

HFD Happenings

The Houston Fire Department Women's Career and Fitness Experience:

This HFD Women's Career and Fitness Experience is designed to provide interested recruits with an excellent means to become familiar with the HFD recruiting process and how to qualify for the physical ability test (PAT). The monthly program is open to any individual between 19 to 35 years of age with no felony convictions or misdemeanor A offenses. The PAT consist of : balance beam walk, ladder extension, stair climb, equipment hoist, portable equipment carry, rescue attempt and 1.5 mile run. Individuals interested in attending future experiences may visit:

www.hfdcareers.org

The Houston Fire Department Honors "Neighborhood Heroes":

The Houston Fire Department recognized those who have made a difference in our community through their dedication and contributions during the annual "Neighborhood Heroes" event on June 22, 2012, at La Luz del Mundo Church on the Eastex Freeway. The purpose of "Neighborhood Heroes" is to recognize those in our community who have committed themselves to the betterment and safety of the citizens of Houston and the Houston Fire Department. Those recognized this year include organizations and individuals that have made the annual toy drive such a success; community leaders; and corporate partners who have truly stepped up to the plate to encourage and promote safety. Fire Chief Terry Garrison and Council Member Mike Sullivan gave brief remarks.



President of Super Neighborhood 62, Preston Roe (center) is among the many honorees at the 2012 Neighborhood Heroes Awards. Here Mr. Roe is pictured with HFD Fire Chief Terry Garrison and City Council Member Mike Sullivan.

Cardiac Arrest Survivors Reunite with Houston Fire Department Members Who Saved Them:

Eric Bailey was on the couch feeling like he had heartburn. His wife Jeannine was in another room when she heard a loud noise. She came in and found her husband barely breathing and then...he stopped breathing altogether. Jeannine performed two important links in the Chain of Survival.* She called 9-1-1 and then pulled Eric onto the floor and started CPR. Completing the next two links in the Chain of Survival, HFD members quickly responded and Eric was defibrillated several times and given Advanced Life support measures. A dozen HFD firefighters -- EMT's and paramedics worked on Eric and finally regained a pulse upon arrival at a hospital. He received further treatment at the hospital and has now had a full recovery. The Baileys thanked everyone at Station 33-B for helping to save Eric's life on June 28, 2012.

Another cardiac arrest survivor meet with HFD personnel who saved her life and made it possible for her family to celebrate her 80th birthday on June 18, 2012, at HFD Station 2, 5880 Woodway. The Horton's want to thank everyone with HFD that helped save Anne Horton's life. After her resuscitation, she was able to celebrate her 80th birthday and last fall she attended her son's wedding. Her husband says, "I am the benefactor of Anne still being alive!"



Civic Safety Chain

SUMMER 2012

Community Newsletter produced by the Houston Fire Department

IT'S HOT AND GETTING HOTTER!

Welcome to Summer In Houston, Texas.

In this time of severe heat, the Houston Fire Department would like to take the opportunity to remind you that during these sweltering summer months, when the temperature reaches into the triple digits, there are steps you can take to help keep you and your family cool and safe from heat exhaustion and other heat related illnesses.

TIPS TO KEEP YOU COOL THIS SUMMER

- Pay attention to the weather advisories
- Drink plenty of water or electrolyte replacement beverages
- Avoid drinks that contain caffeine, alcohol or large amounts of sugar. These drinks can result in dehydration by allowing the body to lose a large amount of fluids.
- Take frequent breaks in the shade or an air conditioned facility when working or exercising outside
- Wear lightweight, light-colored, loose-fitting clothing that permits the evaporation of perspiration. Also wear a wide-brimmed, loose-fitting hat that allows ventilation and helps protect from sunburn.
- Take cool showers or baths during the day. Or visit your neighborhood pool for a cool swim.

• If you know of an elderly person that might be at risk for a heat related illness, visit them on a regular basis during these hot months or have a friend or relative stop by and check on them.

Another option available to you in an effort to keep cool this summer is to visit the new "Beat the Heat" Centers sponsored by Reliant Energy. These centers are designed to provide a cool place for people to visit during the hottest parts of the day. Each "Beat the Heat" Center will include, snacks, water and fun activities.

These centers will operate through **October 2, 2012, Monday thru Friday** from **9:00am-5:00pm** at the following area multi-service centers:

- **Acres Homes MSC**
6719 W. Montgomery Road • 713-694-9274
- **Denver Harbor MSC**
6402 Market Street • 713-670-2143
- **Northeast MSC**
9720 Spaulding Street • 713-491-5500
- **Southwest MSC**
6400 High Star Drive • 713-778-6500
- **Sunnyside MSC**
4605 Wilmington Street • 713-732-5030

Many more tips can be found at www.houstonfire.org



"SAFE HOUSE"

The Houston Fire Department would like to remind parents that we are here to help keep kids safe.

