



HOT TOPICS

Oshkosh Fire Department



CHIEF'S CORNER



School's out; it's time for vacation and fun in the sun. This summer is starting out as a scorcher! This month's newsletter brings many reminders about how to protect yourself and your loved ones. Apply sunscreen early and often.

Remember to stay well hydrated. We want everyone to enjoy their summer and not be sunburned and miserable. While we continue to recover from the COVID pandemic we are further along but it is not in our rearview mirror quite yet. Please keep washing your hands frequently, wearing a mask if you're not vaccinated, and try to maintain social distancing. If you have not been vaccinated yet, we encourage you to take advantage of the many opportunities to do so.

The fire department always advocates for safe practices for our community members and we also practice what we preach. This month we were able to upgrade the protective firefighting hoods that our firefighters wear to better protect them from the very high risk of occupational cancers that they face. We feel very fortunate to be able to provide the highest level of protection available with these new hoods.

Stay safe and enjoy your summer.

--Chief Mike Stanley

PREVENT, PREPARE, PRACTICE

by John Holland, Public Information

As we're spending time out in the summer sun, firing up our grills, using fireworks or enjoying a campfire, it's the perfect time to remember that safety always comes first.

Keep these tips in mind while you're out enjoying our all too short summer to ensure a safe and burn free season.

Sunscreen

When you're outside this summer make sure you and your family are wearing sunscreen. Sunscreen should be worn on both sunny and cloudy days. The biggest mistake that people make (besides not using it at all) is not using enough of it. Most adults need about a shot glass full to cover their entire bodies. Any skin that is not covered by clothing or a swimsuit needs to have sunscreen applied to it. Rub it thoroughly into skin and don't forget your neck, ears, and tops of your legs and feet. Not only can sunscreen prevent sunburn now, it can also prevent skin cancer in the future.

Grilling

To avoid burns when grilling out keep a three foot child-free zone all around the grill. Never add starter fluid (or any flammable liquid) to hot or warm coals while grilling. This can result in severe burns when the flames flare up. Also, make sure that you dispose of the ashes properly.

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PREVENT, PREPARE, PRACTICE

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Fireworks

Fireworks are a blast (pun very intended) but can also cause serious burns. Your best bet is to leave fireworks to the professionals. However, if you choose to use them at home please keep the following in mind. First of all, only use legal fireworks. Anything that leaves the ground or explodes is illegal in Wisconsin. Secondly, only adults should light fireworks and no one should ever try to re-light a firework that doesn't work the first time.

Did you know that sparklers burn at over 1200° F? Keep a close eye on any children who are holding them.



Camp Fires

Whether in the backyard or at a campsite, care must be taken when sitting around a campfire. By the way, if you're having a campfire in your backyard do you have a Recreational Burn Permit? To buy a permit, [click here](#):

Again, have a three foot child-free zone around the fire. Never let children play with or put anything into the fire. Use care when making S'mores. Molten marshmallow can cause painful burns to the mouth or skin. Also, just like with grills, never add any flammable liquids, or anything other than dry wood for that matter, to a campfire. And contrary to popular belief, when it comes to campfires, bigger is definitely not better. When you're finished with your fire make sure it's completely put out and you dispose of the ashes properly.

Burn safety is very important and needs to be taken seriously. Following these common sense tips can prevent an unnecessary and painful trip to the emergency department.

CNVFILLM FF1

City of Oshkosh Guiding Principles

Around the firehouses you may have recently spotted some posters. As a part of the City strategic planning process, we established 9 guiding principles that help us in our day to day activities. Starting in July, *Hot Topics* will feature one story about how our Firefighters and Paramedics embody one of these principles.

- Can Do Spirit
- Accountable
- Transparent
- Engaging
- Economical
- Responsive
- Innovative
- Equitable
- Inclusive

Do you have a story to submit? Contact MJ VanGompel

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CANVA STORIES



**DO YOUR PART.
PROTECT AGAINST COVID-19.**



**WALK-IN
WEDNESDAY**

VACCINE CLINIC

**SUNNYVIEW EXPO CENTER
500 E CTY RD Y, OSHKOSH**

1:00 PM - 6:00 PM

**EVERY WEDNESDAY
IN MAY & JUNE**

**FREE COVID-19 VACCINE. NO APPOINTMENT,
IDENTIFICATION OR INSURANCE REQUIRED.**

Visit www.wcvaccine.org for information on the type of vaccine administered, any age restrictions and additional vaccine locations in the area.

For free transportation, call 'Make the Ride Happen' at 920-225-1719.

