

Department News

The voice of Avondale Fire-Rescue

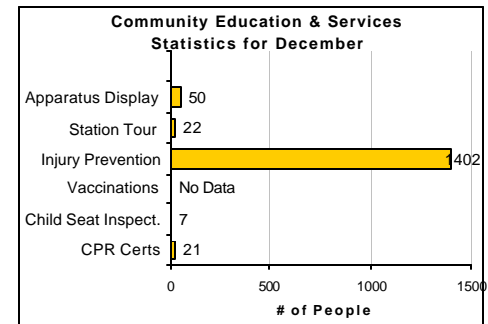
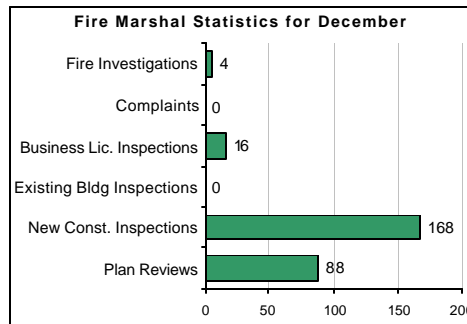
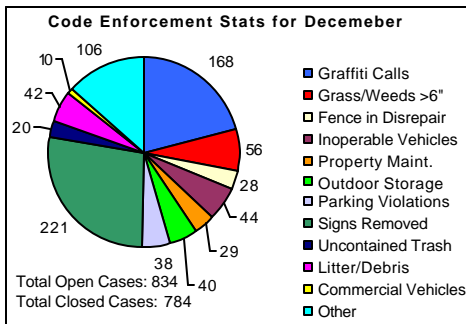
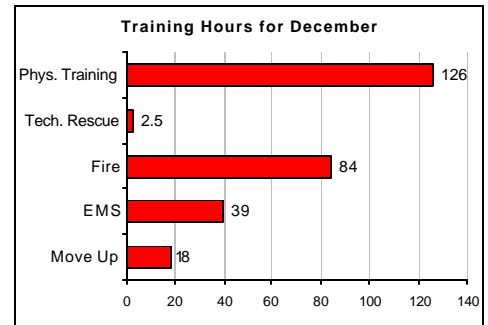
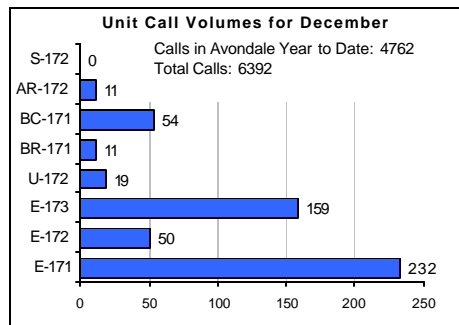
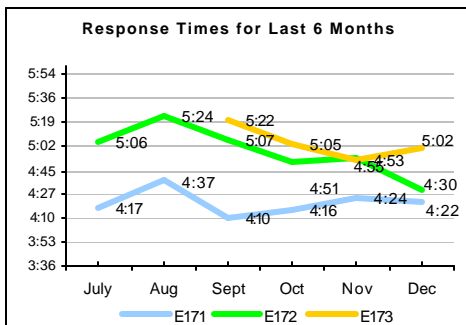
104 Incidents to Took the Lives of Firefighters in 2004

There is no denying that firefighters are faced with significant hazards every day. Among the most prominent are building collapse, fires, vehicle accidents, communicable diseases, and heart attacks. Please take time to consider the incidents below and incorporate safety in everything we do, both on the job and at home.

- Career firefighters, those who are employed full-time as firefighters, comprised 29 deaths (27%) in 2004.
- Volunteer, seasonal, and part-time firefighters accounted for 78 deaths.
- Half of the firefighters that died in 2004 died from traumatic injuries such as asphyxiation, burns, drowning, vehicle crashes, and other physical injuries.
- The balance of firefighter deaths in 2004 were attributed to non-traumatic injuries such as heart attacks and strokes. Heart attacks caused the deaths of 49 on-duty firefighters.
- Nine firefighters died in 2004 in response to wildland fires (grass, trees, brush). This is the lowest level of wildland-related firefighter deaths since 1996 and represents a significant drop from the 29 wildland-related firefighter deaths that occurred in 2003.
- Three firefighters were killed when fire apparatus backed over them.
- A Pennsylvania incident occurred at the fire station and was not associated with an emergency response.
- Five firefighters were killed when they were struck by passing vehicles at the scene of an emergency.
- Additionally, four firefighters were killed in falls from fire department vehicles.
- A Massachusetts firefighter died when he fell from a responding engine company. This department also suffered a fatal fall injury involving fire apparatus in 1984.
- A Kentucky firefighter was shot and killed as she approached an emergency that involved domestic violence.
- Twenty firefighters died in vehicle collisions.

The Statistics

The numbers behind the service



On Scene

Stories from the field

December 1, 2004 "A-Shift": E171 and BC171 responded to a vehicle accident at the 400 block of north 2nd Avenue. Upon arrival, they found a pick up truck that had crashed into a house. The occupant of the vehicle was transported immediately to a local hospital while the passenger fled the scene on foot. The truck had destroyed two block columns and a bedroom. Nobody was in the house at the time.

December 2, 2004 "B-Shift": E171 responded to a fall injury at the 300 block of east Lawrence. Upon arrival they found a young child had fallen from the second story of the home, approximately 12 to 15 feet. The patient appeared to have no injuries but was treated as a precaution and taken to St. Joseph's for further evaluation.

