

# THE SIREN

## Heat Stress: Know the Signs

*We keep a sharp eye out for our patients with the greatest potential to fall victim to heat-related illness -- the very young, the elderly, the obese, those with chronic or pre-existing medical conditions. But those who work in high heat conditions, indoors or outdoors, are also especially prone to heat-related illness: firefighters, hazmat responders, road workers, factory workers, amateur and professional athletes . . .*

*The following is excerpted from the Center for Disease Control's website, as one of its NIOSH (National Institute for Occupational Safety and Health) topics. Once you have determined the nature of the heat-related illness, you will initiate BLS protocols; share the following first-aid tips with your friends and family.*

### In This Issue

- ✓ Kaptain's Korner
- ✓ Training notes
- ✓ Case of the Quarter
- ✓ Local CMEs
- ✓ VP Johnson's page
- ✓ Radio updates
- ✓ NCAC picnic details
- ✓ EMT-Author's debut
- ✓ Six Flags discounts
- ✓ and more!

### Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

#### Symptoms

Symptoms of heat stroke include:

- Hot, dry skin (no sweating)
- Hallucinations
- Chills
- Throbbing headache
- High body temperature
- Confusion/dizziness
- Slurred speech

#### First Aid

Take the following steps to treat a worker with heat stroke:

- Call 911 and notify their supervisor.
- Move sick worker to cool shaded area.
- Cool worker using methods such as:
  - ▶ Soaking their clothes with water.
  - ▶ Spraying, sponging, or showering them with water.
  - ▶ Fanning their body.

### Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

#### Symptoms

Symptoms of heat exhaustion include:

- Heavy sweating
- Extreme weakness or fatigue
- Dizziness, confusion
- Nausea
- Clammy, moist skin
- Pale or flushed complexion
- Muscle cramps
- Slightly elevated body temperature
- Fast and shallow breathing

#### First Aid

Treat a worker suffering from heat exhaustion with the following:

- Have them rest in a cool, shaded or air-conditioned area.
- Have them drink plenty of water or other cool, nonalcoholic beverages.
- Have them take a cool shower, bath, or sponge bath.



*continued on p. 6*

*Consult the U.S. Center for Disease Control website <http://www.cdc.gov/niosh/topics/heatstress/> for full information.*



**VP TRACEY JOHNSON'S PAGE**

Greetings All,

This is an issue that really is taking more of my time than I have to give right now. But, it affects our membership, therefore needs to be addressed, yet again.

After receiving another complaint about the doors to the sleeping quarters being locked so that no one can gain access to them, both Lt. Spadafora and I spent several hours reviewing video. Not too much to report on that, except remember there are video cameras in the building. . . . Lots of people came and went, but only a few were seen going in and out of the sleeping quarters. I will be speaking to those people.

To whoever is doing this, it is childish and immature. NCAC went to some expense to install the doors that are in each stall for the security of those who want or need to sleep back there. By locking and then closing the doors, you are now preventing someone from getting sleep, which is not only dangerous to them, but to the rest of the crew as well as anyone driving on the street while we are responding or transporting a patient, as well as the patient themselves. Would you want to be in the ambulance with a driver who hasn't had enough sleep, or the person driving near the ambulance, or the patient who the drowsy EMT is caring for?

Tracey Johnson

We have been asked by the NY Blood Center to host a Blood Drive at our building. I am looking for a few folks that would like to chair it. There's a lot of work that needs to be put in to it. You'll need to promote it, hang signs, make phone calls from an established list, and be willing to receive calls from people wishing to make an appointment to donate as well as answer questions about donating blood.

The biggest issue is reaching out to the African-American community as a whole. The biggest need is from African-American donors, but is the lowest amount of donors.

If anyone would be willing to help out, either promoting, or the day of (we don't have an established day yet), please get back to me ASAP.

