



“Mock Prom Crash”

It is prom time, graduation time, summer time and this means an increase in teenage drinking and driving issues. On Thursday, April 29th, Melrose High School held their annual “Mock Prom Crash” to help educate their students on the perils of drinking and driving.

The scenario: two vehicles traveling after the prom. The first vehicle had 6 girls in the car who had been drinking, experimenting with drugs and speeding. The second vehicle had a boy and a girl returning from the prom, both had been drinking. The two vehicles crashed into each other leaving one of the vehicles flipped over on its roof resting on top of the other vehicle. Melrose Fire Department, Melrose Police Department, Action Ambulance Service and Boston MedFlight all participated in the extrication, treatment and transportation of the victims.

At 8:30 am, students from the

junior and senior classes at Melrose High School were brought out of their classrooms and onto Main St. in Melrose to witness the “crash”

After the victims had been extricated from the wreck using the jaws of life; one person was pronounced dead on the scene, two were pronounced dead at the hospital, three were transported with serious injuries and two were arrested at the scene.

Following the “Mock Prom Crash” outside on Main St. the students filed back into the gymnasium to attend the “funerals” of the dead students. “This is the first time we have followed the accident with a funeral allowing the students not only to see the immediate affect of the crash—the blood, gore, death—but also to see the after affects on the families, friends and loved ones of the

victims.” states Wayne Gilbert, Paramedic and Dir. Of Community Relations, Action Ambulance.

Based on the latest mortality data available, motor vehicle crashes are the leading cause of death for people from 15—20 years old. (NHTSA 2003) In an attempt to reduce and/or prevent any motor vehicle crashes involving students from our communities, we provide the “Mock Prom Crash” to open their eyes and hopefully make them see the disastrous results of drinking and driving.

If you are interested in more information regarding the “Mock Prom Crash” you can contact Wayne Gilbert at 978—253-2615. Additional safety resources can be found at www.nhtsa.org or www.madd.org.

New Look—Same Great Service

Recently Action Ambulance Service, Inc. has adopted a new look for our employee uniforms. You will notice that our employees are now wearing navy blue polo shirts or navy blue dress

shirts instead of the white shirts worn previously. We believe the new uniforms provide a more professional appearance. We hope you like our new uniforms and we look forward to working

with you to provide superior patient care.

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Action Ambulance on scene at an accident on Rte. 93N in Wilmington, MA.

Action Ambulance hosts Child Passenger Seat Technician Course

Recently, Action Ambulance Service hosted a 40 hour Child Passenger Safety Technician certification course at our headquarters in Wilmington. The course is part of the Mass. Governor's Highway Safety Bureau and upon successful completion of the course; participants are certified to install/inspect child car seats and to give community lectures on the topic. This program was founded in 1996 and to date there are less than 600 certified technicians in the state of Mass. The course is offered 5 times a year statewide and is only open to 25-30 students at a time.

Students in the class represented ten different communities and a variety of professions such as firefighters, police officers, paramedics, and public safety officials.

This picture shows one of the instruc-



tors demonstrating how to adjust the safety straps on an infant car seat.

According to the Governor's Highway Safety Bureau, car crashes are the leading cause of death of young children. Even a minor crash or sudden stop can severely injure a child who is not restrained properly. The risk for injury or

death can be reduced by putting your child in a properly installed, age/weight appropriate safety seat every time your child rides in the car.

"This class was extremely informative and definitely opened my eyes on the importance of proper car seat installation. We are excited to be able to go out into the community and help distribute the information." said Mark Miller, Action Ambulance Service.

For more information regarding child safety seats go to www.mass.gov/ghsb. If you would like to schedule a time to have your seats inspected or set up a lecture on car seat safety, please contact us at 1-978-253-2615 or 1-978-253-2662.

Info Needed When Booking Non-emergent Transportation

When calling to book non-emergent transportation for a patient, the following information will help to expedite the process.

- Patient's name (last name spelled, then first name).
- Date transportation is needed.
- Facility patient is being picked up at, floor or wing location.
- Destination patient is traveling to—street address, department or floor appointment is on.
- Level of transportation needed—Chair Car, BLS or ALS ambulance.
- Equipment needed—wheelchair, oxygen, monitor, IV's
- Time of pick up and time of appointment.
- Any special requirements needed for the patient
- Your name and phone number

Secondhand Smoke linked to Heart Attacks

A study published in the *British Medical Journal* suggests that banning smoking in a community can result in an almost immediate drop-off in the number of heart attacks in that community.

