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EMS



Bulletin

Office of Emergency Medical Services,
Virginia Department of Health
Summer 2015

New GSA Ambulance Standards May Affect RSAF Grant Funding

By: Amanda Davis, Grants Manager

Are you planning to apply for an ambulance through the Rescue Squad Assistance Fund (RSAF) grant? If so, you may have to add about \$40,000.00 to your budget due to a proposed Change Notice from the U.S. General Services Administration (GSA).

The GSA maintains these Federal Vehicle Standards in order to achieve standardization within the federal government's automotive fleet, and to simplify competitive procurement of vehicles. The standards establish various types and sizes of vehicles and general equipment requirements. They also contain current vehicle data, descriptions of minimum government requirements and equipment options. The Society of Automotive Engineers (SAE) coordinates the development of these standards with the GSA based on best practices identified and described by SAE committees and task forces.

When new standards are established for vehicles, in this case ambulances, they are incorporated into the requirement by Virginia EMS Regulations 12VAC-31-810,

Ground ambulance specifications, which states in part:

"A ground ambulance must be commercially constructed and certified to comply with the current federal specification for the Star of Life ambulance (U.S. GSA KKK-A-1822 standards) as the date of vehicle construction." This regulation can be viewed in full at: <http://leg1.state.va.us/cgi-bin/legp504.exe?000+reg+12VAC5-31-810>.

The most recent change in standards came from Change Notice 7, as of February 2, 2015, which incorporated Change Notices 1-6 that formed a part of FED-STD KKK-A-1822F. Change Notice 7 has nothing to do with the implementation of the new SAE standards. However, the next proposed change will be involved with the implementation of the new SAE standards, Change Notice 8, which can be viewed in full at: http://www.vdh.virginia.gov/OEMS/Files_Page/Agency/ProposedCN8-04-2015.pdf. This change will require the construction of a patient loading and transport system (cot reten-

tion system) in all new ambulances. This notice was posted to the GSA's Federal Vehicle Standards website on April 6, 2015 for a 45-day public comment period and will likely become effective July 1, 2015.

The specific requirements of this change are not yet clear, **however, it is very likely that this will be mandatory for all ambulances ordered and manufactured after July 1, 2015.** Due to this directive, the Office of EMS (OEMS) is requesting that all agencies applying for ambulances during the grant cycle submit a quote from the vendor to include the construction of a cot retention system in all new ambulances.

For more information, visit the GSA website at <https://apps.fas.gsa.gov/vehiclistandards/> or contact Amanda Davis, grants manager at amanda.davis@vdh.virginia.gov or Michael Berg, regulation and compliance manager at michael.berg@vdh.virginia.gov.

National EMS Memorial Bike Ride

By: Tim Perkins, EMS Systems Planner

This year during EMS Week, I was fortunate enough to be able to participate in the East Coast leg of the National EMS Memorial Bike Ride, which took riders from Boston, Ma. to Alexandria, Va.

It was my eighth year participating on the ride, which makes me one of the “veterans”. Each year I have been on the ride, for one reason or another, it’s better than the year before.

This year, I met the group at the end of day one in Sturbridge, Massachusetts. To me, it’s a lot like summer camp: you see people you haven’t seen in a year, many of whom you probably won’t see again for another year. But, I can tell you that the people involved in the ride are a tight knit group and they are welcoming to all.



Members of the Blacksburg Volunteer Rescue Squad participating in the 2015 Bike Ride.

The truth is, there are a thousand great things about the ride, whether it is the people that you meet, the friends that you haven’t seen or the people you greet along the way. Then there are the folks that have opened the doors of their fire station or squad building so that we can grab a bite to eat, something to drink, maybe make a quick stop in the restroom, or even



Riding through Times Square in New York City.

just to get a place to relax and get off that bike seat. It’s really like one of those things that kind of restores your faith in humanity. Just to see people being so friendly and generous, strangers giving people hugs, honking car horns, cheering the riders on, well it’s really nothing short of remarkable, and I’m happy to be a part of it.

