THE TONE OUT

Emergency Services Quarterly Newsletter (Q1)

March 2018

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TOP STORY

Georgetown County Volunteer of the Year for 2017 Fire Chief Doug Eggiman, Midway Fire Rescue

Battalion Chief Ed Mills was selected as the County's Volunteer of the Year for 2017. BC Mills has volunteered with Midway Fire Rescue for 40+ years. The department is so grateful to have a volunteer who has

given so much to the fire station. Ed is always taking time to help the Midway Fire Rescue firefighters solve problems, make repairs, and to shuttle vehicles back and forth to First Vehicle Services (FVS) for service and repairs. He often makes multiple trips back and forth to FVS in a day. Every morning BC Mills comes in and asks, "What do you need?" He always answers the phone when needed! In addition, he has



assisted with the spigot repairs at the Fire/EMS stations, completed electrical repairs, hung and run charging cords for ambulances, repaired fire equipment, and made pigtails for the new trucks. These are just to name some of things he has done for the department.

Mills is just always there and is always offering to help. He is usually making repairs before the department even realizes there is an issue! Frequently, he will bring in personal equipment/tools to fix the problems. In addition, he is a huge contributor in the community, helping his friends make repairs, cutting their grass, or running errands for them. Usually he isn't even asked; he just sees a need and gets it done.

BC Mills helped to found, run, and maintain Midway Fire Rescue, all because it just needed to be done. He is a role model for younger firefighters, and fills in on tasks so firefighters can train and handle other duties and responsibilities.

This award couldn't have gone to a more deserving person!

Medic 15 Moves into New Station in Andrews AFC Tony Hucks, County Fire/EMS



On Monday, March 5, 2018, Medic 15 moved into their new station in Andrews. It was a lengthy process. County Fire/EMS applied for a grant through the USDA for the construction of a new station, and the grant consisted of a 75/25 grant funded split between the USDA and Georgetown County.

A sincere thank you to the County Administrator and County Council for approving the funding to cover the matched funds to get this project completed. Also, a big thank you to Facility Services for all their hard work getting the station constructed and move-in ready. We would also like to thank the Town of Andrews for providing a facility to keep Medic 15 in the town limits of Andrews for so many years. The Andrews EMS Station was housed in a Town of Andrews owned building, and now the Station is

County owned and has only moved 0.9 miles from its old location. The move does not affect response times. The station is still located in the town limits of Andrews, and is on the old Andrews High School campus.

We are thrilled for the new facility to house Medic 15 and its crews, and we greatly appreciate our employees' patience to get to this point.





Severe Weather Awareness Georgetown County Emergency Management

With the onset of Spring comes the possibility of severe weather events. Severe Weather Awareness Week in South Carolina this year is March 4-10, 2018; and the annual school Tornado Drill is scheduled for March 7, 2018 at 9:00 a.m. Recognizing severe weather, developing a plan, and being ready to act when threatening weather approaches can protect you and your family. Remember, your safety, and the safety of those in your care, is up to **YOU!** Thunderstorms can produce dangerous lightning, tornadoes, straight-line winds, floods and flash floods, and hail.

What YOU Can Do Before Severe Weather Strikes



Develop and practice a plan for you and your family at home, work, school, and when outdoors, and have an emergency supply kit. The American Red Cross offers tips at: www.redcross.org, and the Federal Emergency Management Agency (FEMA) at: www.ready.gov.

