

Bits & Pieces

- **EMS RE-CERT YEAR**
Check with Amy for what hours you have completed and what hours you need to complete. There are several trainings available in the area.
- **NEW TRAINING SCHEDULE**
On the first Thursday of the month, the business meeting and association dinner will be at 6:30 p.m., EMS Drill will be at 7:15 p.m., and Officers Meeting will be at 8:30 p.m.
- **ANNUAL VEHICLE SERVICE**
Our vehicles are in their annual service schedules. When vehicles are being serviced, you will be sent a page to inform you of their status.

- **STOCKING CAPS AVAILABLE**
We now have Sublimity Fire stocking caps available for purchase. Stocking cap and beanie style are both in stock. They are \$6.50 each. See Amy for any logo apparel needs.

The Pasta Diet and Your Health

ITALIAN PASTA DIET – IT REALLY WORKS!

1. You walka pasta da bakery.
2. You walka pasta da candy store.
3. You walka pasta da Ice Cream shop.
4. You walka pasta da table and fridge.

You will lose weight!

Wash Your Turnouts

This is the final notice for washing turnouts. All turnouts are to be washed by Thursday, February 1st.

ALARM TOTALS

EMA	14
Service Calls	4
Fires	2
False Calls	3
MVA	0
Good Intent	1
Hazard. Cond.	0
Other	0
TOTAL	24

Sublimity Fire District

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We're on the Web!
www.sublimityfire.com

The Sublimity Re-tone

Sublimity Fire District

This issue is focused on firefighter safety and wellness.

From the Chief's Desk

I have just read an article by the CDC on the leading causes of firefighter deaths for the years 1994 to 2004.

The report summarizes the results to illustrate the most common types of volunteer and career fatalities.

Fifty-three percent (610 of 1,141) of U.S. firefighters who died while on duty during 1994-2004 were volunteers.

Among volunteer firefighters, sudden cardiac death and motor vehicle crashes during emergency response were the leading causes of fatality.

Of the 610 deaths among volunteers, half were from heart attacks and 26% (158) from MVA-related trauma. For both volunteer and career firefighters, most heart attack deaths were attributed to stress

and overexertion.

MVA-related trauma was the second most common type of fatality for volunteers. Seventy-three percent of MVA-related traumatic deaths of volunteer firefighters were caused by vehicle collisions/crashes.

The greatest proportion of crashes (35%) involved privately owned vehicles. Tenders accounted for 30% of crashes.

Eighty percent of the vehicle crashes occurred while firefighters were en route to calls, whereas 5% occurred during returning from calls. Please review the table to distinguish which types of vehicles were involved in crashes.

Firefighter safety is the number one priority of the Sublimity Fire District and we will continue to focus

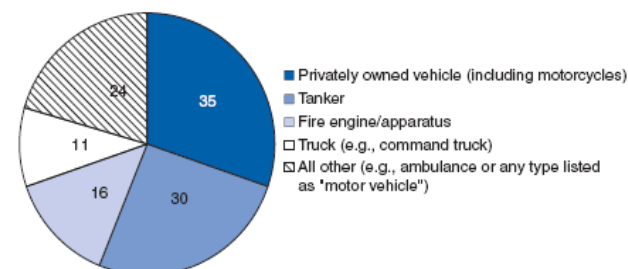
on ways to prevent needless firefighter injuries and deaths.

Article link: <http://www.cdc.gov/MMWR/preview/mmwrhtml/mm5516a3.htm>



FROSTY

FIGURE 2. Number* of vehicles involved in volunteer firefighter fatal crashes, by vehicle type — United States, 1994–2004



*N = 116.

Sublimity Fire District stays ahead of the game

The drag-rescue device (DRD) is a simple system that allows rescuers to gain purchase on a downed firefighter; maximize leverage of those rescuers; and limit the potential for the downed firefighter to lose his or her coat, SCBA or any other torso-affixed item as rescuers grab onto any part of the victim's PPE to

effect the rescue. The DRD concept gained popularity while the revision to NFPA 1971 document was still being prepared, and many manufacturers began offering a DRD as an option. In conjunction with good training programs on self- and peer rescue, as well as mayday training, a DRD can be an effective

tool in the efficient extrication of a downed firefighter.