Of course, all of this should not diminish the reason for the ride. This year, riders rode to honor over 80 providers who died in the line of duty, and/or while serving their communities by providing emergency care, as well as, advocating for health and safety in EMS. At the beginning of the ride you are issued a set of dog tags about a person that the ride is honoring. I try to find people from Virginia to ride for, and this year,

I rode in honor of Beverly Luther, a provider from the Tuckahoe Rescue Squad in Richmond, who succumbed to injuries sustained in a motor vehicle accident in 2014 at the age of 86.

During the week, the ride took us through the states of Massachusetts, Connecticut, New York, New Jersey, Pennsylvania, the District of Columbia and finally into Virginia. Due to the nature of the ride routes, you take the byways through those states and into some beautiful towns.

One of the real highlights every year is the ride through New York City. We ride through “The Big Apple,” right down Broadway, through Times Square and into lower Manhattan.

In the past, we used to pay our respects at Ground Zero. Over the years we have seen how it has grown into the Freedom Tower, a gorgeous towering building that brings beauty to the skyline. After eating lunch at the Fire Department of the City of New York (FDNY) in Brooklyn, we were shuttled to Staten Island on FDNY Fire Boat 343, which was actually constructed out of steel from the World Trade Center.

Hitching a ride on the FDNY Fire Boat 343 to Staten Island, New York.



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Fire and EMS Memorial Week



The Secretary of Public Safety and Homeland Security Brian Moran, Deputy Secretary of Public Safety and Homeland Security Adam Thiel, Virginia Department of Fire Programs Executive Director Melvin Carter and State Health Commissioner Marissa J. Levine, MD, MPH, FAAFP, were in attendance and offered special remarks at the service.

As proclaimed by Governor McAuliffe, Fire and Emergency Medical Services (EMS) Memorial Week was observed in Virginia, June 7-13, 2015. This memorial week, in conjunction with the Virginia Department of Fire Programs' Fallen Firefighters and EMS Memorial Service, honors the fire and EMS providers who died in the line of duty. It also recognizes those who risk their lives daily to serve and protect the people of the Commonwealth. During this special week, we thank all fire, EMS and first responders for their service and we remember the heroes who made the ultimate sacrifice while serving their community and neighbors.

The Annual Fallen Firefighters and EMS Memorial Service was held Saturday, June 6 at the Richmond International Raceway's Main Exhibition Hall. Lieutenant John M. Viggiano of City of Manassas Park Fire and Rescue Department and Captain Anthony T. (Tony) Parker of County of Caroline Fire and Rescue were honored at the ceremony and members of their family were presented with a flag and plaque.



A video of the memorial service can be viewed at: https://www.youtube.com/watch?v=_GYnAQO9DQc&feature=youtu.be.

To learn more about the Fallen Firefighters and EMS Memorial and Fire and EMS Memorial Week, please visit: <http://www.vafire.com/>.

The Governor's proclamation for Fire and EMS Memorial Week can be viewed at: <https://governor.virginia.gov/newsroom/proclamations/proclamation/fire-and-emergency-medical-services-memorial-week-2015/>.

EMSAT

SCHEDULE

July 15 - Infection Control Update

ALS Area 89, BLS Area 06

August 19 - You're Not Out Of The Woods Yet: Wilderness Care

ALS Area 89, BLS Area 05

October 21 - Treating Shock: It's Not Just An Empty Tank!

ALS Area 83, BLS Area 04

November 18 - Pelvic Fractures: Don't Go A "Rockin"

ALS Area 90, BLS Area 04

December 16 - High Tech Kids

ALS Area 85, BLS Area 08

You can receive Continuing Education (CE) credits for viewing EMSAT courses at approved sites in Virginia or online. For more information, call 804-888-9120 or visit www.vdh.virginia.gov/oems.

To view EMSAT webcasts, click on <http://podcasts.whro.org/oems/>.

