.
- There will be a free Car Seat Safety Check on June 19th from 11am to 3pm at the Toys R Us store in Silverdale.

### Red Cross Classes

Our local Red Cross offers a variety of classes each month. Check out their websites for a list of upcoming classes:

- Olympic Peninsula Red Cross (Clallam and Jefferson Counties) [www.peninsularedcross.org](http://www.peninsularedcross.org)
- Seattle Red Cross (Kitsap County) [www.seattlaredcross.org](http://www.seattlaredcross.org)
- Mt Rainier Red Cross (Mason County) [www.rainier-redcross.org](http://www.rainier-redcross.org)

# 10 Water Safety Tips...Be Safe This Summer

If there is one thing the Pacific Northwest has, it is water. Rivers, lakes, streams, the ocean, Puget Sound, Hood Canal, the straits...all of these bodies of water can be great for outdoor recreation but they can also be deadly without the proper precautions. Here's ten tips to keep you safe in the water this summer:

1. Never drink alcohol while boating or swimming.
2. Always wear a lifejacket when boating. Children and those who do not swim well should ALWAYS wear a life jacket when they are in or near the water.
3. Beware the possibility of carbon monoxide poisoning which can happen when people are swimming behind boats (ie: when water skiing, etc).
4. Take a boating safety class (one resource can be found online at [www.boat-ed.com](http://www.boat-ed.com)).
5. Know your abilities when swimming and don't swim in out of bounds areas at public swimming beaches.
6. Always swim with a friend; never swim alone.
7. Be aware of water dangers: tides, rip currents, fast flowing river currents, high running rivers, snags and other underwater dangers you could get caught on, swimming in very cold mountain run off, etc.
8. If someone is in trouble in the water, call for help first then try to rescue them using something like a rope or life ring. Never swim to them and grab hold of them or they may pull you down with them if you haven't been properly trained to rescue someone in the water.
9. Wear sunscreen! The water reflect the sun thus making it more likely you will get sunburned while on the water.
10. Be careful when diving or doing other "stupid water tricks" that you would find on YouTube. Showing off, diving into unknown waters, and doing other things that could kill or permanently injure you is a bad way to end a fun day of swimming.

# Cell/Texting Ban Begins June 10th

Beginning on June 10th, texting on a cell phone or talking on a cell phone without a hands-free device while driving will become a primary offense and could earn you a \$124 fine if you are caught by law enforcement. Also, there will be no "grace period" for enforcing the law and issuing tickets since the law has been a secondary driving offense for over two years.

If you need more reason not to talk/text and drive, check out these statistics:

- Driving while using a cell phone reduces the amount of brain activity associated with driving by 37%.
- Nearly 6,000 people died in 2008 in crashes involving a distracted driver and more than half a million were injured.
- The younger, inexperienced drivers under 20 years old have the highest proportion of distraction-related fatal crashes.
- Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.
- An estimated 21% of injury crashes were reported to have involved distracted drivers.
- Four out of every five accidents (80%) are attributed to distracted drivers compared to drunk drivers which account for roughly one out of every three accidents (33%).
- Talking on a cell phone while driving can make a young driver's reaction time as slow as that of a 70 year old.
- 48% of teens from 12 to 17 say they have been in a car when the driver was texting.
- Studies have found that texting while driving causes a 400% increase in time spent with eyes off of the road.
- In 2002, it was calculated that 2,600 people died due to using the cell phone while driving; 330,000 were injured.