Sublimity Fire was fortunate in the fact that the DRD system was available when we ordered our new turnouts. We had the foresight and the grant monies available to install this device before it was man-

dated. We will make sure that all first line firefighters are equipped with this device. NFPA 1971 2007 edition will be sure all future turnouts have DRD.

This change in NFPA 1971 should be perceived as a change for the better. It happens with every edition.

February 2007 Issue

Since 2003

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Firefighters at High Risk for Cancer

Airborne toxins raise their risk over time, study suggests

By Steven Reinberg, HealthDay Reporter

Firefighters risk their lives each day as part of their job, but new research suggests they're at higher cancer risk, too.

In particular, researchers found that firefighters are more likely to develop testicular cancer, non-Hodgkin's lymphoma, prostate cancer and multiple myeloma compared with the general population.

Firefighters need to take precautions when fighting fires, the experts said — especially if they have removed their protective gear and breathing apparatus.

That's because firefighters' exposures to carcinogenic toxins "occur not when they are in the fire, but when they are in the vicinity of the fire," explained lead researcher Dr. James Lockey, a professor of occupational, environmental and pulmonary medicine at the University of Cincinnati.

The report appears in the November issue of the *Journal of Occupational and Environmental Medicine*.

In the study, Lockey's team collected data on 110,000 firefighters from 32 published studies that looked at the risk of 20 different cancers.

Firefighters are exposed to many carcinogens, including benzene, diesel engine exhaust, chloroform, soot, styrene and formaldehyde, Lockey pointed out. These chemicals can be inhaled or absorbed through the skin and exposure occurs both at the scene of a fire and in the firehouse, where fire trucks produce diesel exhaust.

Long-term exposure to cancer-causing agents increase cancer risk,

Lockey said. "For testicular cancer there is a 100 percent increase in risk, for multiple myeloma there is a 50 percent increased risk, for non-Hodgkin's lymphoma it's a 50 percent increased risk, and for prostate cancer it's a 28 percent increased risk, compared with non-firefighters," he said.

"Overall we found 10 cancers that were either possible or probable that were related to firefighting," Lockey said.

He noted that fire crews use protective clothing and equipment to shield them from heat and chemicals when they are fighting the fire. However, when they take their protective equipment off they are at risk of inhaling cancer-causing chemicals and having these chemicals absorbed through the skin, he explained.

While firefighters are protected from heat and carbon monoxide, there needs to be consideration of how to protect them from long-term secondary exposure to cancer-causing chemicals, Lockey said.

"One thing that could be done is to make sure that firefighters take showers when they return to the firehouse," Lockey said.

One expert said that understanding how environmental toxins damage DNA and cause cancer is key to protecting people from exposure to harmful chemicals.

The findings are "not that surprising, because firefighters have complex exposures," said Roger W. Giese, the director of the environmental cancer research program at Northeastern University. "We know

that the environment, including diet and lifestyle, causes 60 to 90 percent of all cancer," he said.

Giese admits that there is much that is not known about how environmental exposures trigger cancer. "In our research we measure the damage to people's DNA by the environment. DNA is the ultimate target for carcinogens in the body. So seeing which carcinogens reach the DNA is especially important information to have," he said.

Giese believes firefighters need better protection, but it's not yet clear what components or mixtures of chemicals are causing these cancers. "There is a need for firefighters to be better protected," he said. "And you have to know what the key mixtures that are causative are."

In addition, Giese noted that there's the question of individual susceptibility to cancer. "You can have two people with the same exposure, but their metabolism of chemicals can be different. Some people can have the wrong metabolism in the wrong environment and that combination really increases their risk for cancer," he said.

The effect of environmental exposure was brought home in a recent report that found that almost 70 percent of rescue personnel and workers who responded to the Sept. 11, 2001, terror attacks on the World Trade Center in New York City suffered from lung problems during and after the recovery efforts. Some of those problems persisted for at least two-and-a-half years after the attacks.

More on cancer's origins available at the American Cancer Society.