The study, which was originally presented at the 52nd Annual College of Cardiology Scientific Session in 2003, examined the number of people in Helena, Mont., who were admitted to the hospital for a heart attack before, during and after a local ordinance banned smoking in public and workplaces. During the six months that the law was in effect - June through November 2002 - the number of heart attack admissions dropped by 40 percent compared to the same months the years before and after the law. There was no significant drop in admissions for people living outside Helena.

ETS has long been recognized as a long-term health danger, but this is the first study to link banning ETS to an almost immediate decrease in the number of heart attacks in a community. The Helena law, which was in place for six months before being overturned by opponents in December 2002, provided a unique environment in which to study the immediate impact of a smoking ban. The authors of the study were able to look at the public health impact of the smoking ban in Helena before, during and after the law was in place.

M. Cass Wheeler, CEO of the American Heart Association, said that the study should add to existing momentum to enact smoking bans in communities and states across the country. "There has never been better evidence in support of clean indoor air laws," said Wheeler. "The traditional

response of asking people who smoke to sit on one side of the room and people who don't smoke to sit on the other is pointless. Banning smoking is the only logical response to the scientific evidence concerning the dangers of second-hand smoke."

Each year, said Wheeler, more than 440,000 Americans die from smoking-related illnesses. About 35,000 of these are nonsmokers, who, as a result of environmental tobacco smoke, die from coronary heart disease.

The study was conducted by Richard P. Sargent, M.D., Robert Shepard, M.D., and Stanton Glantz, Ph.D.

How to Avoid Spring Clean Up Hazards

With the warm weather approaching, many people are eager to get out into the yard and start their spring clean up. Often times, we forget to protect ourselves when we begin this task and this can result in injury. To avoid injury, use caution and follow these safety tips.

When mowing the lawn, remember that your feet are very close to the lawnmower blade, so wear closed toe shoes to protect them. Another common mowing injury is eye injury from flying debris. Always wear protective glasses or goggles. Hand injuries are also common mowing injuries because people reach into the blade area to remove stuck objects or clear a clog. Always make sure the lawnmower is off before going anywhere near moving parts.

Hedge trimmers can pose risk of injury if not used properly. Remember to wear

gloves and goggles to protect yourself from debris. Read the owner's manual carefully before using your trimmers. Make sure there are no rusted parts or frayed wires. When using the trimmers while on a ladder, remember not to reach too far, causing you to lose your balance.

If you are using a chainsaw, make sure you receive proper instruction on how to handle the equipment. Chainsaws can be quite harmful if not used properly. Again, you want to make sure you wear protective eyewear to prevent injury from flying debris. Also, make sure you wear long pants, a long sleeved shirt and gloves. Chainsaws are extremely loud so you will want to wear ear plugs or earmuffs to protect your hearing. Always make sure the power switch is in the off position before plugging in the chainsaw. Inspect the

equipment for rust, chips, bent blades or damaged casings and discard them immediately. Keep the cord away from the chainsaw when the saw is in operation.

With all tools you want to make sure you turn them off and store them in a safe area to protect others from accidental injuries.

Be safe and enjoy your spring time clean up!

Diabetic Emergencies

Diabetes is a condition where insulin is either lacking or ineffective. Insulin is a hormone produced by the pancreas and it helps transport sugar to the body's cells for use. There are two types of Diabetic Emergencies—Hypoglycemia and Hyperglycemia.

Hypoglycemia or low blood sugar can be caused by too much insulin in the body's system, too little food, over exertion and alcohol. The following list of signs and symptoms of Hypoglycemia is produced by the American Diabetes Association:

- Sudden onset of low sugar
- Decreased coordination
- Increased anger, temper

- Paleness
- Confusion, altered mental status
- Sudden hunger
- Diaphoretic
- Trembling
- Unconsciousness

These are all signs that emergency help is needed. If the person is a known diabetic, give sugar if it is present. Try giving soda, fruit juice or candy. Only do this if the person is alert enough to swallow.

Hyperglycemia occurs when there is too much sugar in the system. This can be attributed to insufficient insulin, overeating, illness, inactivity, or stress. Signs

and symptoms of Hyperglycemia are:

- Gradual onset
- Extreme thirst
- Lethargy
- Very frequent urination
- Flushed Skin
- Vomiting
- "Fruity" smelling breath
- Eventual loss of consciousness

Emergency help should be sought for patients experiencing Hyperglycemia. In either situation, call for help immediately.