Water Safety Tips

By: The Virginia Department of Health



The Virginia Department of Health (VDH) urges those using and maintaining swimming pools, spas, water parks and beachgoers to focus on simple steps that can be taken to help ensure a healthy and safe swimming experience for all. Everyone has a role in preventing drowning, swimming-related injuries and waterborne illnesses. Together, swimmers, aquatics and beach staff, residential pool owners and public health officials can prevent the spread of germs. The following information describes the role of swimmers, aquatics and beach staff, residential pool owners and public health officials in preventing drowning, swimming-related injuries and waterborne illnesses. It highlights swimmer hygiene and the need for swimmers to take an active role to protect themselves and prevent the spread of germs.

Time spent in and around pools, lakes and beaches can be a fun experience. Yet, serious swimming-related injuries can occur in water. In fact, drowning is one of the leading causes of injury and death among children aged 1 to 4 years old in Virginia. In 2013, 89 Virginians died from drowning-related injuries. Additionally, 37 Virginians were hospitalized for drowning-related injuries,

resulting in an average hospital stay of more than three days, and a cost of over \$1.64 million.

Several factors put young children at high risk for drowning. Young children are physically top-heavy, active, curious and impulsive. Young children often do not understand the dangers of pools and standing water. Children do not struggle in water and often drown without making a sound. Most drownings involving young children occur in residential settings while under the supervision of an adult. Non-swimming-related drownings often occur in children under the age of one in bathtubs, buckets or toilets. Adolescents are also at risk of drowning in natural bodies of water during sports and recreational activities. Long-term effects of drowning-related injuries may include brain damage that can lead to memory problems and permanent loss of basic functioning.

Despite these consequences, drowning and swimming-related injuries are often preventable. Barriers such as pool fencing have been shown to prevent drowning and swimming related injuries.

Prevent drowning and swimming-related injuries by following these simple steps:

Learn to swim. Learn life-saving skills, including swimming basics and cardio-pulmonary resuscitation (CPR).

Be prepared. Have rescue equipment by the pool, post 911 emergency information, and think through an emergency action plan.

Supervise when in or near the water. Never leave a child unsupervised near a pool/spa, standing body of water, pond, bathtub, toilet, or water-filled bucket. Look in pools first if a child is missing.

Clear the pool and deck of toys. Remove toys from the pool and surrounding area immediately after use so children aren't tempted to enter the pool area unsupervised.

Use the buddy system when swimming or boating.

Communicate pool safety tips with the babysitter and ensure they are trained in CPR.

Use Coast Guard approved life jackets. Never rely only on flotation devices (water wings, noodles) or swimming lessons to protect a child.

Install four-sided fencing. An unclimbable, five foot fence should separate the pool/spa from residences. Fence openings should be no more than four inches wide so children cannot squeeze through spaces.

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The Time to Prepare is Now!

By: Winnie Pennington, Emergency Operations Planner



As summer begins, it also marks the start of hurricane season, June 1 - November 30. Now is the time to get an emergency preparedness plan in place.

The most important step is to identify your hurricane risk. Do you live in an evacuation zone? If so, you need to plan on where you and your family would go in order to ride out the storm in the event that you are told to evacuate.

Most people only need to evacuate a few miles from the coast to avoid the dangers of storm surge. Find a friend or relative that lives outside the storm surge evacuation zone and have a plan to ride out the storm with them. You should also establish a family communications plan in case you are not together when you need to evacuate.

Once a person understands their risk for hurricane impacts, an appropriate disaster safety plan should be developed to help ensure an individual's and a family's safety.

A disaster safety plan is a comprehensive plan that identifies all of the steps a family needs to take before, during, and after a disaster to ensure maximum

personal safety and property protection. For a step-by-step guide on creating a family disaster plan please see Florida's "Get a Plan" guide. Citizens should also visit their regional emergency management agency for family disaster plan templates that may be more suited to that local area. You can also visit the Virginia Department of Emergency Management's website for planning guides and important preparedness information: <http://www.vaemergency.gov/>.

