



HOT TOPICS

CHIEF'S CORNER



At the 2022 Fallen Firefighter Memorial, 348 new names were added to the wall because a firefighter had died of occupational cancer. Firefighters have a 9% greater chance of being diagnosed with cancer and a 14% greater chance of dying from cancer than the general U.S. population. This is because of the direct correlation between the exposures firefighters experience on the job.

January has been designated as Firefighter Cancer Awareness Month. The Oshkosh Fire Department is very committed to reducing the risk of occupational cancer to its members. With the support of the community and the City of Oshkosh we have been able to implement many new programs, procedures, and equipment that help to decrease our exposure risks.

To continue to reduce the threat of occupational cancers from the men and women who protect our communities across the country it is our goal to help increase public awareness surrounding the risks that they face. This awareness will help to drive legislative changes, changes in manufacturing specifications, and increased prevention and benefit programs for the firefighters. We hope that you feel as strongly as we do that we need to protect those that protect others.

Stay safe and well. Happy New Year!

--Chief Mike Stanley

INVISIBLE KILLER

by John Holland, PubEd Specialist

Carbon monoxide (CO), known as the "invisible killer", is an odorless, colorless, poisonous gas created when any fuel is burned. The levels rise to dangerous levels when the fuel is not being burned efficiently or when there is poor ventilation.

Hundreds of people in the U.S. die from unintentional carbon monoxide poisoning every year, according to the Centers for Disease Control and Prevention. More than 20,000 visit the emergency room, and more than 4,000 others are hospitalized.

Last year in Oshkosh we responded to 59 CO calls. Luckily, no one had to be transported for treatment. Winter is prime time for CO poisoning as people turn on their heat, mistakenly warm their cars in attached garages, or have their furnace vents and intake valves get blocked by heavy snowfall

Symptoms of CO poisoning are very similar to the having the flu: headache, dizziness, nausea, sleepiness, and confusion. Prolonged or high level exposure can lead to unconsciousness and even death.

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INVISIBLE KILLER (Continued from page 1)

How Can I Prevent CO Poisoning?

First of all, and most importantly, if you have any gas or wood burning appliances or fire places in your home you need to have a CO Detector on every level of your home. A working detector is the only way to know if you have dangerous levels of CO present.

- Have your heating system and chimney professionally checked every year.
- Follow all directions on all of your appliances.
- Never use your oven to heat your home.
- Never run a vehicle in an attached garage.
- Never use a gas or charcoal grill inside.
- Make sure your furnace vents and intakes are clear after a heavy snowfall.

If the CO Alarm Sounds

- Never ignore the alarm or look for the source of the problem yourself.
- Move outside to fresh air and call 9-1-1. There is poisonous gas in your home.
- Do not open doors and windows to vent your home. When we come to find the source of CO we will get nothing but clean air.
- Go to your family's safe meeting place to ensure that everyone is out safely. You do have one, right?
- Do not reenter the building until the firefighters give you the OK.

By following the above safety tips you can keep yourself and your family safe from the dangers of carbon monoxide poisoning.



WHAT'S NEW

Congratulations to Mike Stephens (left) and Keith Kramer (right). Both were promoted to Captains at the January 4 PFC meeting.



City of Oshkosh and Fire Department leadership attended an all-day All Hazards Preparedness Workshop funded by the Department of Homeland Security and FEMA.



Daisy Troop 2454 visited Station 15 on January 17. Recruiting future firefighters starts early!



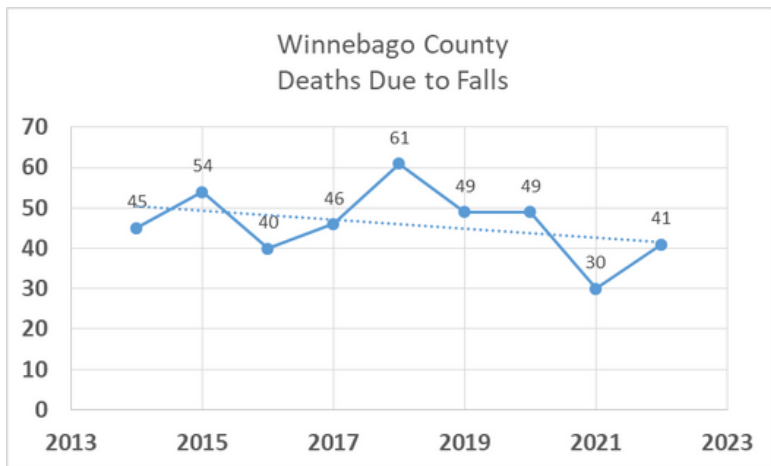
Lobo ventured out on the lake on Saturday. OFD members worked hard to safely bring him in. His owner was very grateful and brought in this cake for the crew.