When Dangerous Weather Approaches

Avoid the Lightning Threat

- Have a lightning safety plan. Know where you'll go for safety and how much time it will take to get there. Make sure your plan allows enough time to reach safety.
- Postpone activities. Before going outdoors, check the forecast for thunderstorms. Consider postponing activities to avoid being caught in a dangerous situation.
- Monitor the weather. Look for signs of a developing thunderstorm such as darkening skies, flashes of lightning, or increasing wind.
- **Get to a safe place**. If you hear thunder, even a distant rumble, immediately move to a safe place. *When Thunder Roars, Go Indoors!* Fully enclosed buildings with wiring and plumbing provide the best protection. Sheds, picnic shelters, tents or covered porches do not protect you from lightning. If a sturdy building is not nearby, get into a hard-topped metal vehicle and close all the windows. Stay inside until 30 minutes after the last rumble of thunder.
- If you hear thunder, don't use a corded phone. Cordless phones, cell phones, and other wireless handheld devices are safe to use.
- Keep away from electrical equipment, wiring, and water pipes. Sensitive electronics should be unplugged well in advance of thunderstorms. Don't take a bath, shower, or use other plumbing during a thunderstorm.



There is no safe place outside during a thunderstorm. Plan ahead to avoid this dangerous situation! If you're outside and hear thunder, the only way to significantly reduce your risk of becoming a lightning casualty is to get inside a substantial building or hard-topped metal vehicle as fast as you can. Remember, there is no substitute for getting to a safe place.

- Avoid open areas and stay away from isolated tall trees, towers, or utility poles. Do not be the tallest object in the area. Lightning tends to strike the tallest objects in the area.
- Stay away from metal conductors such as wires or fences. Metal does not attract lightning, but lightning can travel long distances through it.



Tornado Safety Rules

- The safest place to be is an underground shelter, basement, or safe room. If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest
- Mobile homes are not safe during tornadoes. Abandon mobile homes and go to the nearest sturdy building or shelter immediately.
- If you are caught outdoors, seek shelter in a basement, shelter or sturdy building. If you cannot quickly walk to a shelter:
 - o Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
 - olf flying debris occurs while you are driving, pull over and park. Now you have the following options as a last resort:
 - Stay in your vehicle with the seat belt on. Put your head down below the windows, covering with your hands and a blanket if possible.
 - If you can safely get noticeably lower than the level of the roadway, exit your car, and lie in that area, covering your head with your hands.
- Your choice should be driven by your specific circumstances

Flash Flood Safety Rules



- Avoid driving, walking, or swimming in flood waters.
- Stay away from high water, storm drains, ditches, ravines, or culverts. Even moving water only six inches deep can knock you off your feet. Move to higher
- Do not let children play near storm drains.
- If you come upon a flooded roadway never drive through it. TURN AROUND **DON'T DROWN!!!**

Stay Informed with a NOAA Weather Radio for All Hazards

What to Listen for...

Tornado Watch—NWS meteorologists have determined that tornadoes are possible in your area. Remain alert for approaching storms. Know if your location is in the watch area by listening to NOAA Weather Radio, visiting www.weather.gov or by tuning into your favorite radio or television weather information broadcast stations.



Severe Thunderstorm Watch-NWS meteorologists have determined that severe thunderstorms are likely to occur in your area. Watch the sky and stay tuned for NWS warnings. Tornado Warning—NWS meteorologists have determined that a tornado is occurring, or is likely to occur within minutes, in the specified area. Warnings indicate imminent danger to life and property.

Severe Thunderstorm Warning-NWS meteorologists have determined that a severe thunderstorm is occurring or is likely to occur. Warnings indicate imminent danger to life and property.

County Fire/EMS Receives New Remounted Taylor Made Ambulance AFC Tony Hucks, County Fire/EMS

County Fire/EMS received a new remounted Taylor Made Ambulance.

The Taylor Made Ambulance on a GMC 4500 cab/chassis was purchased in 2009, and was recently remounted on a 2018 Dodge Ram 4500 Gas Cab/Chassis. Once the ambulance is stocked, inspected by DHEC, and placed in service, it will be housed at Station 9 on Aviation Boulevard.

We hope to have the ambulance in-service in the next couple of weeks. This is the second Dodge Ram 4500 gas cab/chassis we have in our fleet. We have had good success with the first ambulance!