## Did You Know...?

- The Makah Tribe at Neah Bay is gearing up to host the Tribal Journey Canoe event this year. The event, which will take place July 19-26 and draw around 12,000 people, is a huge cultural event for all of the tribes in the Pacific Northwest. Volunteer medical providers (EMTs, paramedics, nurses, and doctors) are being sought to help out with the event. Donated basic medical supplies are also welcome. If you can spare a day or more to help out with this wonderful cultural event, contact Louise Smith at 360-645-2481.
- There are two excellent online sources of handouts (brochures, info sheets, bookmarks, stickers, etc) which allows you to procure FREE stuff for your summer health fairs. One is the Washington State Department of Printing ([www.prt.wa.gov](http://www.prt.wa.gov)) and the other is SAMHSA (<http://nmhicstore.samhsa.gov/publications/ordering.aspx>).
- Speaking of free, if you want to venture into the world of web conferencing, DimDim offers a free web conferencing/collaboration program through your browser. Go to [https://estore.dimdim.com/user/signup\\_ab](https://estore.dimdim.com/user/signup_ab) to check out the service.
- Have a pill but don't know what it is? There is a new online prototype program called Pillbox which allows you to click through a few questions about the pill in question (color, shape, size, markings) and it will quickly produce an identification of the medication. Check out the site at <http://pillbox.nlm.nih.gov/>.
- While it is easy to remember to get your kids vaccinated, many adults forget that it is just as important that they keep their vaccinations up to date. The CDC website now offers an Adult Immunization Schedule which includes printable schedules, quizzes, screening forms and other nifty information on adult vaccinations. Go to [www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm](http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm) to check it out.
- EMS EduCast is the only site that provides weekly EMS-related podcasts by and for EMS professionals. Topics range from 'field instruction of new Paramedic hires' to 'emergency pediatric care' to 'starting a national EMS service in Sri Lanka'. Go to [www.emseducast.com](http://www.emseducast.com) for details.
- The Children's Safety Network provides national injury data maps online. Maps for performance measures and health status indicators for youth 0 to 24 years old, by cause and by area, can be found online at [www.childrenssafetynetwork.org/publications\\_resources/NationalInjuryMaps.asp](http://www.childrenssafetynetwork.org/publications_resources/NationalInjuryMaps.asp).
- PKIDS Online offers an online Infectious Disease Workshop at [www.pkids.org/ip\\_idw.php](http://www.pkids.org/ip_idw.php). The workshop includes background information as well as age-appropriate activities for participants. The workshop is designed for both educators and laypersons who want to understand better how to prevent the spread of infectious diseases.
- AmeriCorps is looking for health promoters to serve in rural communities (including Shelton and Forks in the Northwest Region) for a ten month period beginning in September 2010. AmeriCorps members receive a monthly stipend, \$5,350 for college, health insurance, and subsidized child care. To sign up, go to [www.americorps.gov](http://www.americorps.gov) and specify health and Washington state in the search field. The Washington Health Foundation is co-sponsoring these positions. The deadline for application is July 15th.
- The Washington State Department of Health will be holding their statewide disaster exercise in January 2011. The exercise will be focused in Clallam County and involve a variety of health and emergency response agencies. If your agency would like to participate in the exercise, contact Dan Banks, the Exercise Coordinator, as soon as possible at 360-236-4539 in order to submit your letter of intent and exercise objectives.
- From the "stupid is as stupid watches on YouTube" file...a new trend called "Eyeballing" is gaining in popularity among teens who pour shots of vodka *into their eyes* in order to get drunk faster with less alcohol. Besides causing severe pain, doing this can melt the cornea and lead to blindness! Search the YouTube site for "vodka eyeballing" if you want to see this idiocy on video.

**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](mailto:admin@nwrems.org)

Edited by April Borbon  
[www.aprilborbon.com](http://www.aprilborbon.com)  
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**We're On The Web!**  
**[www.nwrems.org](http://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*

## **NWREMS Office News**

- Thanks to all who have been diligently working on our Regional Protocol revision project. ALS providers, BLS providers, and all of the MPDs in our region have been working on the project which should culminate in a revised Regional Protocol book which will be delivered in January!
- A Paramedic Refresher course is also in the planning stages. Check our website for details. A flyer for this event should be posted on our website within the next month.
- Since we do not hold our bi-monthly regional Council meeting in the summer, our next NWREMS Council meeting will be held on September 9th, along with our TED, QI, and Injury Prevention Committee meetings.
- If you have EMS-related classes, events, or news to share, email the information to April at [aprilborbon@yahoo.com](mailto:aprilborbon@yahoo.com) for posting on our website and inclusion in our newsletter.
- At our last Regional Council meeting, Dr Sandra Smith-Poling was recognized for her tireless work on the new Epi protocol. Thank you Dr Smith-Poling for your hard work on this issue!
- Mason County EMS has a great new website! Check it out at [www.masoncountyeems.org](http://www.masoncountyeems.org).