Just as there is a church in every neighborhood to support its residents, there is a fire house nearby when someone feels threatened by a stranger, friend or family member.

All fire stations are "Safe Havens" -places for both children and adults to come to if they feel they are in immediate danger (such as being followed by another person or vehicle).

Houston firefighters will make sure the person is okay and contact the local authorities. We encourage parents to tell children that this is a "safe" place they can go to if they are lost or feel they are in danger from a family member, friend or stranger. The firefighters will keep them safe until the parents and police can assist the child.

Parents and guardians should teach their children that strangers are not only people that they have never met, but can be people they don't know too well. Even if they recognize the person from down the street or from the corner store, the person can still be a stranger who means them harm.

Also, every child should know how to call 9-1-1 and ask for help.

Children should have several safe refuges that they can turn to besides a fire station such as a neighbor you trust, a business that you are familiar with or a police station.

The Houston Fire Department: Here for You 24/7

HFD EVENTS JANUARY - MAY 12, 2012	
FIRE	18,301
EMS	102,454
TOTAL	120,755

HFD Contact Information

HFD Headquarters- 832-394-6700
600 Jefferson, 7th Fl, Houston, TX 77002

HFD Records- 832-394-6860
600 Jefferson, 8th Fl., Houston, TX 77002

Request a Smoke Detector
(Qualifications Apply)
832-394-6633 or www.houstonfire.org

Request a Fire Station Visit or Tour
832-394-6633 or www.houstonfire.org

HFD Recruiting- 832-394-6600

For more from the Houston Fire Department, please scan this code or visit: www.houstonfire.org



If your organization would like to receive the free Civic Safety Chain newsletter and other updates from the Houston Fire Department, please e-mail your request to: paul.box@houstontx.gov



HFD First Aid Tip of the Season CONCUSSIONS

In the past decade, attention to concussions and other brain injuries has had a dramatic increase due to the escalation of these types of injuries in amateur and professional sports. Significant advancements have been made over the past few years to protect, diagnose and treat these conditions but it still takes awareness and treatment at the onset of the injury that can make the difference in the recovery of the patient. If you suspect someone has received a concussion, follow these tips:

- 1. Prevent Swelling and Further Injury.**
Have the person stop activity and rest.
Apply ice wrapped in a washcloth.
- 2. Treat Symptoms**
For pain, take over-the-counter acetaminophen (Tylenol). Aspirin or ibuprofen (Advil, Motrin) may make bruising worse.
- 3. Monitor Symptoms**
If possible, stay with the person for 24 hours.
- 4. When to Call a Doctor**
Drive the injured person to the doctor or hospital for:
 - A headache that seems to be getting worse
 - Continued vomiting
 - Increased drowsiness or dizziness
 - Increased confusion
 - Heart palpitations, seizures, or loss of consciousness
 - Neck pain after a fall
- 5. Follow-Up**
Symptoms will likely improve in 7 to 10 days. If they last longer, see a doctor

Source: *WebMD*

CALL 911 IF THE PERSON:

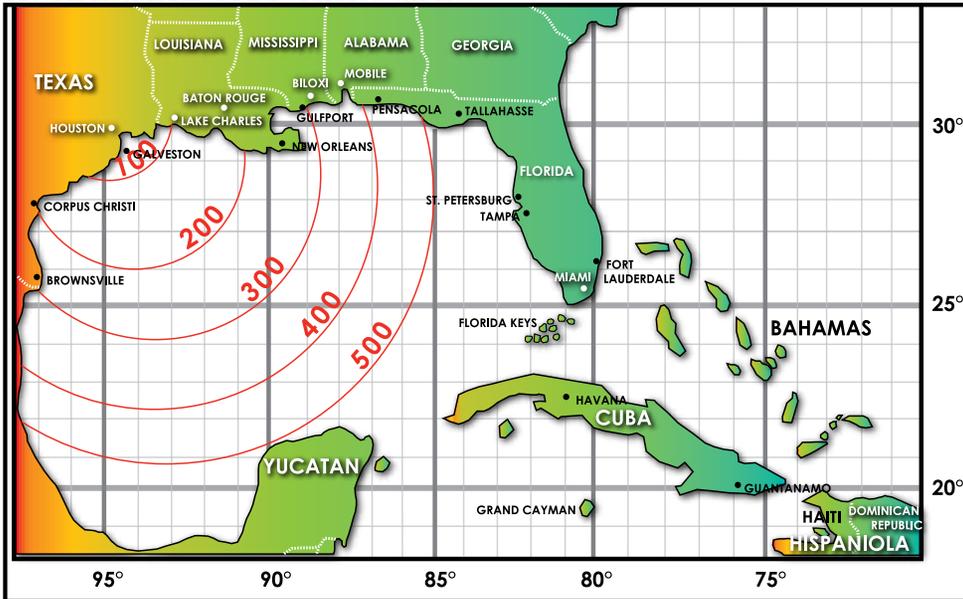
- Is vomiting repeatedly
- Has unequal pupils
- Is confused
- Has weakness on one side of the body
- Passes out or is unconscious for more than 1 minute
- Is unable to wake up
- Has a seizure



WORKING SMOKE DETECTORS SAVE LIVES!
IT'S JUST THAT SIMPLE.