*Tracey*

- 
- Just to quell any rumors...South Nyack •
- and Upper Grandview are still in the town •
- of Orangetown. They do, however, have •
- location codes: •
- •
- South Nyack 4326 •
- Grandview 4323 •
- 

*Nyack Ambulance Annual BBQ/ Picnic.*

*Come join us Sunday August 8th from 1:00 pm to 7:00 pm  
at Marydell, Larchdale Ave. at No. Midland Ave. in Upper Nyack.*

*Food, fun, music.  
Don't forget your swim suit!!*

# CASE OF THE QUARTER

## SUMMER SCENARIOS

### Scenario 1:

Your unit is dispatched to a structure fire standby on a 98-degree afternoon in July. Two firefighters bring a young, first-time firefighter to your truck, supporting him under both arms. He is obviously weak, "not all there" mentally right now, sweating profusely, but, strangely, his skin temperature feels normal to the touch, perhaps even a bit cool, despite the heat of the day, the intensity of the fire, and the heavy work he's been engaging in.

What is your suspicion regarding this patient's condition, and why? What BLS treatment do you administer to this patient?

-----

### Scenario 2:

You are dispatched to a park on a sunny, windy, 100+ degree afternoon in early August. The dispatcher informs you that a pickup soccer game was in progress, and a 45 year old male is down, barely responsive but breathing. You arrive on scene to find a somewhat overweight man lying on the ground, muttering incoherently. His girlfriend had called 911, but his companions are laughing, - they are saying that he must have been drinking beer instead of water during the soccer game, because he is talking nonsense, and he's not even sweating, despite the fact that he was running around the field like a madman, trying to impress his new girlfriend. His skin is burning hot to the touch, and he thinks you are his boss at work.

What is your suspicion regarding this patient's condition, and why? What BLS treatment do you administer to this patient?

-----

**Please send your answers to Training Officer Willie White. Winners will be announced in the next Siren.**

## RADIO NOTES . . . . . . . .FROM SEC'Y GRIFFEL

Recently, I received a phone call from a member of the duty crew stating to me that both loaner radios were missing and no one had signed either radio out in the log.

I ask you all once again: PLEASE when a radio is borrowed (especially if it will be leaving the building) SIGN THE LOG BOOK so that we can track where the radio is. These items are not cheap to replace by any means. In addition, the recent incident mentioned above caused a duty crew member to be without a radio, which is a serious problem.

If anyone has any questions feel free to contact me.

It has been pointed out to me by a few people that they were having some radio issues transmitting on the NYS MCI Channel and Rockland County MCI Channel, getting a long "beep" tone when keying the microphone and attempting to transmit.

When you get a chance, please check Channel 13 and 14 on your radio (the Rockland County and NYS MCI Channels) - If you notice an issue please contact me so I can get your radio to radio repair as soon as possible.



Thanks,  
*Jeremy*

845-558-7103

or at the building extn 261



**KAPTAIN'S KORNER**

PAUL MORER NREMT-B

Please join me in congratulating **Cathy Scully**, who has been cleared as a driver.

Congratulations as well to our members who have recently become certified EMT-B's:

**Morgan Ambler, Deirdre Denehy and Natasha Russell**

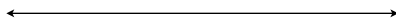
Well done!

Thanks, *Paul*

**TRAINING NOTES**

FROM WILLIE WHITE, NCAC TRAINING OFFICER

In the April Siren we posted notice of expiring certification for members and paid staff. Please note that you can check your status at any time on the training board at the corps building. There is a complete list of members/staff and their certifications. Check it next time you are at the building. Make note of expiring certifications and avoid the stress of that last minute scramble to comply. OR make note of any errors and communicate them to the training officer.



If you were unable to attend our two recent Blood-Borne Pathogens classes, you might be able to keep current with an online resource at

**www.icpri.com**

which allows you to take classes like Blood-Borne pathogens, BLS CPR, First Aid etc. Each class has a fee, but Nyack Ambulance will reimburse upon receiving a certification. Take a look and try it out!

**Please note that your BBP certification must be renewed every year.**

*Hello all:*

*I am passing along the URL for the NIMS Compliance site. All members/paid staff (regardless of your status) need to be compliant with the courses. If you already have taken these classes, please disregard. If you pass the exam, there is a certificate to print and leave a copy in my box.*

*Thank you!*

**www.training.fema.gov/emiweb/is/crslist.asp**

Click on **NIMS**

*\*(ICS 100)*

*\*IS-700.A*

*\*IS-800.B*

**A reminder from the uniform committee:**

Nyack Ambulance uniform patches are at Nyack Ambulance. If you need a patch let me know. D&E will not be stocking them anymore.