**WWW.WCVACCINE.ORG
COVID-19 HOTLINE: 920-232-3026**



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

MEDICAL DIRECTOR MINUTE

by Dr. Kerry Ahrens



Let's do a case review! You are called to the scene of a MVC. The patient you attend was T-boned at highway speeds off HWY 21 almost to the Waushara county line. First responders have pulled a 7-month pregnant woman from the driver's seat. She is screaming in pain but able to be calmed down. You lay her flat on a backboard on the cot, place a C-collar, move her to the ambulance and assess her. Initial VS are HR 110, BP 75/48, RR 26, pulse ox 100% on room air (RA). She remains clothed and starts to complain that she cannot breathe.

A. What should you do to address her poor vitals? (See Answer A) .

B. After your intervention you notice her new HR is 110, BP 101/52, RR 22, pulse ox 100% RA and she reports feeling less short of breath and is conversing but still in pain. What intervention would you do next prior to transport? (Answer B).

C. You place an IV, but are wise in not using lower extremities for access. You remove her shirt fully and notice a seat belt sign, BP repeated after 3 minutes is 95/53 and your transport time to the nearest trauma center is 60 minutes. What are your transport considerations? (Answer C).

The patient is transported to Theda where the awaiting trauma surgeons and an OB were able to effectively resuscitate both mother and child from her traumatic placental abruption which typically has a mortality rate of 54% (1). Placental rupture in this case was caused by the lateral force from the car that T-boned her and the force of her seat belt.

Learning points:

Trauma is the leading non-obstetric cause of maternal death during pregnancy, causing up to 20% of maternal deaths, and traumas have 2-fold higher mortality than non-pregnant women (1). Women as early as 20 weeks gestation when lain flat can cause up to 30% decrease in cardiac output from her positioning alone due to fundal pressure on the IVC(2). Be sure to put her on a board and place a towel/blanket underneath the board, tilt her to her left optimizing blood flow. For that same reason you should not place any access below the pelvis due to vascular congestion in the pelvis from IVC compression of uterus(3). If you need an IO, place a humeral IO. Pregnant women have a HIGH amount of physiologic reserve (due to increased plasma volume) leading often to a delay in paramedics (and providers) from recognizing large-volume blood loss based on vital signs alone. You can have up to a 2L loss of blood before seeing a change in her blood pressure. Call early for flight in these patients as they can rapidly decompensate. Both ThedaStar and Medflight (If ThedaStar not available) have blood products on board and can initiate a transfusion in the field which could be life saving for not only mom but for the fetus as well.

C: Strongly consider calling for a helicopter to transport. Remember, you only need to make one request through the Comm Center. If ThedaStar is not available, their dispatch will find the next closest available helo to fly to the scene. Don't delay transport to wait for a helicopter!

B. Establish early IV access - she was in a high velocity trauma, is very pregnant, and will have a high likelihood of needing intervention (fluids, meds, etc) .

A. Place a towel under her right side tilting her left to get the fundus (pregnant abdomen) off of her inferior vena cava and then recheck vital signs.

Answers

References

- 1.Desphande et al. Pregnant trauma victims experience nearly 2-fold higher mortality compared to their non pregnant counterparts. Am J Obstet Gynecol 2017; 217: pp590.e1-9.
- 2.Burns. Resuscitation in pregnancy. In Tintinalli J.E.; Stapczynski JS and Ma OJ. Tintinalli's emergency medicine: a comprehensive study guide, 8e. New York: McGraw-Hill Education, 2016.
- 3.Delorio NM. Trauma in pregnancy. Tintinalli's emergency medicine: a comprehensive study guide, 8e. New York: McGraw-Hill Education, 2016.
- 4.Yancey at al. Postpartum Preeclampsia: Emergency Department Presentation and Management. The Journal of Emergency Medicine. 2011. 40(4). 380-84.

EVERYONE GOES HOME

by Lieutenant Drew Jaeger

Life Safety Initiative 15 deals with code enforcement and residential sprinkler advocacy.

There are several state groups that advocate for greater awareness and increased use of residential fire sprinklers. These include the Wisconsin Fire Sprinkler Coalition, whose membership includes groups from industry and the fire service. You may know the good works of our PFFW Charitable Foundation through burn camp and Newspapers in Education, but they also are our state's main advocacy group for fire safety legislation.



Beginning April 19th, the Wisconsin Department of Professional Services is requiring all new multi-occupant residential buildings of 3 to 9 units to have installed sprinkler systems. From the perspective of the NFPA, National Fallen Firefighters Foundation and just about every firefighter advocacy group out there, fire sprinklers reduce both civilian casualties and firefighter injuries based on limiting fire spread.