Spring Weather Safety Georgetown County Emergency Management

The first day of Spring 2018 is March 20th. And with spring comes the possibility of severe weather in our area including tornadoes, thunderstorms, lightning, flooding, and heat. Thunderstorms can produce tornadoes, strong wind, large hail, and lightning. Know your severe weather plan for work and create one for your home. Make a communications plan so you can get in touch with family and friends if you are separated during severe weather. Below are some tips from the National Weather Service to keep you safe during hazardous Spring weather:

Tornadoes

- Winds can exceed 200 mph.
- Flying debris can be deadly.
- During a severe thunderstorm, seek shelter in an interior room with no windows or stay away from windows on the lowest flood and cover your head.
- Tornado Warning means a tornado is occurring or will shortly so take cover immediately.
- Tornado Watch means conditions favor thunderstorms that are capable of producing tornadoes.



Thunderstorms

- Can produce strong wind and/or large hail.
- · Your vehicle is safer than being outside.
- Take shelter in a sturdy structure away from windows.
- A Severe Thunderstorm Warning means severe storms are expected. Seek shelter.
- A Severe Thunderstorm Watch means severe storms are possible, so be prepared.

Lightning

- Thunderstorms produce lightning.
- Lighting kills an average of 30 people every year.
- Take shelter inside a sturdy structure.
- A hard-topped vehicle is a safe location.

Flooding / Heavy Rain

- Can be caused by heavy rain.
- More than ½ of all flood fatalities are vehicle-related.
- Never drive into flooding roadways or around a barricade.
- Heavy rain on already-saturated soil can lead to flooding.
- It only takes 12 inches of rushing water to carry away a small car.
- Flood Warning means flooding is expected so take action.
- Flood Watch means flooding is possible so be prepared.

Heat Safety

- Heat and humidity can be harmful to your body.
- Know the signs of heat illness.
- To prevent sunburn and heat illness, reschedule outdoor work and strenuous activities until the coolest time of the day.
- Stay hydrated by drinking plenty of water.
- Apply and reapply sunscreen to protect your skin from sunburn.
- Make sure the elderly, children, and pets are taken care of if extreme heat develops.
- Excessive Heat Warning means excessive heat is expected, so take action by avoiding direct sunlight, drinking plenty of fluids, and finding a cool indoor place if possible.
- Excessive Heat Watch means excessive heat is possible so be prepared by having a plan in place to avoid strenuous activity during the warmest part of the day.





Community Training Center Update Battalion Chief Carr Gilmore, Midway Fire Rescue















Midway Fire Rescue has been approved as a designated training center for the NAEMT. As a designated Training Site, we can now offer NAEMT programs currently offered and allows us to add any new programs that are developed including any of the offered Tactical programs as necessary. We have worked to get this accomplished to allow the Training Center to be able to offer all programs and requirements to meet and/or exceed all National Registry requirements for EMT's and Paramedics. As we move forward, we will be working to schedule at least one new and one refresher program for each discipline every year.

As of now, we can offer the following programs in traditional or blended learning programs in either new or 1-day refresher settings to offer the most flexibility: PHTLS, AMLS, GEMS, and EMS Safety. In the near future, we hope to add All Hazards Disaster Response, EPC, EVOS, Emergency Pediatric Care, Emergency Vehicle Operator Safety, and PEPL (Principles of Ethics and Personal Leadership).

Due to recent, past, and on-going events, I would like to work to bring TECC (Tactical Emergency Casualty Care), and be able to coordinate with law enforcement and offer the TCCC (Tactical Combat Casualty Care), TCCC-MP Guidelines and Curriculum, and TCCC-AC Guidelines and Curriculum. With knowing that the type of incident is always possible, and after listening to feedback from the presentation from the mother of a child killed at Sandy Hook, these programs are needed.

How do I become a NAEMT Instructor?

NAEMT education programs are conducted through a network of approved EMS training centers. NAEMT works with reputable EMS training centers which possess appropriate training facilities and experienced EMS faculty, maintain affiliation with an emergency medical institution, have a qualified medical director to provide medical oversight and guidance, and are committed to developing and sustaining a quality EMS training program at their center.