COMMUNITY PARTNER: OSHKOSH SENIOR CENTER

by MJ VanGompel, Management Analyst



Many individuals die each year because of falls. In Winnebago County, deaths related to falls have decreased every year since 2018, but falls are still the 2nd leading cause of death in Wisconsin and the first cause of hospitalization.



That is why the Oshkosh Fire Department has partnered with the Oshkosh Senior Center (OSC) in a collaborative Fall Prevention Program. Falls are preventable; they are not inevitable and are not a natural part of aging.



OSC is using a science based approach based on the Center for Disease Control (CDC) STEADI Stopping Elderly Accidents, Deaths & Injuries. OSC will conduct a 3-5 minute Balance Assessment utilizing a Biodex Fall Risk Screening tool. This painless assessment will determine your balance compared to others of your age and gender. OSC will then provide recommendations for exercises that will help you build strength and balance to prevent falls. Classes include: Tai Chi, Movement Exercise, LifeFitness Circuit, Silver Sneakers, Range of Motion and Rapid Movement.



Appointments are required. To make an appointment now for you or someone you love, please call 920-232-5301. A special thank you to Senior Services Manager, Jean Wollerman and Fitness Coordinator, Alex Jensen. Come over to the Senior Center on Thursday January, 26 for their Open House. Check out the Biodex Assessment, visit with vendors and see the amazing programs that the Oshkosh Senior Center has to offer.

CHECK YOUR RISK FOR FALLING

Circle "Yes" or "No" for each statement below			Why it Matters
I have fallen in the past year.	Yes (2)	No (0)	People who have fallen once are likely to fall again
I use or have been advised to use a cane or walker to get around safely.	Yes (2)	No (0)	People who have been advised to use a cane or walker may already be more likely to fall
Sometimes I feel unsteady when I am walking	Yes (1)	No (0)	Unsteadiness or needing support while walking are signs of poor balance
I steady myself by holding onto furniture when walking at home	Yes (1)	No (0)	This is also a sign of poor balance
I am worried about falling	Yes (1)	No (0)	People who are worried about falling are more likely to fall.
I need to push with my hands to stand up from a chair	Yes (1)	No (0)	This is a sign of weak leg muscles, a major reason for falling
I have some trouble stepping up onto a curb	Yes (1)	No (0)	This is also a sign of weak leg muscles
I often have to rush to the toilet	Yes (1)	No (0)	Rushing to the bathroom, especially at night increases your chance of falling
I have lost some feeling in my feet	Yes (1)	No (0)	Numbness in your feet can cause stumbles and lead to falls
I take medicine that sometimes makes me feel light-headed or more tired than usual.	Yes (1)	No (0)	Side effects from medicines can sometimes increase your chance of falling
I take medicine to help me sleep or improve my mood.	Yes (1)	No (0)	These medicines can sometimes increase your chance of falling.
I often feel sad or depressed	Yes (1)	No (0)	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Add up the number of points for each "Yes" answer. If you scored 4 points or more, you may be at risk for falling.			



OSHKOSH SENIORS CENTER

FOX FITNESS CENTER AND WELLNESS FAIR OPEN HOUSE

Sponsored by  network health

First 50 people to sign up and attend fitness equipment orientations receive **FREE Exercise Band Kits**

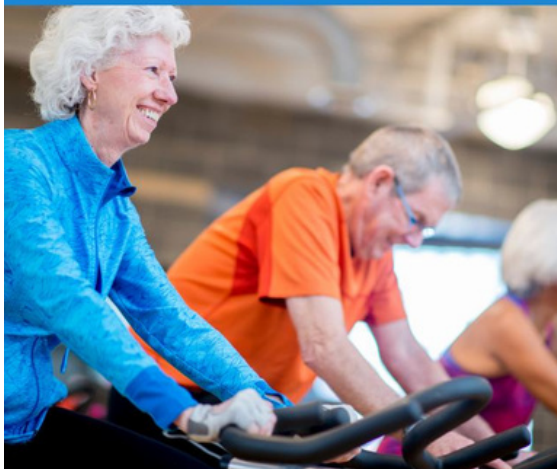
Find out how to be proactive in your healthy aging journey!



Thursday, January 26 Noon-3 pm

234 N. Campbell (North Facility)

Need additional information please call 920.232.5300



- Tour Facility's State-of-Art Fitness Equipment
- Sign Up for Equipment Orientation
- Win Door Prizes
- Receive Health and Wellness Information
- Learn about the New Fall Risk Screening Equipment

Wellness Fair Booth Participants

Elite Hearing Center
 Physical Achievement Center
 Fox Valley Physical Therapy
 ADRC –Winnebago County
 Memory Care Project

Chiropractic Health
 Home Town Pharmacy
 Oshkosh Fire Department
 Oshkosh Police Department
 Christine Ann Center

LET'S CONNECT