A check of the Wisconsin Fire Sprinkler Coalition Facebook account will show numerous recent accounts of fires both in Wisconsin and around the country that were controlled by installed sprinklers. Along with supporting these groups with your time, financial support or both, here are some ideas you can take at the company level.

Inspections and information sharing:

After years of the "Hi there, can we do a fire inspection?" model of showing up at local businesses, I have begun doing a little more homework before each inspection. Part of this is based on being at a station that is new to me. Look in the "location" tab to find out what building features you should expect to find, such as Knox Box location, and what type of alarm or sprinkler system is present. I also recommend contacting the business ahead of time, especially those large apartment complexes. It gives us a chance to offer positive feedback on their efforts towards fire safety and compliance. I am beginning to find quicker follow up from the management companies with this collaborative approach. When we do find substantial challenges, the inspections division has been very supportive by quickly following up. This spring we found a recently planted tree right next to a hydrant at a senior living community. It wasn't blocking the steamer connection, but even the ever spry Lt. Herbst would have had to do some fancy dance moves to get the hydrant wrench to open the valve with a tree in the way.

Understanding sprinkler FDC locations:

Along with updating contact information, we have been taking a detailed look at any installed fire protection systems, including potential access challenges in terms of water supply or obstacles to connecting to the FDC. The layout of the driveway and nearby hydrants to the Jackson Farms apartments for example, would best be served by laying a supply line from the south,; it still will be extremely challenging to lay that supply line and position the first and second rigs without blocking access to following companies. I encourage anyone who is recently promoted, transferred, or just looking for a way to broaden your knowledge to try to spend a little time and consider strategies to quickly support the sprinkler systems of buildings in your service area.

The quicker the fire goes out, the quicker everyone goes home.

HYDRATION

by **Chuck Hable, EMS Battalion Chief**

Finally! It's summer! Most of us have been waiting for the warmer weather, school being out for our kids, summer sports like baseball and soccer, boating and summer vacations. We call it 'Prime Time' around here for a reason!

A concern that comes with summer is dehydration, especially for firefighters and paramedics. The work we do is strenuous, often occurs outside without protection from heat, humidity and sunshine and can be prolonged. It is important for us to attack dehydration before it happens! Plan your fluid intake on the days you work, especially those that are forecast to be warm.

Officers, please encourage your firefighters and paramedics to pay close attention to their hydration and remind them throughout the day to hydrate.

The best liquid to drink is plain old water. It's common to see many of our co-workers with water bottles or Thermoses during the day. That's great! Once the strenuous activity starts and you begin to sweat a lot, it's OK to add a sports drink of your choice to help replace electrolytes. There are lots of natural foods that contain electrolytes that are great tasting; make them part of your regular diet. They include watermelon, bananas and tomatoes, among lots of others.

Avoid or limit caffeine. Caffeine is a diuretic that will lessen the effect of your water intake. And, it sounds weird, but pay attention to your urine. How often are you using the bathroom? What is the color of your urine? When not 'complicated' by diuretics, the frequency and color of your urine are a great measurement of your hydration status.

Did you know, when tested for dehydration in studies, many firefighters were found to be dehydrated before they even started firefighting activities?

Please, take care of yourselves. And have a great summer!



WHAT'S NEW

Congratulations to Greg Stelter on his recent promotion to Battalion Chief. Greg spent the last 6 months as Lieutenant in the Training Division and has been a regular contributor to **Hot Topics**. He is currently spending his days in orientation and will be moving to B-shift Duty Chief upon the retirement of long time Battalion Chief, Mark Boettcher.

Greg has been with the OFD for 24 years. He recently completed the National Fire Academy Managing Officer Program, and is currently enrolled in the UW-Oshkosh FERM Program. "I want to thank the OFD for entrusting me with the responsibilities of a Battalion Chief. I look forward to working with our crews to provide great service to the community."

"Greg's education and experience will make him a great Battalion Chief for the Oshkosh Fire Department. His love of the department, its firefighters, and the community will make him a great leader," said Fire Chief Mike Stanley.



Please join the City of Oshkosh Sole Burner team on Saturday, August 21, 2021. Register yourself, your family and friends for our team. When registering, pick the event location/format that works best for you. There are several options including: Sunset Park in Kimberly, Hydro Park in Kaukauna or Loop the Little Lake, Neenah.

If you have any questions about the event please contact: Kim Wallmuller, Team Captain at 920-236-5233 or Tammy Malewski, Co-Captain at 920-236-5763.

We look forward to seeing you at the 2021 Sole Burner on August 21!