HURRICANE TRACKING MAP



DISASTER SUPPLY KIT

In the event of a disaster, you and your family may not have time to get necessary supplies together. You should have an supply kit with life essentials ready at all times in case an emergency should occur. Plan to use your kit for several days due to power loss or other extreme conditions. Your kit should include:

Water	Food	First Aid	Clothing/Linens	Tools/Supplies	Personal Items
<ul style="list-style-type: none"> • Store in clean, plastic containers. Avoid using glass or cardboard. • Store 3 gallons/person/day for 5-7 days (remember your pets) • Clean and fill bathtubs with water if possible 	<ul style="list-style-type: none"> • 5-7 day supply of non-perishable food • Select foods that need no refrigeration, preparation or cooking • Suggested foods: canned meats, fruits, vegetables, dry grains • Manual can opener 	<ul style="list-style-type: none"> • Have a kit for your home, car and office • Supplies needed: adhesive bandages, latex gloves, sterile gauze pads in assorted sizes, antiseptic, triangular bandages, mosquito repellent, tweezers, non-prescription medications 	<ul style="list-style-type: none"> • 1 complete change of clothing and footwear for each person • Work boots or sturdy shoes • Rain gear • Blankets, sleeping bags, pillows • Hats/ gloves • Long sleeve or thermal clothing • Sunglasses 	<ul style="list-style-type: none"> • Plastic plates, cups and utensils • Battery operated/hand/crank radio • Flashlight w/extra batteries • Cell phone w/batteries or chargers • Cash/traveler's checks • Fire extinguisher • Tool kit w/wrench • Tent or alternate shelter 	<ul style="list-style-type: none"> • Sanitation items: toilet paper, towelettes, feminine supplies, disinfectant, large trash bags, bucket w/lid • Baby items if needed: formula, diapers, bottles, powdered milk, and medications • Prescription medications, dental supplies, glasses, contact lenses w/supplies, hygiene products

Evacuation Tips When a Hurricane Threatens Your Area:

- Monitor local news broadcasts
- Know your evacuation routes and zones
- Make sure your vehicle has a full tank of gas and in good operating condition
- If you live in a mobile home, plan to evacuate at any time
- When traveling with young children or elderly family members, plan to leave early
- Never drive through high water
- If you know someone who needs assistance with evacuation call: 2-1-1 or (in Houston) 3-1-1 to register for assistance.

LOOK BEFORE YOU LOCK!

Houston Fire Department, State Farm Insurance Unveil New Safety Campaign

In an effort to warn Houstonians just how dangerous our summer heat can be, The Houston Fire Department and State Farm Insurance teamed together to continue their public safety billboard campaigns throughout the remainder of the year. The focus of the latest campaign is to remind parents when they get out of their car, to check and make sure there in no children or pets left in the vehicle. In other words, **"Look Before You Lock"**.

The "Look Before You Lock" campaign was initiated by the Early Learning Coalition of Miami/Dade Florida as a response to the number of children's deaths due to hyperthermia from being locked in overheated cars. So far in 2012, more than a dozen children nationwide have died from heat exposure and since 1998, an annual average of 38 children die from this preventable cause. The Early Learning Coalition has also developed a partnership with the Houston Fire Department by graciously providing HFD with materials to help reduce the number of these tragedies.

According to research conducted by the Department of Geosciences at San Francisco State University, 52 percent of the children who die in hot cars are simply forgotten by their caregiver.

Fire Chief Terry Garrison, Medical Director Dr. David Persse, Estella Olguin of Children's Protective Services, City Council Member Ed Gonzalez, HPD Police Chief Charles McClelland, State Farm Insurance Agent John Adkins and HFD Assistant Chief Thomas Munoz at the unveiling of the new billboard safety campaign "Look Before You Lock!"

In the extreme heat of a Houston summer, it only takes a few minutes for the temperature in a closed car to reach deadly levels. Since a child's body temperature rises faster than an adult's, it won't take long for child to succumb to the severe heat. To demonstrate how quickly the temperature can rise, at the "Look Before You Lock" press conference held on June 19, a thermometer was placed in a minivan at 9:30 a.m. to record the temperature inside. In only 40 minutes the temperature rose from 78 to 130 degrees.

