



# Crystal Park Volunteer Fire Department

#2 Waterfall Loop, Manitou Springs, CO 80829

## Community Safety Bulletin #3

### Is your car ready for winter?



The leading cause of death during winter storms is from automobile or other transportation accidents. Be prepared for winter by having an emergency kit in each of your cars.

#### The kit should include:

- a battery powered radio (with fresh batteries),
- flashlight and extra batteries,
- blanket,
- jumper cables,
- fire extinguisher (5 lb. A-B-C- type),
- first aid kit, bottled water, and
- non perishable high energy foods like granola bars

#### **If a blizzard traps you in your car:**

- Pull off the road, set hazard lights to flashing, and hang a distress flag from the radio antenna or window. Remain in your vehicle; rescuers are most likely to find you there.
- Conserve fuel, but run the engine and heater about ten minutes each hour to keep warm, cracking a downwind window slightly to prevent carbon monoxide poisoning. Exercise to maintain body heat but don't over-exert. Huddle with other passengers and use your coat for a blanket.
- In extreme cold use road maps, seat covers, floor mats, newspapers or extra clothing for covering--anything to provide additional insulation and warmth.
- Turn on the inside dome light so rescue teams can see you at night, but be careful not to run the battery down. In remote areas, spread a large cloth over the snow to attract the attention of rescue planes.
- Do not set out on foot unless you see a building close by where you know you can take shelter.
- Once the blizzard is over, you may need to leave the car and proceed on foot. Follow the road if possible. If you need to walk across open country, use distant points as landmarks to help maintain your sense of direction.

### "In Case of Emergency" Call ICE!



There is no simpler way of letting our firefighters know who to contact should you be involved in an accident than by using ICE. Standing for **In Case of Emergency**, ICE will allow paramedics police officers to quickly contact persons who can be informed of the incident.

When 9-1-1 is called many times the victims are unconscious and unable to inform paramedics of important information such as:

- Previous Medical Condition
  - Medications
- Name and Address
- Significant Contacts

You can make our jobs easier by entering this contact number into your cellular phone, giving your information to a loved one or confidential friend. To take advantage of this simple program you should:

- Type the acronym ICE followed by a contact name (for example, ICE - mom or ICE - David) into the address book of your mobile phone
- Save their phone number into the contact
- Tell your ICE contact that you have selected them

**More information on the ICE program can be found at:**

<http://www.icecontact.com/>

# Baby-Sitters - Make The Right Call



Know the address of where you are baby-sitting. Know where the nearest road is so that you can give directions to emergency workers if necessary.

Be sure you know the emergency number to call from the home you're working at because it may not be the same number as the one you'd call from your own home.

Ask for a phone number to reach the parent's. If they are not reachable, ask them to give you the name and phone number of someone else to contact, or contact your own parents. Call the parents, or your parents, if for any reason you become afraid.

Carefully answer the call taker/dispatcher's questions. Remember that EMS call takers/dispatchers are specially trained to help you. Answer their questions. Do not hang up until the call takers/dispatchers tells you can.

Attend classes for baby-sitters if they are offered in your community; learn how to handle life threatening situations, such as stopping bleeding, cardiopulmonary resuscitation (CPR), and responding to poisoning. Remember that watching the children - not talking on the phone or watching television - is your first priority.

Find out if the children under your care have any special medical problems. NEVER give medicine to them unless the parent's have instructed you about what and how much to give.

Stay in the house unless you have permission to take the children outside. Never leave the house without the children.

Remember to pull the crib rail all the way up when putting a baby to bed.

Be careful when bathing kids. A slippery tub can be dangerous. Never leave children unattended in the bathtub.

Know where a flashlight and batteries are, or better yet, take a flashlight with you. Keep matches, lighters, fireworks, medicines, household chemicals, knives and other sharp objects, out of reach.

Don't waste precious time trying to put out a fire, even if you are afraid you might be blamed for it. Take the child and get out of the house; then call for help from a neighbor's.

Don't leave food unattended. If you must prepare meals, keep them simple. Don't let the children cook. If they are allowed to help, they shouldn't use knives or appliances

## ***What if a companion falls through thin ice?***

=> Keep calm and think out a solution.

=> Don't run up to the hole. You'll probably break through.

=> Use some item on shore to throw or extend to the victim to pull them out of the water such as jumper cables or skis.

=> If you can't rescue the victim immediately, call 911.

=> Get medical assistance for the victim. People who are subjected to cold water immersion but seem fine after being rescued can suffer a potentially fatal condition called "after drop" that may occur when cold blood that is pooled in the body's extremities starts to circulate again as the victim starts to re-warm.

## ***What if YOU fall in?***

First, try very hard not to panic. Instead, remain calm and turn toward the direction you came from. Place your hands and arms on the unbroken surface of the ice. Work forward on the ice by kicking your feet. If the ice breaks, maintain your position and slide forward again. Once you are lying on the ice, don't stand. Instead, roll away from the hole. That spreads out your weight until you are on solid ice. This sounds much easier than it really is to do.

The best advice is don't put yourself into needless danger by venturing out too soon or too late in the season.

## ***DANGER – THIN ICE***

***The Crystal Park Lake has been plowed for skating, but...There are no lifeguards. Be cautious.***