Battalion Chief Greg Stelter



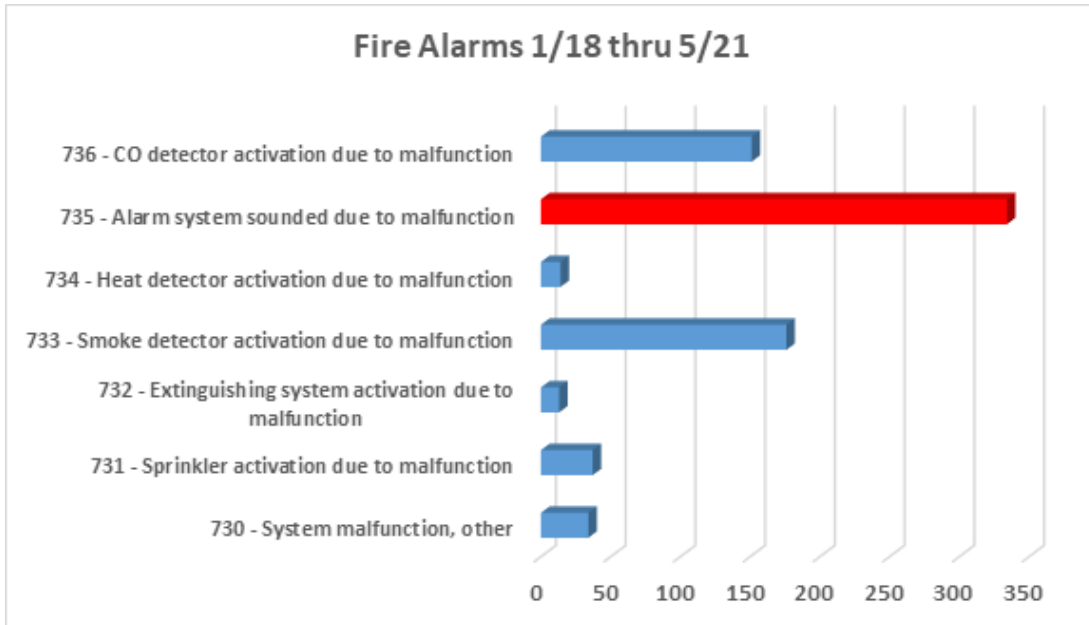
[Click here to REGISTER](#)



METRICS MATTER

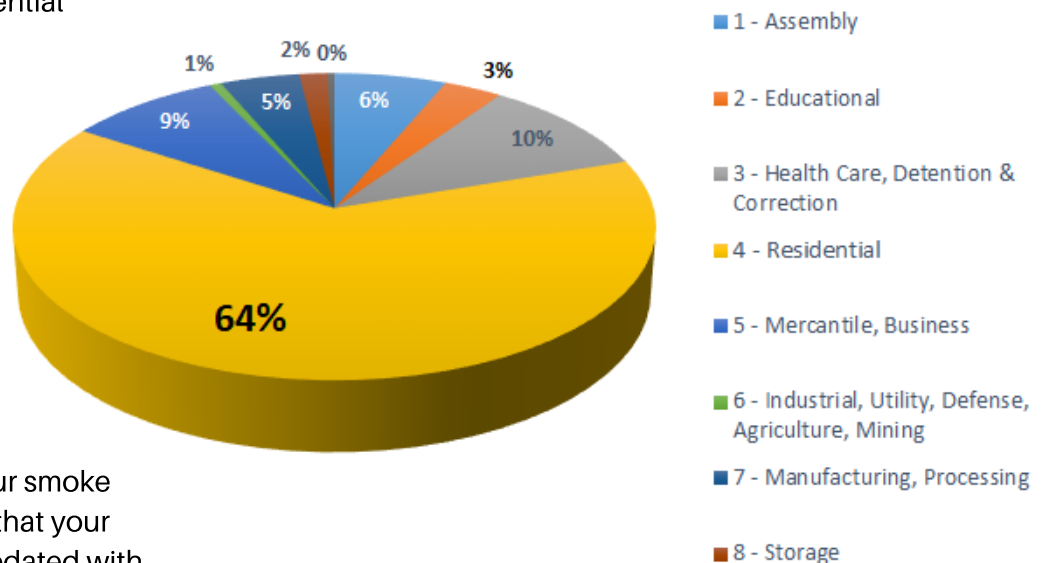
by MaryJo VanGompel, Management Analyst

Since January 2018, the OFD responded to 759 fire alarms in the City of Oshkosh. One hundred-thirty six (136) addresses had multiple calls equaling 465 incidents. In addition I found that most fire alarms were activated because of malfunctions. The other common causes are in the chart below:



The most common location for fire alarms occurred in residential property.

Fire Alarms by Property Use



Be sure to check that your smoke detector is working and that your contact information is updated with your security provider.

MAY 2021



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LET'S CONNECT