All approved NAEMT training centers are required to use approved NAEMT instructors to conduct NAEMT courses. NAEMT has specific requirements to become an approved instructor, as outlined below. To obtain approval, all of these requirements must be met.

- Successfully complete the NAEMT provider course for the program for which you wish to serve as an instructor.
- In the United States, be licensed as an EMT or Paramedic.

Instructors may not teach content or skills they are not credentialed to perform.

Note:

- a. Some NAEMT courses require Paramedic-level licensure.
- For the U.S. military, must be currently certified by NREMT at the EMT, AEMT, or Paramedic level or hold a military medic instructor credential issued by one of the U.S. Armed Services.
- c. In other countries, instructors must meet the commensurate certification and licensure requirements.
- d. Physicians, physician assistants, and nurses with commensurate pre-hospital trauma experience may qualify for instructor status, provided they complete all of the requirements to become an NAEMT instructor.
- Be associated with at least one approved NAEMT training center, either as a current member of their faculty or as an instructor candidate.
- New NAEMT Instructors must complete the NAEMT Instructor Application.
- Take and pass the NAEMT Instructor Preparation course (offered in English and Spanish online, and in other languages as a classroom course). *Note:* This course is only required to be taken one time.
- Meet any other instructor requirements determined by your NAEMT training center.
- Be monitored by an NAEMT Affiliate Faculty at your NAEMT training center as you teach your initial course. Affiliate Faculty must submit Instructor Monitoring form to NAEMT indicating approval.
- Upon receipt of Instructor Monitoring Form with approval from Affiliate Faculty, you will be designated by NAEMT as an approved NAEMT instructor for the specific NAEMT education program, and an Instructor card will be issued.
- Maintain your approved instructor status by teaching at least one course per year; attending all instructor updates, as required; and maintain current contact information with NAEMT Headquarters by emailing new information to education@naemt.org.

The purpose of this course is to provide instructor candidates with the basic training and information needed to develop as an instructor for any of NAEMT's education programs.

NAEMT Online Instructor Course Objectives:

- Understand the philosophy and history of NAEMT education, and the education programs offered through NAEMT.
- Understand the concepts of adult education and learning methodologies used in our courses.
- Identify and understand common classroom problems and methods for addressing them.

- Learn best practices for classroom and hybrid courses.
- Understand what is required to become and maintain NAEMT instructor status.
- Understand the relationship between the NAEMT Instructor Course and the instructor requirements for each NAEMT education program.
- Understand the basic principles and requirements for coordinating an NAEMT course.
- Participants who successfully complete this course will receive 6 hours of CAPCEaccredited continuing education credit.

http://www.jblearning.com/catalog/9781284027235/



Stress Battalion Chief Gerald Liberatore, Midway Fire Rescue

Stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But multiple challenges daily, running calls and getting 10 other things done as assigned, dealing with sick or injured kids, and paying bills, can push you beyond your ability to cope.

Your brain comes hard-wired with an alarm system for your protection. When your brain perceives a threat, it signals your body to release a burst of hormones that increase your heart rate and raise your blood pressure. This "fight-or-flight" response fuels you to deal with the threat.

Once the threat is gone, your body is meant to decompress and return to a normal, relaxed state. Unfortunately, the nonstop complications of modern life mean that some people's alarm systems rarely shut off.

Stress management gives you a range of tools to reset your alarm system. It can help your mind and body adapt. Without it, your body might always be on high alert. Over time, chronic stress can lead to serious health and mental problems.

Don't wait until stress damages your health, relationships, or quality of life. Start practicing stress management techniques today.

To monitor your stress, first identify your triggers. What makes you feel angry, tense, worried, or irritable? Do you often get headaches or an upset stomach with no medical cause?