Coastal residents should go to their local emergency managers for evacuation zone information. This information is typically available online. A county-by-county list of evacuation zone resources is available at: http://flash.org/hurricane-season/evacuation-zones/Evacuation_Zone_Identification_Survey.pdf

Know your storm surge risk, download a copy of the Hurricane Storm Surge Tool: <http://www.vaemergency.gov/ready-virginia/stay-informed/hurricane/storm-surge>.

Vital resources to help you prepare include:

- Virginia Hurricane Guide: http://www.vaemergency.gov/sites/default/files/hurricane-EvacBOOK_map.pdf
- Tropical Cyclone Preparedness Guide: [<sources/TropicalCyclones11.pdf>](http://www.nws.noaa.gov/os/hurricane/re-

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- For critical hurricane advisories and marine forecasts: www.Hurricanes.gov
- For the latest forecasts for your part of the country: www.Weather.gov
- For additional preparedness information: www.Ready.gov
- National Hurricane Center Outreach Resources: <http://www.nhc.noaa.gov/outreach/>
- Weather-Ready Nation Kids: http://www.weather.gov/media/owlie/nws_kids_fact_sheet2b.pdf
- Preparedness for Kids, Parents and Educators: www.Ready.gov/Kids
- Ready Responder Toolkit <http://www.ready.gov/sites/default/files/documents/files/RRToolkit.pdf>

GET A KIT

Collect these essential supplies to last at least 3 days for each family member.

MAKE A PLAN
 STAY INFORMED

3

3 days of water and food that won't spoil and doesn't need electricity to prepare

1 gallon of water per person per day for drinking and hygiene

A battery-powered and/or hand-crank radio. Extra batteries.

A written family emergency plan

Additional items

Flashlights	Toilet paper, soap, plastic garbage bags and personal hygiene items
First-aid kit, including a list of allergies, and extra contact lenses or glasses	Special items for elderly or disabled family members
A written list of prescriptions, the prescribing doctors and at least a week's supply of medications	Pet information and supplies

If you have to evacuate your home, take your emergency supply kit. Try to stay with family or friends, in a hotel or motel, or public shelter. For more information, visit www.ReadyVirginia.gov.



Download the free Ready Virginia app for alerts and more information. www.ReadyVirginia.gov

Ready Virginia is an educational campaign that promotes emergency preparedness through three basic steps: get a kit, make a plan, stay informed. This document was prepared under a grant from FEMA's Grant Programs Directorate and the U.S. Department of Homeland Security. 1271381100

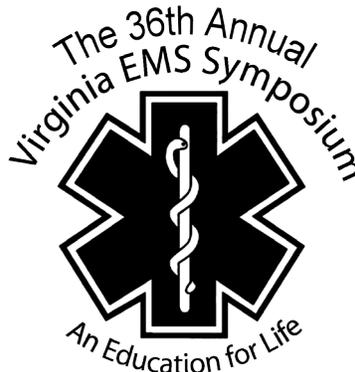
Virginia EMS Symposium Registration Opens This Summer!

Save the date for the 2015 Virginia EMS Symposium, Nov. 11 - 15, at the Norfolk Waterside Marriott in Norfolk, Va.

The largest EMS training event in the state, and one of the largest in the country, the Virginia EMS Symposium is a five-day event that offers more than 250 classes and various course tracks to help providers fulfill their continuing education needs.

Course topics range from hands-on training in trauma, medical, cardiac and pediatric to operations, preparatory and health and safety. These classes are also applicable for nurses and physicians.

The Annual Governor's EMS Awards



will be presented, Saturday, Nov. 14 at the Virginia EMS Symposium. Nominees from the 11 Regional EMS Councils will be recognized for their outstanding achievements and contributions to the EMS System. Winners of the regional awards will vie for a chance to receive the 2015 Governor's EMS Award, which is comprised of 10

award categories and one \$5,000 scholarship for a high school senior.

Registration for the Annual EMS Symposium opens online in July. To learn more about the Virginia EMS Symposium, visit www.vdh.virginia.gov/oems/symposium.

