



# THE VIEW FROM THE FIREHOUSE

Volume 2, Issue 2  
April 2008



## INSIDE THIS ISSUE:

- *Fire Disasters - What We Have Learned*
- *Safety Corner*
- *Flash Point*
- *Tips from Twink*
- *Mountain View News*
- *Fire Corps News*
- *Tips from Twink*
- *Dalmatians in the Fire Service*



## WHAT HAS THE FIRE SERVICE LEARNED FROM FIRE DISASTERS

EXCERPTS FROM *THE AMERICAN FIRE SERVICE* BY FRANCIS L. BRANNIGAN, SPFE

The pages of history are strewn with stories of great cities that were destroyed by fire. Here are just a few:

- Rome - 1764
- Chicago - 1871
- Baltimore - 1904
- San Francisco - 1906

As the American Fire Service pauses to celebrate an illustrious history dating back 350 years, let us reflect for a moment on some of the great lessons learned from fire. Some of the greatest progress in the Fire Service has occurred right after someone's town was devastated or many lives were lost.

The earliest recorded fire prevention efforts come from ancient Rome. The fire-fighting force in Rome was manned by slaves, when those slaves became unruly, Rome's answer was to form what is now called a fire department.

There is some belief that the fire-fighting force in Rome was created after the fire in 64 AD which completely destroyed Rome.

Many of history's disastrous fires occurred in factories and warehouses.

The 1911 fire in the Triangle Shirtwaist Company marked a turning point in how fire codes addressed this type of occupancy.

A total of 146 employees died from either the fire or jumping from windows because they didn't have an escape route plan in place or

doors were jammed shut as the employees attempted to escape the rapidly spreading fire.

As a result, many changes occurred. The very first Bureau of Fire Prevention was created, labor laws were passed, and work began on the codes which eventually led to what are now known as the National Fire Protection Association's Life Safety Code.

Unfortunately, schools have not been immune to fire tragedy. Three of the great historical fires are:

- Lakeview Grammar School in Collinwood, Ohio.
- The New London Consolidated School in Texas.
- Our Lady of the Angels School in Chicago.

In Ohio, a cellar fire of unknown origin roared up a main stairwell trapping students, killing all of them.

The victims of the Texas fire were killed in a massive explosion.

The fatal fire in the Our Lady of Angels school began as a small trash fire in the basement.

Each of these fires, although tragic, led to improvements which benefit school children all over North America:

- Exit drills are mandatory
- More school inspections

- Construction practices are according to code.
- Installed fire protection, fire alarms and first-aid firefighting equipment.

One of the most famous fires occurred in the Cocomanut Grove nightclub, which was built during the prohibition era. It was a popular site that was constantly jammed with customers. The night of Nov. 28, 1942 was no different. The official occupancy was supposed to be 600, but estimates that fateful night ranged as high as 1000.

A small fire started in the basement lounge and quickly raced through the area. Most people knew only of the main entrance which they always used. As the crowd surged toward the exit, it quickly became jammed. All told, 491 people were killed by fire, smoke, heat or the effects of being trampled. Members of the Boston Fire Department were on the scene quickly but the damage had been done.

One of the major changes implemented as a result of this fire was:

- Exit doors should swing in the direction of egress flow traffic.

Not all major fires have occurred in buildings, but all disastrous fires have one thing in common, they have all led to changes in laws and codes that make it safer for us all.



"The CDC estimates that MRSA will kill more people than AIDS."

# SAFETY CORNER

## HELPING KEEP YOU SAFE

### *Methicillin Resistant Staphylococcus Aureus Meet the new "Superbug"!*

MRSA is a drug resistant staph infection that most often occurs in hospitals and nursing homes and is resistant to some of the more common antibiotics.

So why is MRSA such a concern? Because it is now showing up in public places such as schools, gyms, workout facilities, and locker rooms.

Recently a student in a Connecticut Elementary school died from complications associated with MRSA.

The CDC (Centers for Disease Control) estimates that

MRSA will kill more people than AIDS! (JAMA 10/07) MRSA appears on the skin as a small boil or may look like a pimple, it is contracted by touching a person or an object infected with the virus. Clothing provides some protection but it is not 100% safe. After contracting the infection, if left untreated, it will begin to spread. (Some of you may know it as the flesh eating bacteria.) The infection will continue to spread into the lungs and will destroy the lung tissue, this is what usually causes the infected person to die.

