

THE METRO INSIDER...



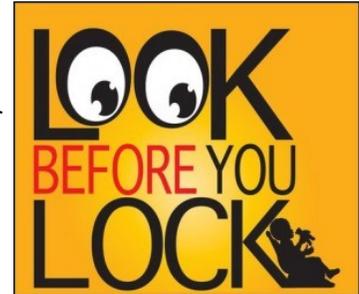
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GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY

Kids In Cars – Dangers of Heatstroke

It's easy to dismiss the concerns of hyperthermia or heatstroke when the weather isn't all that hot, but it only takes an outside temperature of 70 degrees to create risks for children who are left or trapped in a locked vehicle. Death by "hyperthermia" is the official designation. When it happens to young children, the facts are often the same: An otherwise loving and attentive parent one day gets busy, or distracted, or upset, or confused by a change in his or her daily routine, and just... forgets a child is in the car. It happens that way somewhere in the United States on an average of 30 times a year, parceled out through the spring, summer and early fall. And the season is upon us.



So far in 2014 there have been approximately 13 heatstroke deaths of children in vehicles; nine confirmed as heatstroke and the others still pending official findings by the medical examiner. Last year, 2013, there were at least forty-four deaths of children in vehicles; thirty-nine which has been confirmed as heatstroke and five which, based upon the known circumstances, are most likely heatstroke (2013 list). In 2012 there were 34 deaths of children due to hyperthermia after being left in or having gained access to hot cars, trucks, vans and SUV's. Since 1998 there have been at least 606 documented cases of heatstroke deaths of children in vehicles. And data and research shows that these incidents can occur on days with relatively mild (i.e., ~ 70 degrees F) temperatures and that vehicles can reach life-threatening temperatures very rapidly.

Two decades ago, this was relatively rare. But in the early 1990s, car-safety experts declared that passenger-side front airbags could kill children, and they recommended that child seats be moved to the back of the car; then, for even more safety for the very young, that the baby seats be pivoted to face the rear. And while deaths by airbags have virtually dropped off, an increase in deaths by heatstroke has ensued. This by no-means is a suggestion to move children to the front seat or airbags be disabled, but parents need to take necessary steps to ensure a child is never left behind in a vehicle.

Look before you lock!

- NEVER LEAVE A CHILD UNATTENDED IN A VEHICLE. NOT EVEN FOR A MINUTE !
- IF YOU SEE A CHILD UNATTENDED IN A HOT VEHICLE CALL 9-1-1.
- Be sure that all occupants leave the vehicle when unloading. Don't overlook sleeping babies.
- Always lock your car and ensure children do not have access to keys or remote entry devices. IF A CHILD IS MISSING, ALWAYS CHECK THE POOL FIRST, AND THEN THE CAR, INCLUDING THE TRUNK. Teach your children that vehicles are never to be used as a play area.
- Keep a stuffed animal in the car seat and when the child is put in the seat place the animal in the front with the driver.
- Or place your purse or briefcase in the back seat as a reminder that you have your child in the car.
- Make "look before you leave" a routine whenever you get out of the car.
- Have a plan that your childcare provider will call you if your child does not show up for school.

For more information contact the Grand Traverse Metro Fire Department's Fire & Life Safety Public Educator at 231-947-3000 ext. 1324 or mhawes@gtmetrofire.org

Training... From Asst. Chief Terry Flynn

Training with our latest arrival ... New **ENGINE 8!**



Left: Not only do we respond to fire calls, but we provide technical rescue response also that includes rope rescue, confined space rescue, trench rescue, and more. Crews reviewed some of the technical rescue gear.

Function AND Form

Contributed by: Beth Pryde, GT Metro Wellness Coordinator

As noted by Chief Parker in last month's Metro Insider, this year's theme for International Fire/EMS Safety and Health month is "Train Like You Fight". Firefighters/EMS/ Rescue personnel are Public Service Athletes. So what better way to do that than with Functional Fitness Training methods. Functional fitness has its roots in Physical Therapy. The idea is to train multiple muscle groups to work together to strengthen and condition for activities/movements required in daily work and play. By working multiple muscle groups, core/postural muscles (abdomen, back, joint stabilizers) are engaged fully, which are the basis for all safe physical movement. In other words it is training your body to handle real -life situations of physical demand. *Train for what you do... just like any athlete training for an event.*



Sure you may be able to leg press or maybe even bench press 300 pounds. But can you lift a 100 # fallen object off the ground and move it to rescue an injured person. Or can you walk across a narrow beam or log with hose or rope while fully geared up. Weight training isolates individual muscles, but does not teach them to work together. That is why even the strongest weight training program will not protect you from injury while performing the demands at a rescue scene. "Simple" everyday tasks have taken out plenty of "in-shape" people.

Boot camp, cross fit, and even Pilates and tai chi are examples of organized classes or videos that work with functional fitness. Any exercise routine that has you standing on your own two feet, supporting your body weight is functional fitness training. Starting very slow with just your body weight and keeping perfect form, then progressing to using light weight, and finally gradually adding more weight while performing the physical movements, is the safest way to stay injury free. Balance and control are key with functional fitness training. This allows for the core muscles to engage and the joint stabilizing muscles to be strengthened as well. Because you are using multiple muscles rather than isolating, your intensity will be less, and set point is centered on failure to perform the exercise with perfect form rather than muscle failure.

Below are some good examples and resource sites for functional strengthening exercises for firefighter/ rescue personnel. Anytime you can use the actual equipment required in task demands, the more simulated the movement and the muscle strength gains. Additionally functional fitness can be done in groups, which can makes it more fun and interesting too.

Dead lift (simulating patient/ object lift)
Chops (multidirectional)
Step ups

Bent over row
Lunges (multidirectional)
Hose pulls (multidirectional)

Blending different types of workouts such as functional, weights lifting, combined cardio, etc., will help balance your fitness, strengthen weakened muscles, prevent compensatory movements and decrease risk of injury. Give it a try, you'll like it! But remember the **Form is as important as the Function.**

Resources: <http://healthy-firefighter.org/start-a-program/fitness-and-nutrition-videos>;
<http://healthy-firefighter.org/files/documents/Handouts.pdf>; <http://safetyandhealthweek.org>; <http://www.fitnessblender.com/v/article-detail/Firefighter-Fitness-Training-Firefighter-Workouts/9g/>

**GRAND TRAVERSE METRO EMERGENCY SERVICES AUTHORITY
TRAINING ANNOUNCEMENT**

MEDICAL

NO MEDICAL TRAINING FOR JULY

**Color indicates Scheduled Shift Color*



ATTENTION:
Sparky needs some helping hands for parades and events this year at the Cherry Festival. Please contact Meredith Hawes if you want to help with Sparky's Crew!

FIRE

Tuesday-Thursday July 1 -3, 2014

Ladders
Duty Shift

Thursday July 10, 2014

HazMat Training
Hillshire Farms @ 1300

Friday July 11, 2014

HazMat Training
Hillshire Farms @ 1300

Wednesday July 16, 2014

Water Rescue
Station 11 @ 1900

Monday July 21-23, 2014

Apparatus Pumping-Hose Leadouts
Duty Shift

Tuesday-Thursday July 29-31, 2014

Fire Hydraulics Review
Duty Shift

**GRAND TRAVERSE METRO
EMERGENCY SERVICES AUTHORITY**

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