Interested in becoming a sponsor for this educational event? Learn more about the various sponsorship opportunities that are available at any budget level by visiting http://www.vdh.virginia.gov/OEMS/Files_Page/symposium/2015SponsorshipPacket.pdf.

EMS Strong Essay Contest



In celebration of National EMS Week, May 17-23, the Office of EMS hosted a special essay contest for Virginia EMS Agencies to describe how they were "EMS Strong," based on this year's event theme.

We were looking for examples of the impact that Virginia EMS agencies have made in their community and throughout the EMS System by giving examples of their leadership and education or by explaining how their agency went above and beyond to pro-

vide a high level of prehospital care. The winners were given 25 full-size medical bags for their agency to use in the field.

We received many remarkable submissions that are the true embodiment of "EMS Strong," and we wanted to share these inspiring examples of dedication to providing the highest quality emergency medical care possible to those in need.

Congratulations to all of the win-

ners and thank you to everyone who submitted an essay. It is clear from the entries received, that Virginia is full of passionate and committed agencies and providers who truly define "EMS Strong." Keep up the great work!

To review the winners of the "EMS Strong" essay contest, please visit: <http://www.vdh.virginia.gov/OEMS/NewsFeatures/EMSStrongSubmissions.pdf>.

To learn more about National EMS Week, visit <http://www.acep.org/em-week/>.

Mandatory Updates for CE Scanners

By: Adam Harrell, Training and Development Coordinator



Due to security certificate compatibility issues, a mandatory update is required for all mobile MC55 Continuing Education (CE) scanners. **Please note: This update must be installed prior to July 15, 2015.**

Effective July 15, 2015, CE scanners that have not had the update installed will not function until the update is applied.

How to Update Your Scanner:

Educator Updates - The Office of EMS will be performing all required MC55 device updates during EMS Educator updates.

By Mail - You can mail your scanner to the office and staff will apply the updates and return it to you via mail. Scanners will be returned through UPS; however, we cannot insure the package for shipping. If you wish to insure the packages, please prearrange that with the shipping service that you utilize.

When shipping the device to the Office of EMS, be sure to address the

package as follows:

Adam Harrell
Va. Office of EMS
1041 Technology Park Dr.
Glen Allen, VA 23059

Be sure to include the following information with any delivered scanner:

1. Return mailing address
2. Your name
3. A contact number
4. A contact email

In Office - Or, you can bring your scanner to the Office of EMS and have it updated on-site.

The update requires the installation of a new operating system and a re-install of the scanning software. Do not procrastinate. Remember, any scanner not updated by July 15, 2015, will not work after this date.

If you have any questions regarding this issue, please contact Adam Harrell, training and development coordinator at 804-888-9120 or 800-523-6019.

Background Checks for Jurisdictions With Ordinances

In accordance with SB 997 of the 2014 General Assembly, the Code of Virginia was amended in regards to the conduction of background checks of EMS agency affiliation.

The legislation, as well as the established policy and agency templates, can be found at: <http://www.vdh.virginia.gov/OEMS/Agency/RegCompliance/CriminalHistoryRecord.htm>.

Please note that this policy is effective July 1, 2015.

Those jurisdictions with any additional questions on this new process should direct them to Michael Berg, regulation and compliance manager.

It is also important to note that the OEMS will not provide background cards for those jurisdictions completing the background checks under their enacted ordinances and as such will not be responsible for any associated costs.

For more info, please contact Michael Berg, regulation and compliance manager at 804-888-9131 or Michael.Berg@vdh.virginia.gov.

Extreme Heat and Heat-Related Illnesses

By: The Virginia Department of Health

Summer temperatures in Virginia normally climb into the upper 90's and even reach over 100 degrees at times. The hot temperatures and high heat indexes can cause ill health effects.

The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. Prolonged exposure to heat can cause cramping, heat exhaustion, heat stroke and even death. It is important to stay hydrated and seek cool temperature environments until the heat subsides.

Here are some tips to avoid heat-related illness during the summer:

Drink water. When the temperature rises, it is important to drink plenty of water. Drinks that contain caffeine, large amounts of sugar or alcohol should be avoided because they can cause you to become dehydrated.