These tragedies are 100 percent preventable. There are steps you can take to make sure this never happens to you or your children.

- Place a reminder such as a child's toy in the front seat
- Place something you will need such as briefcase, cell phone, wallet or other items in the back seat
- Have your child's school or day care call you if they are absent

Leaving your children or pets locked in cars, even with the windows cracked, is a crime that can have deadly consequences. Please always remember to "Look Before You Lock!"



IT'S HURRICANE SEASON: ARE YOU PREPARED?

When it comes to surviving natural disasters, preparation is everything. The following information should help you and your family prepare for a hurricane or major weather event.

Before the Storm

- Discuss what your family should do when a hurricane comes ashore and where you might evacuate to (shelter, hotel etc.)
- Don't forget about your pets. Many shelters will not take pets, so plan in advance what to do with them.
- Know and review your evacuation routes
- Develop a family communication plan. Identify a relative or friend in another state or city to serve as a contact in case family members are separated.
- Prepare a disaster kit and place it in a portable container in case of evacuation
- Be sure trees and shrubs around your home are well trimmed
- Tape does not prevent windows from breaking. Install permanent storm shutters or use 5/8" marine plywood, cut to fit, over your windows.
- Install straps or additional clips to securely fasten your roof to the frame structure. This will reduce roof damage.

- If possible, place patio furniture, plants, yard decorations and all other outdoor objects indoors, out of the wind

- Make sure your car has a full tank of gas in case you have to evacuate with little notice

- Moor your boat or move it to higher ground if time permits

Evacuate If:

- You are directed to by local authorities
- If you live in a mobile home or temporary structure
- If you live in a high-rise building. Hurricane winds are stronger at high elevations
- If you live on the coast, on a floodplain, near a river or an inland waterway
- If you feel you are in danger

During the Storm

- Listen to the radio or TV for information
- Turn off utilities if you are instructed to do so
- Set your refrigerator thermostat to the coldest setting and keep the doors closed as much as possible
- Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtubs and other large containers with water.
- Stay indoors during the hurricane and away from windows and glass doors. Don't be fooled by a lull in the storm. It could pick up again.

- Close all interior doors and secure and brace external doors
- Keep curtains & blinds closed
- Take refuge in a small interior room, closet, or hallway on the lowest level
- Lie on the floor under a table or other sturdy object

After the Storm

- Before you enter your home, walk carefully outside and check for loose power lines, gas leaks, downed electrical wires and structural damage. If you have doubts about the safety of your home, have your home inspected by a qualified building inspector.
- **DO NOT** enter your home if:
 - You smell gas
 - Floodwaters remain around the home
 - Your home was damaged by fire and the authorities have not declared it safe.

- Use caution when opening cabinets. Some objects may have fallen.
- Throw out all food that you think may be contaminated.

- Check with local authorities before using any water.

- Clean salvageable items and use disinfectant when cleaning these items

INSURANCE- Keep good records

- Call your agent. Take pictures of damages.
- Separate damaged from undamaged property and keep a room-by-room inventory of missing or damaged items
- Keep accurate records on discarded items
- If possible, protect your property from any further damage

In 2009, the Saffir-Simpson Hurricane Scale that measure the strength of hurricanes was updated to categorize storms using only the sustained wind velocity. Below is the latest scale along with storm surge prediction.

Category	Sustained Winds Storm Surge	Saffir-Simpson Hurricane Scale Types of Damage Due to Hurricane Winds
1	74-95mph 4-5 ft.	Very dangerous winds will produce some damage: Possible damage to roof, shingles, vinyl siding, gutters, trees and power lines. Expect power outages.
2	96-110mph 6-8ft.	Extremely dangerous winds will cause extensive damage: Major roof and siding damage. Expect uprooted trees and blocked roads and total power loss that could last for days.
3 (major)	111-129mph 9-12ft.	Devastating damage will occur: Expect major damage like removal of roof decking and gable ends. Trees will be snapped or uprooted, blocking roads. Electricity and water will be unavailable for several days to weeks after the storm passes.
4 (major)	130-156mph 13-18ft.	Catastrophic damage will occur: Expect severe damage- loss of roof structure and/or some exterior walls. Most trees will be snapped or uprooted and power poles downed isolating residential areas. Power outages will last weeks to possibly months. Most of the area will be uninhabitable for weeks or months.
5 (major)	157mph-higher 18ft.+	Catastrophic damage will occur: A high percentage of framed homes will be destroyed, with total roof failure and wall collapse. Fallen trees and power poles will isolate residential areas. Power outages will last for weeks to possibly months. Most of the area will be uninhabitable for weeks or months.