*If you currently have an issued "Nyack Ambulance badge", please respond back with the badge number. The uniform committee wants to ensure you have the correct badge number. Thank you!*

**Willie White, Uniform Committee**



**The Siren** is the quarterly publication of Nyack Community Ambulance Corps

251 N. Midland Avenue, Nyack, NY 10960

Susan Hellauer, EMT-B, editor & publisher (spike@anonymous4.com)



**CME and training opportunities in the area**

Following are local training and CME opportunities. For more complete information, changes and additions, check the training board at the NCAC building frequently for postings of CMEs and required training for corps members. You can also log on to [www.hvremSCO.org](http://www.hvremSCO.org) and click on CME for last minute changes and additions to area training. Also consult <http://www.wremSCO.org/> and [www.localendar.com/public/WREMSCO/CME-CA](http://www.localendar.com/public/WREMSCO/CME-CA) for Westchester area CMEs, numerous Call Audits, and conference notices. Rockland EMS training site: <http://www.google.com/calendar/embed?src=fdeschino%40rocklandparamedics.org>

If you know of any training opportunities that are not listed here, or on the training board, please bring them to the attention of training officer Willie White. The NCAC website, [www.nyackems.org](http://www.nyackems.org), lists classes offered at our corps.

**HVHC** = Hudson Valley Hospital Center in Peekskill, NY (training held in the Wagner Conference or OR Dining Room B, tbd – contact Dr. John McGurty 914 737 9000 or John Filanegri 914 734 3787); **GSH** = Good Samaritan Hospital in Suffern, NY, training held in the auditorium (Ernie Stonick, 845 368 5408; [estonick@tshs.org](mailto:estonick@tshs.org)); **WMC** = Westchester Medical Center, Valhalla NY; training held in the conference room of the Maria Ferreri Children’s Hospital; contact Dr. David Stuhlmiller 914 493 8484); **WEH** = Westchester EMS HQ, 444 E Main St., Mt. Kisco NY; contact Don Cottle (914 244 0440); **WPHC** = White Plains Hospital Center, East Post Rd. & Davis Ave., White Plains, contact Dr. Erik Larsen (914 681 2575); **WCDES** = Westchester County Department of Emergency Services, 4 Dana Rd., Valhalla NY, contact Dr. Erik Larsen (914 681 2575); **DFH** = Dobbs Ferry Hospital, Ashford Ave, Dobbs Ferry NY, contact Dr. Mark Silberman (914 693 5187); **Phelps** = Phelps Memorial Hospital (701 N. Broadway, Sleepy Hollow NY); **PRVAC** = Pearl River VAC, 14 N. Pearl St., Pearl River; **PFD** = Piermont FD, 554 Piermont Ave, Piermont NY; **SOAC** = South Orangetown Ambulance, 70 Independence Ave., Tappan NY; **WP Faist** = W.P. Faist Volunteer Ambulance, 3 Red Schoolhouse Road, ChestnutRidge NY.

***NOTE: CHECK THE TRAINING BOARD AT THE BUILDING FREQUENTLY FOR NEW TRAINING CLASSES.***

**JULY**

- 13 Tue 7:30p: CME Toxicology, PRVAC
- 19 Mon 8:00p: CME Documentation WP Faist
- 20 Tue 7:30p: CME Patient Assessment, Piermont FD
- 22 Thu 7:30p: CME OB-GYN, Warwick
- 27 Tue 7:30-9:30pm: CME Virtual Autopsy, NCAC
- 29 Thu 7:30-9:30p: CME Pharmacology, SOAC.