December 10, 2004 "A-Shift": E171, E172, BC171, and Tolleson units responded to a report of an apartment fire at the 13000 west block of Rancho Santa Fe Drive. Upon arrival, E172 found light smoke coming from an apartment and E171's crew investigated, reporting a pot on the stove emitting a lot of smoke. The apartment unit was cleared of smoke and the occupant treated for minor burns and smoke inhalation. The occupant and transported to a local hospital for further observation. No extension was found to the structure.

December 10, 2004 "A-Shift": E171 responded to an injured person at the 16000 block of west Vogel Avenue. Upon their arrival, they found an unconscious teenager lying in the middle of the street with a laceration to the back of head. The patient had apparently been

riding a skateboard while holding onto a car traveling about 20 MPH when he lost control and hit the asphalt. The patient was flown by helicopter to St. Joseph's Hospital in stable condition.

December 13, 2004 "A-Shift": E171 responded to an eye injury at the 11300 block of west Rio Vista Dr. Upon arrival, they found a female patient lying in bed with blood in her eye. The patient stated she was plucking her eyebrows when she accidentally plucked her eye instead. The patient was assisted to her car where a family member drove her to the hospital.

December 28, 2004 "A-Shift": BC171, Phoenix, Goodyear, and Tolleson units responded to a house fire at the 10900 west block of Montecito Avenue. Upon arrival, a working fire was declared in a single story house. Crews pulled hand lines and made an interior attack on a mattress that was on fire in one of the bedrooms. No extension to the structure was found. Unattended candles were the cause.

Customer Service Kudos

Going the extra mile

This month's Customer Service Kudos goes to **Chief Bob Shannon**. On December 14, 2004, Engine 172 received a call to assist a diabetic customer who had a low blood sugar and a flat tire. The patient had driven a while with the flat tire and couldn't get anybody from his home, around 43rd Avenue and Osborn, to pick him up. Engine 172 called Chief Shannon who came up with the solution. Chief Shannon not only bought the customer a meal to bring his blood sugar up but also took him to his home. **Thanks for your hard work, Chief! You make us proud!!**

Did you know...

Sharpening your axe

Home Heating Safety Tips

Avondale Fire-Rescue has been receiving and increasing number of calls for fires in households involving the careless use of heating and/or lighting sources. Here are some reminders on what you can do to decrease the risk of a fire in your home:

- Portable space heaters can be extremely dangerous if not used properly. If you need to use a portable space heater, be sure it is in good condition. Many newer space heaters come with tip-over protection and automatic shut off switches when the unit overheats. Keep at least 3 feet between portable heaters and anything that can burn including paper, furniture, blankets, clothes, and pets. Do not use gas stoves as a means to heat your home. This is not only an obvious fire hazard, but it can also increase carbon monoxide levels in the home.
- Use candles with caution. Always place candles in non-tip candleholders before you light them and keep them away from combustible materials. Extinguish candles before you leave the house or go to bed. Never leave candles unattended.
- Avoid overloading electrical circuits. Use only Underwriters Laboratory (UL) approved electrical equipment. Insert plastic plugs into electrical outlets to prevent children from placing objects into them.

Please visit Avondale Fire-Rescue's Safety Tips webpage at www.avondale.org for more safety information.

Health & Wellness

Tips for a healthier lifestyle

Nutrition Tips

By Firefighter Joel Anderson

This month we will discuss Basal Metabolic Rate (BMR), also commonly known as **Metabolism**. BMR is the minimum caloric requirements needed to sustain life in a resting individual. In other words, the minimum amount of calories we would need if we did nothing but sleep 24/7. Knowing this number allows us to either increase or decrease our calories according to our activity. If we can pinpoint the number of calories needed to neither lose nor gain weight if we do nothing at all, then we can figure out how many calories we need to achieve our ideal body weights. The formula used to calculate our BMR is called the **Harris-Benedict Equation**:

W = weight in kg (Weight in lbs. divided by 2.2)

H = height in centimeters. (Height in inches times 2.54)

A = Age in years

Males: $66 + (13.7 \times W) + (5 \times H) - (6.8 \times A)$

Females: $655 + (9.6 \times W) + (1.7 \times H) - (4.7 \times A)$

This number calculated actually makes up approximately 70% of our needed calories in a day. The additional 30% of calories will vary depending on our activity. As we increase activity our metabolism (BMR) increases also. Next month we will discuss factors that affect our metabolism (BMR) so we can determine if we are active or fairly inactive. Knowing our activity level helps us determine how many more calories we need to increase our BMR. Ultimately losing fat is about using more calories than we take in. We must be careful not to simply starve ourselves to lose the fat. Starvation will decrease our BMR. If the BMR is decreased by starvation then our bodies will store as fat any calories above the BMR. Therefore increasing our activity with exercise is the best way to increase our metabolism and ultimately lose fat.

From the Avondale Fire-Rescue Kitchen

Roast Beef Stroganoff

1 tsp. vegetable oil
½ tsp. dried thyme leaves
3 cups sliced mushrooms
12 oz. boneless cooked roast beef
2 cups onions sliced into thin strips
1 cup low sodium beef broth
½ cup nonfat sour cream
2 tbs. red wine vinegar
¼ tsp. salt
1 ½ tsp. dried chervil leaves
fresh ground pepper to taste

1. In a large nonstick skillet, heat oil; add mushrooms and onions. Cook over medium-high heat, stirring occasionally, 5-7 minutes until mushroom liquid has evaporated and onions are golden brown.
2. Stir broth, vinegar, chervil, and thyme into vegetable mixture; bring liquid to a boil. Reduce heat to low, cook covered for 5 minutes until flavors are blended.
3. Stir roast beef, sour cream, salt and pepper into vegetable mixture; cook stirring constantly just until heated (do not boil).

Makes 4 servings, 236 cal, 7g fat, 3g saturated fat, 65mg cholesterol, 217mg sodium, 12g carbohydrates, 2g fiber, 29g protein.