Keep cool indoors. On hot days, prevent illness by keeping cool indoors. If your home is not air conditioned, try to spend the hottest hours of the day in a cool public place such as a library, movie theater, or store.

Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella. Always apply sunscreen to exposed skin.

Limit physical activity. Avoid excessive physical exertion in hot temperatures, especially in the middle of the day. If you must work outdoors, stay hydrated by drinking 2-4 glasses of water each hour and take frequent breaks in a cool place. Even a few hours in an air-conditioned environment reduces the danger of heat-related illness.

NEVER leave children or pets in cars. Temperatures inside a car with windows up can reach over 150 degrees quickly, resulting in heat stroke and death.

Check on your neighbors. Although anyone can suffer heat-related illness, some people are at greater risk than others. People aged 65 or older are particularly susceptible to heat-related illnesses and complications that can result during periods of high temperatures and humidity.

Heat-Related Weather Terms:

Understanding heat-related weather terminology can help you and your family prepare for hot weather.

Heat Index: This is a measure of how hot it feels when relative

humidity is added to the air temperature.

Excessive Heat Outlooks: Issued when the potential exists for an excessive heat event in the next 3-7 days.

EXTREME HEAT

CAUSES MORE DEATHS
each year than hurricanes, lightning, tornadoes, earthquakes, and floods

COMBINED!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!

www.vdh.virginia.gov/Weather/ExtremeHeat.htm
www.cdc.gov/ephtracking

DEPARTMENT OF HEALTH
COMMONWEALTH OF VIRGINIA

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

American College of Surgeons State Trauma System Visit

By: Paul Sharpe, Trauma and Critical Care Manager

The Division of Trauma and Critical Care has entered into a performance-based contract with the American College of Surgeons (ACS) for an ACS State Trauma System Consultative Visit. The onsite portion of this assessment has been scheduled for September 1-4, 2015.

Work continues on the data collection for the Pre-review Questionnaire (PRQ) and will be ongoing until the document and supporting evidence is submitted to the ACS by July 1, 2015. To date, coordination of information with the Virginia Department of Health's Office of Epidemiology and Regional EMS Councils has taken place. This information, along with data from other offices and groups from across the Commonwealth will be compiled into the Office of EMS's application.

Over the next few months, many in-

dividuals and groups may be asked for assistance in completing the PRQ and obtaining necessary documentation to support the information provided to ACS. The focus of this assessment may include but is not limited to the following:

- Injury epidemiology
- Statutory authority and administrative rules
- System leadership
- Coalition building and community support
- Lead agency and human resources within the lead agency
- Trauma system plan
- System integration
- Financing
- Prevention and outreach
- Emergency Medical Services
- Definitive Care Facilities
- System coordination and patient flow
- Rehabilitation
- Disaster preparedness

- System-wide evaluation and quality assurance
- Trauma management information systems
- Research

Our contract with ACS has expanded to include an additional reviewer-focused on assessing the needs of the pediatric population.

The final piece of the review process is the four-day meeting with the ACS team that comes out to the Office of EMS to conduct interviews with individuals, stakeholders and groups involved in the trauma system. Invitations for this interview will be forthcoming as ACS develops a list of stakeholders they wish to meet. At the completion of their evaluation, a detailed report will be provided and will outline the areas of strength in the trauma system, as well as the opportunities for growth.

EMS Compass Aims to Help Local Systems Improve; New Initiative Looks to Communities for Input



There is a new national initiative called EMS Compass, which launched earlier this year with funding provided by the National Highway Traffic Safety Administration (NHTSA) through a cooperative agreement with the National Association of State EMS Officials (NASEMSO).

“EMS Compass, an initiative to improve systems of care through meaningful performance measures, is underway and is look-

ing for input from the public,” said Nick Nudell, EMS Compass project manager. This new initiative brings together many of the nation's leading minds in EMS, health care and performance improvement, including the expertise of the Institute for Healthcare Improvement (IHI).

