

Take Action—Health News

May/June 2005



Action Ambulance “Stars of Life”

The American Ambulance Association’s Star of Life Celebration is the most exciting program that honors dedicated ambulance service professionals. The three day event features Stars, meeting with Members of Congress, touring Washington, D.C., attending educational seminars and concludes with an awards banquet and medals presentation ceremony.

Action Ambulance Service was proud to send Kelly Hunter, EMT-B and Andy Wallis, Paramedic to the Stars of Life Celebration as representatives of Action Ambulance.

Kelly Hunter was chosen as the Action Ambulance 2005 Star of Life representative because of her kind personality, dedication to excellent patient care, constant support of her peers and her commitment to being the best EMT she can be. Kelly has been an EMT-B since 1991 and has been employed with Action Ambulance for 8 years. When Kelly isn’t working, she enjoys spending time with her family and being with her children. Kelly is very well liked by her peers and is a great role



model for all employee's.

Andy Wallis, EMT– Paramedic has a great personality, is out going, very positive and professional. Andy is dedicated to providing the best patient care he can, treats everyone he works with respectfully and is always willing to help out, which why he was chosen as the Action Ambulance 2005 Star of Life representative.

Andy has been in EMS for 10 years. He has been a Paramedic for 8 years and has been with Action Ambulance for almost 4 years. When off duty, Andy spends his free time with his wife and chil-

dren.

Each year, Action Ambulance chooses two employees who exemplify the dedication, professionalism and care it takes to be an emergency medical technician or paramedic. We hope that by recognizing the efforts of these employees, we will encourage others to follow their example. Congratulations to Kelly and Andy, we are proud to have you as part of the Action Ambulance team.

Inside this issue:

EMS Week 2005 May 15th—May 21st	2
Wilmington High School Mock Prom Crash	2
Allergic Reactions Anaphylactic Shock	3
When and How to Call 911	3
Community Relations	3
Playground Safety	4



“Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.”

Albert Schweitzer,
Nobel Peace Prize
recipient.

EMS Week: May 15th—May 21

Emergency Medical Services (EMS) week is sponsored by the American College of Emergency Physicians and is a week long event planned to honor the dedication of EMS professionals who provide the day-to-day lifesaving services of the medical front line. " EMS is a vital part of every community, but recognition of its contribution is often lost in the broader focus on fire, police, pub-

lic health and homeland security." said ACEP President Robert E. Suter, DO, "The events during this week are important to bring together local communities to honor the more than 750,000 EMS providers nationwide and to raise public awareness about important health and safety issues"

Action Ambulance Service will be hosting two EMS barbecues at our Wilmington Headquarters, 844 Woburn

St., Wilmington, MA . We will also be recognizing the hard work of our employee's with daily raffles, gifts and awards.

Many local hospitals and facilities will be holding events to thank the EMS professionals. We would like to encourage members of our communities to take the time and thank the EMS professionals in your area.

Wilmington High School Mock Prom Crash

On Wednesday May 11th Wilmington High School's Students Against Destructive Decisions (SADD) group held a Mock Prom Crash for members of the 2005 senior class. The event was held in the parking lot behind the former Swain School in Wilmington. This was the first "crash" demonstration that the school has had in ten years. The members of SADD along with their faculty advisor Maureen Dolan began planning and preparing for this event in September. With the involvement of Wilmington Fire Department, Wilmington Police Department and Action Ambulance Service details were finalized, practices were held and all the necessary props were obtained.

With the "accident" scene set up and the student "victims" in place, the senior class of 2005 were escorted across the street. The students were walked around the crash scene and allowed to see the destruction. Once they took their seats on the grassy hill overlooking the scene, Lt. Hurley from Wilmington Fire Department began narrating the scene.

Two cars were involved in the crash. The first car had four seniors in it, they were returning from the prom to the high school to gather with friends. They were not drinking, but were distracted by loud music and did not have on their seatbelts. The second car had one person in it, he had been drinking, was driving recklessly and ran a stop sign. The two vehicles collided.

Amy, a senior at Wilmington High School, lay in the driver's seat of the car, covered in blood and unconscious. Amy's "mom" was across the street when the accident occurred and came over immediately. She frantically screamed for help, along with other student onlookers. The EMT's and Paramedics on scene tried to save

Amy, but her wounds were fatal and she was placed on the ground, covered by a white sheet. In the passenger seat beside her was Julie, also a senior at WHS, she was conscious but severely injured and trapped in the car. WFD had to utilize the jaws of life to extricate Julie from the car. EMT's and Paramedics began treating her injuries and transported her to the hospital. In the back seat were Tim and Crystal, wounded but able to get out of the car on their own. They were helped from the scene and their injuries were treated.

In the second car was a drunk driver, played by a senior at WHS, he had a minor injury but was saved from further injuries because he had his seat belt on. The drunk driver was put through a sobriety test on scene by WPD and arrested.

The funeral home was called to the scene to remove Amy's body. The hearse pulled up to the grass in front of the students, removed the stretcher from the back, with the assistance of the WFD Amy was placed on the stretcher, protected by sheets she was zipped into a body bag and placed in the hearse.

Lt. Hurley concluded the narration with the plea for all of the students to not drink and drive, always wear seatbelts and be safe. Principal Tracy then spoke to the senior class, letting them know how valuable they are to their community and how one bad decision can drastically change their lives.