**AUGUST**

- 10 Tue 7:30p: CME Pharmacology, PRVAC
- 16 Mon 8:00p: CME TBA, WP Faist
- 17 Tue 7:30p: CME Thoracic Trauma, Piermont FD
- 24 Tue 8p-11p: CME: Trauma Assessment, NCAC
- 26 Thu 7:30p: CME WMD, SOAC
- 31 Tue 7p-10p: Hazmat Ops for EMS, WCDES, registration mandatory: (914) 231-1616



**SEPTEMBER**

- 1 Wed 7:30p: CME Patient Assessment, Blooming Grove VAC (call to confirm)
- 13 Mon 7:30p: CME TBA, Greenwood Lake VAC
- 14 Tue 7:30p: CME WMD, PRVAC
- 20 Mon 8:00p: CME Airway, WP Faist
- 21 Tue 7:30p: CME Head Trauma, Piermont FD
- 27 Mon 7:30p: CME Patient Assessment, SOAC
- 28 Tue 7:30p: CME Cardiac, NCAC

Irvington VAC EMT-B Refresher starts 8/25/10, test 12/16/10 for info & to register Benjamin Fontanilles EMT-P/CIC (914)

LaGuardia Community College, CUNY Paramedic Class Sept. 7 2010-Aug 18 2011, Mon, Tue Wed Thur 6pm-10pm & alt Sats 9:30am-4:30 pm for further info call 718 482 5768 or [paramediprogram@lagcc.cuny.edu](mailto:paramediprogram@lagcc.cuny.edu). Time is limited to enroll. See application form on the training board at the building.

**SAVE THE DATES!**

VITAL SIGNS CONFERENCE  
Aug 26-29, 2010  
Sheraton NY Hotel & Towers  
[www.vitalsignsconference.com](http://www.vitalsignsconference.com)

NYSVARA “PULSE CHECK”  
Educational Conference  
& Trade Show  
Thur Sept. 30, 2010 thru Sun Oct. 3, 2010  
Holiday Inn, Albany, NY  
Registration Fee: \$120.00  
[www.nysvara.org](http://www.nysvara.org)

Rockland County FTC announces  
Common Threads in Firefighter Tragedies,  
Mayday, Mayday, Mayday  
This 3-hour seminar will focus on the safety and survival of the personnel present on the fire scene. Wed., Oct 27, 2010 7 pm, FTC Auditorium,  
\$10.00 per person call 845 364 8800 or [rcftc@co.rockland.ny.us](mailto:rcftc@co.rockland.ny.us) for more information or to reserve. Class size is limited.

**HEAT STRESS**

*continued from p. 1*

**Heat Syncope**

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

**Symptoms**

Symptoms of heat syncope include:

- *Light-headedness*
- *Dizziness*
- *Fainting*

**First Aid**

Workers with heat syncope should:

- *Sit or lie down in a cool place when they begin to feel symptoms.*
- *Slowly drink water, clear juice, or a sports beverage.*

**Heat Cramps**

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

**Symptoms**

Muscle pain or spasms usually in the abdomen, arms, or legs.

**First Aid**

Workers with heat cramps should:

- *Stop all activity, and sit in a cool place.*
- *Drink clear juice or a sports beverage.*
- *Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.*
- *Seek medical attention if any of the following apply:*
  - *The worker has heart problems.*
  - *The worker is on a low-sodium diet.*
  - *The cramps do not subside within one hour.*

Reprinted from:  
<http://www.cdc.gov/niosh/topics/heatstress/>

**CONGRATULATIONS**  
**CATHY RADZIEMSKI,**  
**WINNER OF THE APRIL**  
**CASE OF THE QUARTER CHALLENGE.**  
*SHE CORRECTLY ANSWERED*  
*ALL THE QUESTIONS*  
*IN THE PREGNANCY SCENARIO.*

---

**Congratulations to**  
**Leah Westcott**  
**Winner of our**  
**Driver Challenge**

Road F is the continuation of Franklin St, the overpass of the NYS Thruway in South Nyack.

*Willie White*  
 NCAC Training Officer

**AUTHOR, AUTHOR!!**

Our own **Paul Braus** has published his first novel.

