

The Page-out



Glacier County EMS Newsletter

August 2007 *Published by Kyle Starr, Captain/CCEMT-P*

Christmas in July

Now that a new fiscal year has begun, we have started implementing some things that were planned last fiscal year. One of those items is the purchase of technical rescue equipment. Some of the gear has already begun to trickle in. A CMC rigging bag was purchased to hold all the equipment, including carabiners, racks, rigging plates, rope, and more. Two CMC rope bags were purchased as well as two Petzl Vertex helmets. We hope to be able to send personnel to, or bring someone in-house to offer training in the use of the equipment. The gear bag is meant to hold one rope bag attached to it so that all you have to do is grab the bag and you have everything you need to get started. While we are starting out with one rigging bag, we hope to have two in our inventory eventually.

New Faces at GCEMS

You may have noticed that the roster has undergone some recent growth. We are glad to welcome some new members. EMT students Raylee Thompson and Nancy Underwood have signed up to work for GCEMS upon their certification. Raylee will be EMS 45 and Nancy EMS 46. With these two new members in addition to First Responder Lyle Rutherford (EMS 44), who joined the department in June, we hope to see them on the streets soon!

FT Paramedic Position Being Filled

As many of you know, we have never filled the position that was formerly a combination billing person / paramedic. We have done our best to try to get by with part-time paramedics, but many have other jobs and commitments. With a lot of empty paramedic shifts on the schedule, it was decided to seek approval to fill the vacant position, which was approved. It has been listed with the job service as well as on the website. We hope to be able to fill the position soon. The addition of another full-time paramedic also means that the chief will be able to focus more on administrative duties rather than having to fill shift medic slots on a truck.

Station 2 Construction to Go Ahead

A problem regarding property that the old station 2 sat on created a small problem that delayed the demolition of the old station and the construction of the new. We are glad to announce that the problems have been worked through and construction will go ahead on the new station. Though the delay has cost us precious time in Montana's already short construction season, we are confident that the contractor will be able to get the exterior finished before the weather turns bad. A rough floor plan was devised by Captain Starr, and Chief Laidlaw has been busy getting bids and estimates for all the various systems and furnishings for the station. In addition to the cost of the structure and the concrete, many other items such as lighting, heating/cooling, bath fixtures, kitchen appliances, and other furnishings have to be taken into consideration.



Medical Fact

You may have heard the fact that heart attacks are most common between the hours of midnight and six am. Any guesses why? These are the hours in which the cortisol levels in our blood are at their highest due to our circadian rhythm. Cortisol increases the clotting factor of our blood, therefore making a clot more likely when levels are high.

Amazing Human Body Facts

- You use 72 different muscles when you speak.
- The average cough comes out at 60 mph.
- The human body is made up of 80% water.
- There are 45 miles of nerves just in your skin.
- We breathe about 23,000 times in 24 hours.
- Human thighbones are stronger than concrete.
- We lose 40-100 strands of hair per day.
- We will die after about 10 days without sleep.
- Only one person in 2 billion will live to 116.
- Every square inch of skin has 32 million bacteria.
- It takes 17 muscles to smile, 43 to frown.
- Our feet contain ¼ of all the bones in our bodies.
- The left lung is smaller than the right lung.
- 300 million cells die in our bodies each minute.

Website Update

In the staff-only section, if you click on the “staff bulletin board” button you will be taken to a new staff forum where members can leave messages for others or post general items of interest. For those who haven’t yet accessed that part of the website, the password is our door code.

Department Tidbits

- Everyone should have received their new issue uniform shirts. We were impressed with the quality, though the next order will have larger graphics on the back.
- Please watch your speeds when returning from transfers. The tires that we have on our fleet are not meant for long durations of high speeds. Stay safe.
- SAR has requested that we not use their vehicle as a table, as it may be required to respond and needs to maintain readiness.

New Equipment

There are a few new items to report. After finding a backboard with cracks, we have purchased three new backboards. The backboards are lime green in color and made by Iron Duck. There are two on A-2 and one on A-1 (at time of publishing). We also have pre-filled saline flush syringes in stock.



The Skyland Fire burns near East Glacier. This photo was taken by Chief Laidlaw.

New Safety Program Successful

The new “Safety Patrol” program that was launched this summer has been successful. The program was done in cooperation with our local McDonalds. Cards that are redeemable for free food items are given out to kids found practicing safety such as wearing bike helmets. While time is sometimes limited for performing safety patrols, numerous citizen contacts were made this summer, and many kids got a free item from McDonalds.

- The EMT class will be testing soon. We wish everyone luck with their boards. We hope to be working with you soon!

Safety Corner

We often go into yards and homes where there are dogs present. Can you tell if a dog is aggressive or not?

Happy: A happy dog will pant and wag it’s tail. It will seem relaxed and approach you while sniffing you.

Hostile: A hostile dog will be stiff-legged and rigid. It may crouch and lift it’s tail. It will likely growl. The hairs on it’s neck may rise and it may try to circle behind you.

If you have to deal with dogs:

- Speak in a calm friendly voice.
- Stand still and face the dog.
- Back away from a threatening dog, never run.
- If you have any equipment bags with you, keep it between you and the dog.
- Don’t make sudden moves.

If you are attacked:

- If a small dog, twist your body away and bring your knee up.
- If a big dog, wrap your arms around your head and try to deflect it with your forearm and shoulder.
- Fight back with anything you can.