Learn more about the EMS Compass program: http://www.nas-emso.org/documents/EMSCompass_Overview_23Apr2015.pdf

Read the NASEMSO press release about EMS Compass: <http://www.nasemso.org/Advocacy/PressRoom/documents/EMS-Compass-Initiative-Press-Release-23Apr2015.pdf>

Extreme Heat Continued From Page 8

By: The Virginia Department of Health

Excessive Heat Watches: Issued when conditions are favorable for an excessive heat in the next 24 to 72 hours.

Excessive Heat Warning/Advisories: Issued when an excessive heat is expected in the next 36 hours.

Signs & Symptoms of Heat-Related Illness: Several heat-related health conditions can cause serious health problems. When temperatures are on the rise, watch for the following symptoms:

Dehydration: Dehydration is caused by the excessive loss of water and salts from the body due to illness or from prolonged exposure to heat. Severe dehydration can become a life-threatening condition if not treated.

Heat Cramps: Heat cramps are painful, involuntary muscle spasms that usually occur during heavy physical activity in hot environ-

ments. Muscles most often affected include those of your calves, arms, abdominal wall and back. If you are suffering from heat cramps, rest for several hours and drink clear juice or an electrolyte-containing sports drink.

Heat Exhaustion: Heat exhaustion occurs when the body loses too much water and salt from sweating during hot temperatures. The elderly, people who work outside and people with high blood pressure are most at risk of heat exhaustion. Continued exposure may lead to heat stroke, which is life-threatening.

Heat Stroke: Heat stroke is caused by prolonged exposure to high temperatures or by doing physical activity in hot weather. Sweating has usually stopped and your body temperature becomes too high; body temperatures can reach as high as 106 degrees in 15 minutes. Heat stroke is a life-threatening

condition and you should seek immediate medical attention if you or someone you know is suffering from heat stroke.

For more information and heat-related illness prevention tips, please visit the following websites:

Prevent Heat-Related Illness - Tips to stay safe from VDH: <http://www.vdh.virginia.gov/Weather/ExtremeHeat.htm>

Heat Wave Safety Checklist - American Red Cross: http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340158_HeatWave.pdf

Tips for Preventing Heat-Related Illness - Important tips from the CDC: <http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp>

Water Safety Tips Continued From Page 4

By: The Virginia Department of Health

Fence gates should be self closing and self latching. Areas beside the outside of the fence should be free of objects that can help children climb the fence, such as tables, chairs, or tree branches.

Don't swim in the dark.

Avoid alcohol before and during swimming.

For more information, please visit the following websites:
American Red Cross - <http://www.redcross.org/>

Consumer Product Safety Commission Neighborhood Safety Network - <http://www.cpsc.gov/en/Safety-Education/Neighborhood-Safety-Network/Toolkits/Drowning-Prevention/>

National Safety Council - <http://www.nsc.org/pages/home.aspx>
Safe Kids USA - <http://www.usa.safekids.org/>

Consumer Product Safety Commission; Virginia Graeme Baker Pool and Spa Safety Act; Water Watchers - <http://www.poolsafely.gov/>

EMS Memorial Bike Ride Continued From Page 2

By: Tim Perkins, EMS Systems Planner



Tim Perkins at the Virginia state line on the Woodrow Wilson Bridge

Another real highlight for me is riding into Virginia. Not so much because it means the end of the ride, but more because of that feeling of home. This year, we were even able to stop for a quick selfie on the Wilson Bridge next to the Virginia welcome sign.

I am continually impressed with the number of people from Virginia that participate. This year, we had more than 25 riders and support staff from the Commonwealth, and it can be easily argued that there are more par-

ticipants from Virginia than any other state.

In addition to the East Coast leg of the ride, there is a group that rides from Paintsville, Ky. to Alexandria, Va. during the same time. The majority of the Kentucky route takes riders into southwest Virginia, and agencies along that route always welcome riders with open arms.