**The Creature's Curse**

The story revolves around Abigail Merriweather, who wears a distinctive pewter medallion that has been passed down through the generations in her family. It was first worn by a descendent of Abigail's: a witch executed in Salem, Massachusetts in the 17th century. The medallion contains some extremely evil energy - and those around Abigail will be caught up in the resulting havoc! Also - as the title states - there is a creature involved. He is big and nasty - and he claims a number of unfortunate victims in gruesome fashion. How does it all tie together? Find out by reading **The Creature's Curse**. The paperback is published by River East Press. It is available on Amazon and at BN.com (Barnes & Noble) and is also at Pickwick Books in Nyack and at other book stores in the area.

Help support a fellow EMT's writing career and buy pick up a copy today. **Horrors!**



EMERGENCY SERVICES & LAW ENFORCEMENT APPRECIATION DAYS SATURDAYS, AUGUST 21 & 28, 2010

PLAY!

Six Flags says THANK YOU to all CERT, Emergency Management, Firefighters, Law Enforcement, Medical, Police, Rescue and Security personnel, their friends and family with a huge discount on admission to Six Flags Great Adventure and Wild Safari.

SAVE!

Tickets are more than 60% OFF the main gate regular admission price! Add in the discount buffet and a souvenir Kodak voucher for an even better deal!

EAT!

For ONLY \$14.00 + tax per person enjoy an ALL-YOU-CAN-EAT BUFFET Includes: hamburgers, chicken tenders, mac & cheese, garden salad, ice cream and fountain beverage!

NJ Public Schools are exempt from NJ State Sales Tax with payment by school check or purchase order. Private Schools and Schools in other states must pay the sales tax unless a copy of a NJ ST-5 Form accompanies order. The NJ ST-5 Form is the only form accepted for exemption. Sorry other states and federal tax exempt certificates are not valid in NJ.

All orders must be postmarked and paid by August 13, 2010. There is a \$2 up charge per ticket for late orders. Tickets are non-refundable. Children 2yrs and under are free. Order will not be accepted if processing fee is omitted.

Please make check payable to: Six Flags (Multiple checks will not be accepted)

Amount: \_\_\_\_\_ Check# \_\_\_\_\_
Please charge: \_\_\_\_\_ AMEX \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ Discover
Account #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_
Signature: \_\_\_\_\_
Name (as it appears on card): \_\_\_\_\_

Please provide full street address. We cannot ship to a PO Box #. We ship FedEx, signature is required.

FedEx tickets to:
Organization Name: \_\_\_\_\_
Contact Name: \_\_\_\_\_
Street Address: \_\_\_\_\_
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_
Daytime Phone: \_\_\_\_\_
Evening Phone: \_\_\_\_\_
E-mail (For Shipment Notification): \_\_\_\_\_

Display Name of Honoree: \_\_\_\_\_
(Must be submitted by 8/1/10. Honoree can be individual or organization. Display will be located at the main entrance. Six Flags reserves the right to edit or omit displays for space or content).

Due to maintenance and other circumstances, certain rides and attractions (including new rides) may not be open to the public.

Table with 4 columns: Ticket Type, Price, Quantity, TOTAL. Rows include: Law Enforcement & Emergency Services Appreciation 1-Day Admission (\$21.40), All-You-Can-Eat Buffet Ticket (Valid Only August 21 in Theme Park) (\$14.98), All-You-Can-Eat Buffet Ticket (Valid Only August 28 in Theme Park) (\$14.98), Hurricane Harbor (\$20.00), Kodak Voucher (\$3.21), Vehicle/Bus Parking (\$15.00), Processing Fee (\$10.00), Total Order Amount (\$).

Mail to: Six Flags Great Adventure Attn: Special Events 1 Six Flags Blvd. Jackson, NJ 08527 OR Fax your order to: (732)833-0116

# Noteworthy

NCAC Picnic Sunday August 8th - details inside.

## BEST WISHES

JAMIE SPADAFORA  
&  
JIM RAWCLIFFE

ON THEIR WEDDING

JUNE 12, 2010



## CONGRATULATIONS

TO NEW EMTs

Morgan Ambler

Deirdre Denehy

Natasha Russell

*Congrats from all to new Dominican grad Deirdre Denehy. Way to go!*

Nyack Community Ambulance Corps  
251 N. Midland Avenue  
Nyack, NY 10960

*Since 1939 . . . Neighbors helping neighbors . . . Day and night . . . For health and life*