Some stressors, such as job pressures, relationship problems, or financial concerns, are easy to identify. But daily hassles and demands, such as waiting in a long line or being late to a meeting and negative co-workers, also contribute to your stress level.

Once you've identified your stress triggers, think about strategies for dealing with them. Identifying what you can control is a good starting point. For example, if stress keeps you up at night, the solution may be as easy as removing the TV and computer from your bedroom and letting your mind wind down before bed. Sometimes the glow from electronics can actually keep your brain turned on. A dark room is best, and sometimes even some white noise makes a difference.

Other times, such as when stress is based on high demands at work or a loved one's illness, you might be able to change only your reaction. Don't feel like you have to figure it out on your own. Seek help and support from family and friends, whether you need someone to listen to you, help with child care, or a ride to work when your car's in the shop.

Many people benefit from practices such as deep breathing, tai chi, yoga, meditation, or being in nature. Set aside time for yourself. Get a massage, soak in a bubble bath, dance, listen to music, watch a comedy, or sit on a bank and throw a line in the water. — whatever helps you

relax. The most important thing is do something, and if you ever feel that you are overwhelmed, look for help.

The SC State Firefighters' Association can be accessed if needed. If you had a bad call and maybe you or your crew had a tough time decompressing or getting the call out of your head, ask for help. The association has several avenues to help, including the Firefighter Support Team. Just know that you do not have to deal with things alone and there is always someone to help.



Sleep Deprivation in Emergency Services Firefighter II Adam Maag, Midway Fire Rescue

I recently came across an article citing a study done by The New Whales School of Psychology stating that an individual awake for 17 hours has similar cognitive and motor function to that of someone with a BAC of .05. The same study states a person awake for 24 hours has a comparable BAC over .10 or legally impaired to drive. As emergency responders, it is routinely our job to respond to calls at all hours of the evening and night, and routinely we find ourselves in this 17-hour window. For example, waking up at 0530 to arrive on shift at 0645, any calls responded to after 2230 without sleep are going to put that individual in the 17 hours awake performance risk category. Routinely we can find ourselves catching up on paperwork, chores, or assignments late at night only to get toned out to a call right before going to bed. Although this is sometimes unavoidable, here are some tips to ensure we are maximizing our rest without impeding productivity in the workplace:

Getting to bed early on shift is sometimes easier said than done, but oftentimes we find ourselves staying up watching television or playing on our smartphones. It is entertaining to socialize as a crew before bed, but try to make an effort to get to sleep at an early time because we never know how many hours, if any, we will get that night of rest.

Come to work well rested. Coming in with the fully recommended 7-8 hours of sleep prior to shift ensures that the effects of sleep deprivation can be



minimized or delayed if late calls come in. To save time and stress in the morning allowing for a few extra minutes of sleep, set aside uniforms and have prepacked food ready in the fridge the night before.

Sleeping in the station can be uncomfortable no matter how many years of service an individual has. To maximize comfort and to fall asleep faster, invest in comfortable bedding and pillows. Also try a small fan beside the bed for some white noise and added comfort if the temperature is too hot.

As call volumes continue to increase, sleep deprivation is a concern that will always affect emergency services. Take the advice listed above to combat these effects and stay safe and ensure we provide our citizens with the best service.

Chief's Corner Chief Mack Reed, County Fire/EMS

Please find listed below Georgetown County Fire/EMS's station updates, incident summary report for CY2017, new hires, promotions, and STEMI alerts.

Capital Improvements:

Construction of Big Dam Fire Station and 9 Fire-Sub Stations

At this point, all of these stations will be considered as volunteer stations with volunteer response with fire apparatus and equipment to any incidents within their coverage area(s).

Phase 1

- 1. Yauhanna FSS
 - All work complete.
- 2. Williams Hill FSS
 - Facility Services has constructed concrete driveway; all work is complete.
- 3. Carvers Bay FSS
 - Site to be surveyed and design to start following survey.

Phase 2

- 4. Gapway FSS
 - Building construction to begin in the next two to three months.