Cooking Corner: Pan-roasted lemon salmon

Recipe from FoodFit.com — FEBRUARY IS HEART HEALTH MONTH

Ingredients:

4- (6 oz.) salmon fillets
1 tsp. kosher salt
1/4 tsp. freshly ground black pepper
juice of 1 lemon
1 1/2 Tbs. olive oil

Instructions:

1. Season the salmon fillets with the salt, pepper and lemon juice. Drizzle with

olive oil.

2. Pre-heat the oven to 350 degrees.

3. Heat an oven-proof sauté pan large enough to accommodate the fillets over med-high heat. Add the salmon and sear the fillets for 3 minutes per side. Place in the oven to finish cooking about 5-10 minutes more, depending on the thickness of the fillet.

2006 Awards Banquet

The invitations are out, the votes have been cast — find out the winners of the 2006 awards at the annual banquet on March 3 at Station 51.

The banquet has a luau theme, so don't forget your grass skirt, your sunglasses and your flip-flops. The best themed couple wins \$25 to Olive Garden.

Come ready to have a good time and eat some great food. Our cooks will be barbecuing a whole pig. There will be bar-

tenders there to serve up some fantastic virgin island drinks. And there will be fun games for everyone to enjoy with great prizes that anyone can win.

Social hour starts at 6 p.m., followed by dinner and awards at 6:45 p.m. Captain Mike Patrick will be putting together another great slideshow. Games will commence after that.

Prize drawings will be held at 10 p.m. You must be present to win.

Combating Negativity

Excerpts from "Negative Energy: How to deal with the whiners & complainers," by Ray Gayk, FireRescue Magazine, December 2006

Managing negative, miserable people is hard work and unfortunately isn't done often enough. How many times have you sat around listening to someone go off on a tangent, throw a fit, whine, snivel or complain? Now ask yourself how many times someone put them in their place. In most organizations, this behavior goes largely unchecked.

Negative characteristics:

- Always provides sufficient excuses for not doing his/her job
- Criticizes others for doing their jobs;
- Trash talks about people who try to better themselves or the department;
- Quickly disregards others' opinions, regardless of their knowledge;
- Deflects notice of personal shortcomings by pointing out someone else's;

Always seems to know what's wrong with the organization, not what's right, but doesn't know how to fix it.

Why do people get away with this type of behavior? Because they always have an audience that's willing to sit around and listen to their nonsense. It makes sense if you consider group dynamics. People generally don't like conflict and don't like to stand out; in a group environment, they have a strong desire to fit in.

Company officers are responsible for their attitudes and the attitude of their crews. This can test your abilities as a supervisor because it takes a great deal of work and tremendous patience. Dealing with a negative person is extremely uncomfortable because of the potential outcome. However, captains who don't know how to handle negative behavior or choose to ignore it have a difficult time

reeling in the reins when it goes on too long. When negative behavior becomes a habit, confront the problem immediately:

- Recognize your own negativity and improve upon that first;
- Be a positive influence;
- Find out what motivates the negative person, and then get them involved in something that challenges them;
- Be consistent in words and actions;
- When necessary, be brutally honest;
- Remember: Dealing with negative behavior is one of the most difficult tasks a supervisor must face. If you decide to look the other way, you and your organization will pay the price;

Expect excellence. Your firefighters will most likely rise to the challenge.

February Calendar

1 — Association Dinner/Business Meeting-6:30 p.m., EMS Drill-7:00 p.m., FIT TESTING, Officers Meeting-8:00 p.m., STATION 51

8 — Drill-7:00 p.m.

13 — Safety Committee Meeting & Inspections, 2:00 p.m.

14 — St. Valentine's Day

15 — Drill-7:00 p.m.

19 — Presidents Day (office closed)

21 — Board of Directors Meeting-7:00 p.m.

22 — Drill-7:00 p.m.

February Birthdays

- 1 — Karey Hendricks
- 12 — Geoff McFarland
- 23 — Wayne Palmquist

CONGRATULATIONS!

Firefighter Intern Brock Bryant is Sublimity's newest EMT-Basic.