There are ways to protect yourself and the ones you

love, just follow these simple steps:

- Don't share razors
- Don't share towels
- Don't share jewelry
- Wash workout clothing after each use
- Clean workout equipment before and after use
- Wear footwear in locker rooms and community showers
- Wash you hands frequently

For more information go to [www.CDC.gov](http://www.CDC.gov) and click on MRSA, or call the Mountain View Fire Protection District at 303-772-0710.

# FLASH POINT

It can happen to you anytime and anywhere, sudden cardiac arrest that is. According to the Cleveland Clinic's Heart and Vascular Institute, rated as one of the top three hospitals in the nation according to U.S. News and World Report, the number one killer of American adults each year is sudden cardiac arrest!

Not to be confused, cardiac arrest is different from a heart attack. A heart attack, known as a myocardial infarction (MI) in the health care industry, is the result of a blockage in one or more of the blood vessels supplying the heart. This blockage causes a lack of oxygen to the heart and causes the heart tissue to die if not corrected. A patient's primary care physician may be able to identify individual risk factors.

By modifying those risk

factors, one can help to prevent a heart attack.

In comparison, a sudden cardiac arrest occurs when the heart abruptly stops or quivers (fibrillates) inside a patient's chest, usually without any warning. Sudden cardiac arrest is generally difficult to predict and therefore difficult to prevent. However, the one treatment that has shown promise is rapid defibrillation. For many years, health care providers have been trying to deal with this phenomenon and get patients the most effective treatment, rapid defibrillation, as quickly as possible.

By placing Automatic External Defibrillators, (AED's) in public areas such as airports, airplanes, recreation centers, restaurants, and work places, and then training as many people as possible in their uses,

seems to be the answer according to several resources including the American Heart Association.

Field health care providers such as Fire departments and private ambulance companies have been carrying AED's since they became available in 1995 to save the lives of as many people as possible where they suffer from sudden cardiac arrest.

In the event of cardiopulmonary arrest (no breathing or no pulse), call 9-1-1 and begin cardiopulmonary resuscitation (CPR) immediately.

(Cont'd on page 3)

*Note: The first successful use of an AED was on an American Airlines flight.*



### FLASH POINT

(cont'd from page 2)

Some signs and symptoms of a heart attack are listed below. These are general guidelines only. Not all of these signs or symptoms occur in every instance. Sometimes symptoms may go away only to return later.

**IF YOU NOTICE ONE OR MORE OF THE FOLLOWING SIGNS or SYMPTOMS IN YOURSELF OR OTHERS, DON'T WAIT CALL 9-1-1 RIGHT AWAY.**



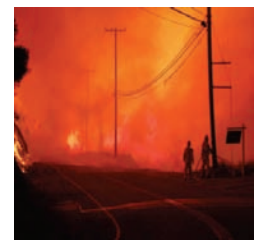
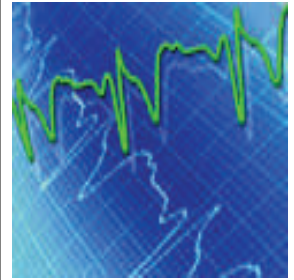
Some signs and symptoms of a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting
- Anxiety, nervousness and/or cold, sweaty skin.
- Pain spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.

- Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath.
- Paleness or pallor
- Increased or irregular heart rate.

The actual diagnosis of a heart attack must be made by a doctor who has studied the results of several tests.

Flash Point:  
By: Jesse Hodgson  
Firefighter/Public Information Officer (PIO)  
Jesse can be reached at:  
303-434-5135



### TIPS FROM TWINK

FIRST AID TIPS FROM EMS DIRECTOR TWINK DALTON

#### SUMMER SUN SAFETY TIPS

##### Skin cancer facts:

- *Skin cancer is the most common form of cancer in the United States.*
- *One in 5 Americans and one in 3 Caucasians will develop skin cancer in the course of a lifetime.*
- *More than 90 percent of all skin cancers are caused by sun exposure.*
- *A person's risk for skin cancer doubles if he or she has had 5 or more sunburns.*

So what can you do to prevent skin cancer? The best prevention is the use of sunscreen. The *Skin Cancer Foundation* recommends that everyone over the age of six months should wear sunscreen before going outside.

Sunscreens are chemical agents that help prevent the sun's ultraviolet (UV) radiation from reaching the skin. UVB is the chief culprit behind sunburn, while UVA rays are responsible for the aging associated with sun exposure. Sunscreens offer a wide variety of protection from UVA and UVB rays. A sunscreen with an SPF of 15 or higher does an excellent job of protecting

against sun exposure, however most sunscreens are designed to last approximately 2 hours before reapplication is necessary. Apply more frequently while swimming or if sweating heavily.