Katie Martell, president of the Wilmington High School SADD chapter said "I hope kids see the devastating effects of drinking and driving. If we can get just one person to think twice before getting in the car after drinking then it is worth it."



Allergic Reactions—Anaphylactic Shock

Spring time is in full bloom and this means the return of the bees. For most people, bees are a mere nuisance but for some they can be life threatening. Anaphylactic shock is a powerful reaction to a substance that enters the body, it usually happens within minutes or seconds and can be deadly.

There are several causes of anaphylactic shock—medications, food or food additives, insect stings, plant pollen and radiographic dyes. When one of these enters the body, a reaction occurs to protect the body. Signs and symptoms include:

- Sneezing

- Coughing, wheezing
- Shortness of breath
- Swelling of the mouth, tongue and/or throat
- Chest tightness
- Elevated pulse rate
- Cyanosis around the lips and mouth
- Dizziness
- Nausea and vomiting

If a person is experiencing these signs or symptoms you should call 911

immediately. If they have a prescribed EpiPen (epinephrine autoinjector) and they have it with them, you should assist them in administering the injection. The patient may need you to retrieve the EpiPen from a purse, car or inside the house for them. Give the patient the EpiPen and allow them to give the injection. Emergency help should always be called in this situation in case further care is needed.

Anaphylactic shock is life threatening, do not hesitate to call for help if you suspect a person is having a reaction. If you are susceptible to severe allergic reactions and you are prescribed an EpiPen, follow the directions properly and keep the device with you at all times.

When and How to Call 911

When you or someone you are with is sick or injured it can be a stressful situation and you may not know what to do. We hope this information will help you to know when to call 911 and how to make the call. In the following instances, calling 911 is appropriate:

- Severe bleeding that won't stop
- Drowning
- Electrocution
- Chest Pain
- Difficulty breathing or no breathing

- Choking
- Altered Mental Status
- Poisoning
- Attempted Suicide
- Critical Burns
- Spinal injuries
- Imminent Childbirth

When a serious situation occurs, call 911 first, do not call family, neighbors, your doctor, this will only delay care. When you call 911 you should provide

the following information:

- Patient's exact location
- Phone number you are calling from
- Explain what happened and what is happening with the patient now
- Number of patient's needing help

Do not hang up until the dispatcher has obtained all of the information needed and has told you it is ok to hang up. Have someone watch for help to arrive, make sure doors are unlocked and family pets are in a secure location.

Community Relations

5/2	Safety Demonstration for Boy Scout Troop Sacred Heart Church, Lynn	5/31	Drug and Alcohol Summit Melrose Middle School, Melrose
5/4	Lord Wakefield 5K Fun Run Every Wednesday night, Lord Wakefield Hotel	6/1	CPR recertification Peabody Glen Nursing Home, Peabody
5/5	Safety Demonstration for Boy Scout Troop Holy Family Church, Lynn	6/1	Lord Wakefield 5K Fun Run Every Wednesday night, Lord Wakefield Hotel
5/8	Mother's Day Road Race Pine Banks, Melrose	6/3	Sculpin Scramble Money Run Swampscott High School, Swampscott
5/9	CPR and AED training Lincoln School, Melrose	6/14	Governor's Highway Safety Bureau Conference Lincoln St., Worcester
5/11	Mock Prom Crash Swampscott High School, Swampscott		
5/11	Mock Prom Crash Wilmington High School, Wilmington		
5/11	CPR recertification Annemark Nursing Home, Revere		
5/18	CPR and AED training Wakefield Council on Aging, Wakefield		
5/22	Cystic Fibrosis Benefit Walk Stone Zoo, Stoneham		
5/23	CPR recertification Hammersmith Nursing Home, Saugus		

If you are interested in attending an event or would like to schedule a training class, demonstration or special event, please contact Wayne Gilbert or Stacey Scott at 978-253-2600.



Playground Safety Tips

According to the U.S. Consumer Product Safety Commission (CPSC), more than 200,000 children are treated in hospital emergency departments each year as a result of injuries related to playground equipment, and approximately 15 children die. It is our responsibility as adults, parents and community members, to provide appropriate play areas for our children and to keep them safe.

When choosing playground equipment for your home, buy well-made equipment and assemble it correctly. It should be built on a level surface and securely anchored to the ground. Swing seats should be made of a soft material, not plastic and full bucket swing seats should be used for younger children. Avoid sharp edges or equipment with "S" hooks, children can be cut by these edges. Set up equipment at least six feet from walls or fences and try to place the equipment in a shady area. Check nuts and bolts regularly to make sure they are tight and in place securely.

If you are visiting a community playground you should make sure the area is safe by checking for fences, hedges or open areas that prevent children from running in to traffic. Also check to make sure the equipment is in good working condition—guardrails securely in place for all ladders, swings should be at least two feet apart from each other, no sharp edges or points, proper surface cover is adequately

provided and climbing structures are age appropriate for your child.

Most often, accidents occur due to lack of supervision, so make sure you watch your child carefully. Do not allow children to push or shove. Have children avoid metal surfaces, such as slides, that can become hot during the day. For more information on playground safety, you can contact the National Program for Playground Safety at www.playgroundsafety.org or at 1-800-554-7529. Enjoy the nice weather and keep your children safe!



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"People Helping People"

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