5. Gallop FSS

Public Works to commence with site work once SCDOT permit received.

6. Sampit Library and FSS

- Site plan received from Tyche and Walker for combined Library and FSS.
- Trees have been harvested from site.
- Topo survey has been completed.
- DHEC permit for septic system has been received.
- ECP proceeding with design and permitting of combined Library and FSS.

Phase 3

7. Rose Hill FFS and Recycle Center

- Property has been acquired.
- Field Survey and topo to be conducted.

8. Plantersville

Property being acquired.

9. South Island

• Working on site work and building pad at this time.

Phase 4: Bag Dam Community

10. Big Dam Swamp Fire Station and Recycle Center

All permits have been approved. Plan is to go out for bids in the month of March 2018.

Incidents

National Fire Incident Reporting System (NFIRS) - Incidents for CY 2017 (report date 3/05/18:

Fire #100	396
Overpressure Rupture, Explosion, Overheat (no fire) #200	4
Rescue, EMS incidents, other #300	6,353
Hazardous condition, other #400	26
Service Call, other #500	286
Good intent call, other #600	522
False Alarm or false call, other #700	218
Severe weather or natural disaster, other #800	15
Special type of incident, other #900	17
Total:	7,774

New Hires

Bradley Benjamin	October 9, 2017
Joshua Brunet	October 12, 2017
Alexander Katz	January 1, 2018
Bryan Koza	March 12, 2018
Rebecca Chambers	March 12, 2018

Promotions

Samantha Hale	September 4, 2017
Bryan Sherman	December 11, 2017

EMS Field STEMI Alerts

Medic #5	Allen, Dougan and Roy	October 27, 2017
Medic #10	Brown and Hale	November 5, 2017
Medic #11	Richards and Dougan	December 11, 2017
Medic #10	Brown and Sapp	December 10, 2017

In conclusion, as always, thank you for your untiring support for the citizens of Georgetown County.

EMERGENCY SERVICES BIRTHDAYS

Georgetown County Fire/EMS

Midway Fire Rescue

April		May		June	
Cody Norket	4/15	Robert Sellers	5/08	Joseph Ruffennach	6/03
Josh Deleuze	4/22	Shawn Platz	5/13	Erik Noel	6/03
Edward Mills	4/30	Aaron Bostic	6/13	Joshua Herncane	6/03
				Josann Welch	6/20
				Rick Myers	6/23

Emergency Services/Emergency Management Division April May June

Cindy Grace 5/17 Tracey Howle 6/10



Georgetown County Emergency Services

Emergency Services Administration

Address 2222-C Highmarket Street, Georgetown, S.C. 29440

Phone (843) 545-3213

Email thowle@gtcounty.org

Point of Contact Tracey Howle

Emergency Management

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Email emergencymanagement@gtcounty.org

Point of Contact Sam Hodge, Manager

Midway Fire Rescue

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67 St. Paul's Place Pawleys Island, SC 29585

Phone (843) 545-3620

Email jwelch@gtcounty.org

Point of Contact Doug Eggiman, Fire Chief

Georgetown County Fire/EMS

Address 3605 Highmarket Street, Georgetown S.C. 29440

Phone (843) 545-3271

Email ahucks@gtcounty.org

Point of Contact Tony Hucks, Assistant Chief



Emergency Services Employee of the Quarter Battalion Chief Carr Gilmore, Midway Fire Rescue

FP Steven Brubaker is the Emergency Services' Employee of the Quarter for the Fourth Quarter 2017. FP Brubaker is an amazing addition to the department. Steven does outstanding patient care, has a fantastic outlook, is always positive, and has a love for the fire service, his patients, and his coworkers. He is the epitome of the kind of employee we need to continue to be successful as an organization. Not only has FP Brubaker been an absolute positive contributor, he has helped recruit two more outstanding Firefighter Paramedics to the department.

FP Brubaker has really helped the shift and the department with his positive influence and outlook.