Action Ambulance Paramedic Program

Action Ambulance Service, Inc. will be hosting a Paramedic Program beginning Tuesday, October 12, 2004. The program will be held on Tuesdays, Thursdays and Saturdays from 9a-4p at Action Ambulance Wilmington Headquarters—844 Woburn St. Wilmington, MA.

The program is being run by Glenn Coffin, director EMTS Inc. and Betsy

Gertz, Paramedic Instructor.

Applications for the paramedic program are being accepted until mid- June and an entrance exam will be scheduled for the end of June—exam date TBA.

Action Ambulance has the ability to assist students with financing through Sallie Mae financial loans. If you have

any questions about the paramedic program or about financing, please contact Rich Raymond at 978-253-6608.



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"People Helping People"

Phone: 800-281-2124
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Upcoming Community Events

<u>May</u>	Swampscott, MA 12:00	Wakefield, MA 12:00
5/2 Walk for HAWC	5/25 Car Seat Safety Lecture	For more information on any of these events or to have your event listed in the "Take Action" community health newsletter please contact Stacey Scott at 978 253 2662 or email sscott@actionambulance.com .
Salem, MA 2pm	Wakefield Public Library	
5/13 CPR Class	Wakefield, MA 4:00	
McFadden Manor	<u>June</u>	
5/16 Charity Walk	6/5 National Hunger Awareness Day	
Stone Zoo	"Fill the Ambulance" food drive	
Stoneham, MA 12:00 pm	6/6 American Lung Association Asthma Walk	
5/23 Bike Helmet Safety Day	Lake Quannapowitt	

Barbecue and Gas Grill Safety Tips

- Always transport an LP cylinder in an upright and secured position.
- When the LP cylinder is connected, the grill must be kept outside in a well ventilated space. Never use gas grills inside a house, garage, or any enclosed area, because carbon monoxide may accumulate and could kill you. Gas grills are designed for outdoor use only.
- If storing your gas grill indoors, the LP cylinder must be disconnected, removed and stored outdoors. Never store LP cylinders indoors.
- Use a P.O.L. safety plug in the valve of a cylinder with a 510 P.O.L. valve with no external threads whenever the cylinder is not connected to the grill,
- Always store cylinders upright and in areas where the temperature will not exceed 125 degrees.
- Always check for gas leaks every time you disconnect and reconnect the regulator to the LP cylinder. Leaks can be detected by dabbing the connections with a solution of soapy water. If bubbles occur, there is a leak and it must be fixed before the grill is used. Never use a flame to check for leaks.
- Never attach or disconnect an LP cylinder or try to move a grill while it is in operation or is hot.
- Never use an LP cylinder if it shows signs of dents, gouges, bulges, fire damage, corrosion, leakage, excessive rust or

other form of visual external damage. It may be hazardous and should be checked by an LP gas supplier.

- Clean the grill twice a year. Watch for rust. Check the regulator, hoses, and burner parts. Check the air shutters and venturi carefully. Pay special attention to the venturi, because spiders will frequently spin webs in the venturi tubes of gas grills. This poses a serious problem because it interferes with the gas flow, making the flame uneven and dangerous. Use a pipe cleaner or wire to clean the tube of any blockage all the way through to the burner. Always turn off the gas prior to inspecting parts. Check the owner's manual for additional maintenance requirements.
- Visually inspect hoses for abrasions, wear and leaks. Squirrels and mice have been known to gnaw on hoses.
- Always locate your grill away from combustible walls.
- When lighting the grill, always keep the lid open to prevent an explosion from a buildup of gas. Don't lean over the grill when igniting the burners or cooking. If the burner fails to light or goes out during operation, turn the gas off. Keep the lid open and wait five minutes before trying to light again.

Please make your grilling experience a tasty one, not a tragic one. If you follow these simple safety guidelines before you "light up," then you can rest assured, sit back and enjoy your grilled masterpieces.

More Gas Grilling Tips:

- Always use the grill outdoors in a well-ventilated area.
- Always follow all of the manufacturer's instructions and keep written materials and manuals in a safe, accessible place.
- Make sure the grill burner controls are turned off and keep the cylinder valve closed and plugged when not in use.
- Make sure the gas grill is shut off and cool to the touch before covering your grill after use.
- Store cylinders upright at all times (in transport, storage, and in use) and outdoors away from dryer, furnace vents or other sources of ignition. .
- Never use matches or lighters to check for leaks.
- If there is a significant release of gas or a fire, call the fire department immediately and move all people and pets away from the unit.

Do not smoke while handling the propane cylinder or container.