

# SW/SC REGION EMS NEWS

WWW.SWEMS.ORG WWW.SCREMS.ORG

JUNE 2017

## News You Can Use

- This year's **Washington State Annual Fallen Firefighter Memorial Service** will take place **June 4 in Olympia**. For more information on this event, go to <http://www.wsp.wa.gov/fire/memorial.htm>
- The **Washington State MPD Meeting will take place June 5 in Seattle**. All MPDs (Medical Program Directors) are encouraged to attend.
- The **Opioid Summit** will be held on **June 15 & 16 in Seattle**. This free conference will focus on the opioid problem in Washington State and around the country. Go to <http://www.swems.org/wp-content/uploads/2017/04/Opioid-Summit-June-15-16.pdf> for more information.
- **Save the date—the Washington State Public Health Association Conference will take place on October 16 to 18 in Wenatchee**. Go to <http://www.wspha.org/events/annual-conference/> for more info.
- **EMS World Expo**, the largest EMS event in North America, will take place **October 16-20 in Las Vegas, NV**. Go to [www.emsworldexpo.com](http://www.emsworldexpo.com) for more information or to register.
- **EMS Associates will hold their annual Provo, UT conference on November 15-18**. Check out the conference details at <http://emsassociates.com/provo/>
- **The EMS Today/JEMS Conference and Expo** will take place **February 21-23, 2018 in Charlotte NC**. Go to <http://www.emstoday.com/index.html> for more information.
- The Washington State Department of Health is forming a **new Senior Falls Prevention Advisory Committee**. They are looking for interested people who would like to participate in the committee to join **their first meeting on June 14**. For more information contact committee coordinator Carolyn Ham at [carolyn.ham@doh.wa.gov](mailto:carolyn.ham@doh.wa.gov)
- Speaking of the Department of Health, their **EMS section has enhanced their interactive GIS map of hospital designations and response areas**. There are many layers to this online map and it covers everything from station locations to taxing jurisdictions to EMS testing sites and more. Check it out at <https://fortress.wa.gov/doh/eh/maps/EMS/index.html>
- The **Federal Emergency Management Agency (FEMA)** has given notice of its **intent to reimburse eligible applicants for eligible costs to repair and/or replace facilities damaged** by Severe Winter Storms, Flooding, Landslides, and Mudslides occurring from January 30 to February 22, 2017 in Adams, Benton, Columbia, Franklin, Grant, Lewis, Lincoln, Pend Oreille, Skamania, Spokane, Wahkiakum, Walla Walla, and Whatcom Counties. For more information go to <https://mil.wa.gov/uploads/pdf/emergency-management/public-notice-4309.pdf>
- **June is National Safety Month!** For free injury prevention materials, go to <http://www.nsc.org/act/events/Pages/National-Safety-Month-Free-Materials.aspx>

## *EMS & Trauma Council Calendar: June 2017*

- June 1: Clark County EMS Council meeting, 8:30am
- June 1: Yakima County EMS Council meeting, 1:30pm
- June 1: Walla Walla County EMS Council meeting, 6pm
- June 5: Mid Columbia EMS Council meeting, 1:30pm
- June 6: Columbia County EMS Council meeting, 7pm
- June 7: Cowlitz County EMS Council meeting, 10am
- June 8: Kittitas County EMS Council meeting, 7pm

## **Summer Safety Tips**

June marks the beginning of summer. With kids out of school and families making the most of the good weather, there are a number of things people can do to prevent accidental deaths and injuries in our communities.

- Don't drink and drive. People know that when they go out to a bar they shouldn't drink and drive but drinking at the beach or at a picnic or a ball game often doesn't have the same implication for many people. Besides being a diuretic (thus making people more prone to dehydration in the summer heat), drinking alcohol can impair a person's ability to swim (alcohol-related drownings surge in the summer), and also gives people a false sense of their fitness to drive after many hours out in the sun.
- Don't drown. Because we have so many rivers and lakes in our area, drownings tend to hit an annual high during the summer. Swimming in open water is nowhere near the same as swimming in the community pool. Between swift currents, very cold water, not being able to swim well (playing around in the pool doesn't mean a person can swim 100 yards in open water), and busy parks on the weekend where kids can wander off and end up in the lake or river without anyone noticing, a number of precautions should be taken to prevent drowning. Wearing life jackets is always a good idea, being aware of local conditions such as high, swift rivers or rip tide-prone areas in the ocean, using the buddy system when swimming, and not drinking if you intend to swim will go a long way towards preventing drowning.
- Take precautions against heat injuries. Sunburn, heat exhaustion, and heat stroke are all preventable with a bit of preparation. When planning any activities outside during the heat of summer also plan ahead by bringing extra water, sunscreen and a hat or umbrella. Plan to do strenuous activities like hiking or sports practices early in the day, seek shade to cool down, bring electrolyte replacement drinks/gels/tabs, and pay particular attention to staying hydrated.
- And a bunch of other safety tips: check yourself and your kids for ticks after hiking in the woods; be aware of local dangers if you go on vacation (does the area have rattlesnakes? Poison ivy or oak? As was shown on the news, people who go to Florida for vacation are often not aware that alligators can be a real threat); make sure everyone in the family wears a helmet when bicycling, dirt biking, or riding ATVs; never leave children or pets in hot cars as the heat can kill in minutes; and remember that playground equipment that is sitting in the sun all day—especially metal slides and swings—can cause burns. Finally, make sure that everyone in the family knows how to call 911, how to perform CPR, and how to provide basic first aid while waiting for help to arrive.