



THE HEAT



A Publication of the Pine Bluff Fire & Emergency Services
FOCUSING ON THE COMMUNITY

June 2016

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Important Dates

June 14th - Flag Day
June 19th - Father's Day
June 20th - First Day of
Summer

From the Chief



As we approach the hot summer days I want to take this time to encourage everyone to be safe this summer while enjoying yourself in the great outdoors.

With temperatures frequently reaching the upper nineties and higher with humidity it can be very challenging just to be outside let alone fighting fire in turn-out gear. Members are encouraged to take precautions by being in great shape and hydrating yourselves. Your personal safety is job number one.

During Arkansas summers heat related illnesses skyrocket. On the last page of this newsletter are symptoms and treatments for such. I encourage you to familiarize yourselves with it. Not only could you recognize symptoms in yourself but in others as well.

I hope everyone has a happy and safe summer!!

Shaawn Howell

Fire Chief

IT'S
SUMMER
TIME !!!



Retirement of Engineer Ronnie Harden



Engineer Ronnie Harden
Retiring on July 1st
31 Years of Service

Congratulations to Engineer Ronnie Harden!!

After 31 years with Pine Bluff Fire Department Engineer Harden is hanging up his turnouts and helmet for the last time. Engineer Harden started with the Fire Department on June 16, 1985 under then Fire Chief W. Ray Jacks.

Let the relaxation
begin!
Happy
Retirement!!!



June Anniversaries

- Gerald White - June 1st - 20 years
- Shae Furr - June 4th - 4 years
- Ronnie Harden - June 16th - 31 years
- J.P. Logan - June 21st - 16 years
- Bryan McPherson - June 23rd - 31 Years
- Michael Boykin - June 28th - 15 years

June Birthdays

- Michael Boykin - June 21st
- Lee Bateman - June 21st
- Jerry Garganeous - June 30th
- Ernest Jones - June 30th





Plane Crash

There was an aircraft accident this past Saturday during the Black Pilots of America fly-in. The accident occurred during one of the fly-in events. The pilot and her daughter were on board the Cessna C-177 Cardinal. Both were able to exit the aircraft on their own with minor injuries.



Station #1 Remodel Update

Almost there!!! We now have internet !! Fire Administration and E-1 is now moved back. L-1 and EMS-1 will be moving in the coming days. Hopefully by the middle of June we will be 100% moved and working! Fingers crossed.

Extreme Heat Safety Tips

Extreme Heat Safety Tips:

- ❖ Stay indoors, especially during the warmest part of the day (typically 11 am to 2 pm), and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning or it fails, go to a public building with air conditioning such as a shopping mall, public library, or community center.
- ❖ Wear lightweight, light-colored, loose-fitting clothing.
- ❖ If you must be outside, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher. Avoid strenuous activity. If you must work, take frequent breaks.
- ❖ NEVER leave anyone in a closed, parked vehicle.
- ❖ Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - ❖ Infants and young children
 - ❖ People aged 65 or older
 - ❖ People who have a mental illness
 - ❖ Those who are physically ill, especially with heart disease or high blood pressure
- ❖ Get to know symptoms for heat stroke, heat exhaustion, heat cramps and sunburn and how to respond immediately.



Heat Exhaustion Symptoms & Treatments

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration. Information below provided by WebMD Website

There are two types of heat exhaustion:

Water depletion: Signs include excessive thirst, weakness, headache, and loss of consciousness.

Salt depletion: Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Pale Skin
- Profuse Sweating
- Rapid Heartbeat

Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke. After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

Risk Factors for Heat Exhaustion

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to remember that the heat index is even higher when you are standing in full sunshine.