My last words about the National EMS Memorial Bike Ride are this: I can't list all of the people's names who helped make the ride what it is, or even all of the people who made the ride happen for me. All I can say is that it continues to be the most rewarding thing I've ever done in EMS, and I consider each person involved in the ride, as well as the people we are riding for, to be family. I also encourage readers to get involved in the ride, either as a rider, or as ride support, you will definitely not regret it.

The National EMS Memorial Bike Ride, Inc. (NEMSMBR) honors Emergency Medical Services personnel by organizing and implementing long distance cycling events that memori-

alize and celebrate the lives of those who serve everyday, those who have become sick or injured while performing their duties, and those who have died in the line of duty.

For more information about the National EMS Memorial Bike Ride, visit <http://www.muddyangels.org/>.

The National EMS Memorial Service will take place, June 27 in Colorado Spring, Co., and the service can be viewed live online at: <https://iframe.dacast.com/b/3325/c/25409>.

Learn more about the National EMS Memorial Service at: <http://www.national-ems-memorial.org/>.



Providers from Virginia participating in the closing ceremony in Alexandria.

Members of the 2015 National EMS Memorial Bike Ride - East Coast Leg



Calendar of Events

July						
Su	M	T	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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- July 3 - Independence Day - Closed
- July 8 - Training and Certification Committee, 10:30 a.m.
- July 9 - EMSC Committee, 3 p.m.
- July 9 - Medical Direction Committee, 10:30 a.m.
- July 15 - Symposium Registration Opens
- July 15 - EMSAT
- July 27 - Transportation Committee, 1 p.m.
- July 29- Aug. 1, Annual Virginia State Firefighter's Association Conference/Expo

Meeting dates are subject to change at any time. Visit the OEMS website at www.vdh.virginia.gov/oems for the latest event information.

Quick Updates

OEMS Director Participates in White House Roundtable for EMS

The OEMS Director Gary Brown was invited recently to participate in a National Security staff meeting hosted by the White House. He attended on behalf of the National Association of State EMS Officials.

This roundtable initiative, "Bystanders: Our Nation's Immediate Responders," was designed to build national resilience and save lives by providing emergency response information and tools for the general public. Attendees included leaders from emergency management, health care, public health and public safety agencies, plus key federal personnel and National Security Council staff.

August						
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Aug. 6 Meetings:

- Medevac Committee, 10 a.m.
- State EMS Advisory Board Executive Committee, 11 a.m.
- FARC, 1 p.m.
- Regional EMS Council Executive Directors Group, 1 p.m.
- Rules and Regulations Committee, 3 p.m.

Aug. 7 Meetings:

- Provider Health and Safety Committee, 9 a.m.
- Legislative & Planning Committee, 9 a.m.
- Emergency Management Committee, 10 a.m.
- Workforce Development Committee, 10 a.m.
- VAGEMSA, 10:30 a.m.
- Communications Committee, 11 a.m.
- State EMS Advisory Board, 1 p.m.
- August 19 - EMSAT

New OEMS Staff

We are happy to introduce you to the newest members of our team.

Division of Regulation and Compliance

- Douglas (Doug) E. Layton, EMS program representative for CSEMS, TJEMS and parts of BREMS council regions
- Cynthia Fien, Background Unit

Connect With OEMS Online!

Facebook: www.facebook.com/pages/Virginia-EMS/153545858005772

Twitter: www.twitter.com/virginiaems

You Tube: <http://www.youtube.com/user/VirginiaEMS/>

EMS Challenge Question

When is the mandatory update for CE scanners?

Email the correct answer to emstechasst@vdh.virginia.gov and you may be one of the lucky winners that will receive a prize from the Office of EMS.

Congratulations to the Winter 2014 EMS Challenge Question winner, **Drummond Figg with HCA Virginia Health System.**

*Note: The answer to the EMS Challenge Question can be found in this edition of the *EMS Bulletin*.



The Virginia Department of Health Office of Emergency Medical Services publishes the *EMS Bulletin* biannually. If you would like to receive this publication via e-mail, please send your request to emstechasst@vdh.virginia.gov or sign up to join our e-mail list at www.vdh.virginia.gov/oems.

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