##### Sun Protection for Babies and Toddlers:

Children under the age of six months should not be exposed to the sun. Shade and protective clothing should be used to protect infants from the sun.

Before applying sunscreen to your child, perform a "patch test". Apply a small amount on the inside of your child's wrist at least one day before you plan on using it, this is to determine if your child has an irritation or an allergic reaction. If a reaction occurs, try a different brand.

When applying sunscreen to your child's skin, apply it liberally and evenly, rubbing it in well, don't forget the ears, hands, lips and the back of the neck.

Apply 30 minutes before going outside and reapply every 2 hours, if your child is in the water or sweats a lot, apply more often.



***Skin cancer is the most common form of cancer in the United States!***



For more information go to: [www.aad.org/media/background/factsheets/fact\\_sunscreen.htm](http://www.aad.org/media/background/factsheets/fact_sunscreen.htm)

Fire Chief  
Randy Templeton

Deputy Chief of Operations  
Mark Lawley

Deputy Chief of Operations Support  
Steve Pischke

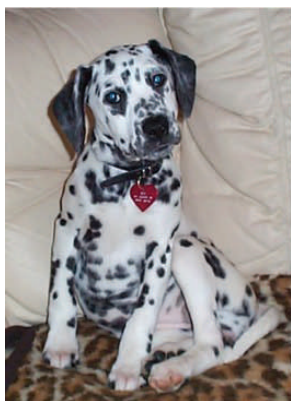
Support Svcs Manager  
Donna Mullison

Fire Marshal  
LuAnn Penfold

EMS Director  
Twink Dalton

Accounting  
Patty Creacy

Public Information Officer  
Jess Hodgson



We're on the web!  
[www.mountainviewfire.org](http://www.mountainviewfire.org)

**CORE PURPOSE**

**Helping people by safeguarding life and protecting property**

*We exist as ordinary people to do extraordinary deeds of service, to bring order in chaotic situations. But we distinguish between life and property, and will only risk life when life may be saved. Property can be replaced and restored; but, we cannot replace our friends, famil or members.*

**CORE VALUES**

**Golden Rule Ethics**

*We believe that the highest form of human interaction takes place when we treat others the way we ourselves wish to be treated. Further, we take the lead in doing the right thing, at the right time and for the right reasons. In so doing, we are not ashamed to be guided by our conscience and timeless principles. We choose to do the right thing-because it is the right thing-even though others around us decline, or fail to do so.*

**CORE IDEALOGY**

**1. Community First.**

*We will promote the highest interests of our entire community-both within and without the organization-while respecting and valuing each individual.*

**2. Individual Contribution, Team Effort.**

*Every member is key to our joint success; every contribution vital to our final service product. The sum total of our service quality outcome is measured one call or public interaction at a time by how well we respond in dynamic "moments of truth."*

**3. Invested Service.**

*Our vocation is professional safety services, our avocation is to invest ourselves in the legacy of community well-being.*

**DALMATIANS IN THE FIRE SERVICE**

How did that spotty black and white dog known as the Dalmatian come to be associated with fire Fighting?

Dalmatians have been around for about 600 years.

Weighing 25 to 55 pounds and standing 19 to 23 inches high, the Dalmatian was the perfect size to serve as a coach dog, they are also a very strong physical breed, with a muscular body, and able to run great distances without tiring.

The Dalmatian also has what seems to be a natural calming effect on horses. This trait about the breed was seen very early on, and soon the Dalmatian was identified with horses. In the 1700's, Dalmatians were used to protect horses that pulled English stagecoaches. Typically two Dalmatians would run next to the horses as they pulled the coach. When other dogs tried to run out and scare the horses, the Dalmatian team would chase them away. Over the years, Dalmatians formed a close bond with horses.

It is during this era of horse drawn fire wagons that the Dalmatian became forev-

er tied to the Fire Service. These fire horses were required to spend hours at a time at a fire scene, or hours inside the fire house waiting for a call, and despite many misbeliefs, these fire horses were not broken down old hags, but fine spirited horses. The Dalmatians were used to keep the fire horses calm. Because of the bond between horse and dalmatian, the Dalmatian easily adapted to the fire-house .

On the fire scenes the Dalmatian became the guard of the horses and the wagons. Today in many large cities, the Dalmatian is the guard dog of the fire truck while at the scene of fires and rescues, there are also reports of how the Dalmatian has rescued trapped firefighters or victims. Overall, the Dalmatian is a brave and valiant dog.

Today, Dalmatians are still found in many firehouses in England, Canada, and the United States.

From: *Dalmatians In The Fire House*