

# THE FIREHOUSE SCENE

is a quarterly publication of the  
*Harlem-Roscoe Fire Protection District*

April 2023

*Fire Chief Patrick Trollop*

*Editor Sheryl Drost*

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*Sheryl Drost Photo*



**FROM THE CHIEFS DESK**  
BY FIRE CHIEF PATRICK TROLLOP

## THE FUTURE

In the last newsletter I talked about how we are taking “baby steps” when it comes to change. This past election day on April 4th, we as a department took a very large step forward. There was a referendum placed on the ballot for a pension levy. The point of this pension levy is to prepare the department for the future.

When the department was formed in 1940 it was one hundred percent a volunteer department. Over the years there has been a major change in volunteerism nationally as well as locally. There are many reasons why there are a lack of volunteers. I believe that the biggest reason is time. As the fire service has evolved, so has the time commitment. It isn’t just showing up at the station and getting on a fire truck. The education and training continues to increase. Basic Operations Firefighter, is the entry level certification in the State of Illinois, this class alone is 16 weeks long. Emergency Medical Technician (EMT) is approximately 6 months long, to become a Paramedic the process is roughly 2 years which includes classroom training, hospital clinical time, and field time. These are just the basic levels of what the fire department does. This does not include any extra Hazardous Materials or Technical Rescue training. Which there are a plethora of specialties that a firefighter can learn about.

The department began contracting paramedics through a private ambulance service in the early 2000’s. Initially there were only 2 contracted personnel. Over the past 10 years the department has had to continuously adapt to that changing culture within the United States. We still contract full-time personnel, but those numbers have increased to 24 full-time contracted personnel. These numbers have continued to increase due to the lack of volunteers as well as the struggle to staff part-time on premise personnel. With the steady decrease of members over the past few years the increase of contracted personnel has gone up. Unfortunately, finding certified personnel to staff these positions is becoming more difficult. This problem isn’t contained to only the fire service.

The passing of the pension levy will assist the department with the ability to continue to grow. As our call volume increases our staffing must also increase to ensure that the needs of the public are met. The passing of this pension levy puts the department ahead when it comes to hiring full-time personnel when the time arises. Our goal is to always be prepared for what the future may bring. Having the pension levy in place is a great step in the right direction for what I believe will be an eventuality. I would like to thank all of you who came out in support of the fire department, not only on election day but everyday. It does not go unnoticed.

## NEWNESS IS NOT A WEAKNESS

The fire department is a living breathing organization. There is constant change within the organization. Over the years there have been hundreds of members within the organization. Some have been here for a very short amount of time and some have given a lifetime to the organization. All of them have made an impact in some way.

As you all know, on January 1st of this year, the organization had a major change for only the 9th time in the history of the organization, as I had taken over as the Fire Chief. With that change, there is a newness to the organization. New thoughts, new ideas, and new people.

Since the announcement of myself being named as the Fire Chief, the department has brought in multiple new faces from the outside. We have also made multiple changes from within the organization. Those faces range from two new Battalion Chiefs who were external candidates. A new Lieutenant who was brought in from the outside. The promotion of three members to the rank of Lieutenant from within, and the addition of three new paramedics to our contract staff from outside of the organization. This does not include the addition of multiple new members to the fire department itself.

So what does that mean? Well, it means that the department is very young. It means that we have a blank canvas within the department. We have great opportunities to grow our members. The great thing about having young, excited, impressionable new members is we still have plenty of seasoned and experienced veterans. These veterans will help grow the new members. They will help grow the new members confidence and assist them in learning new techniques or different ways of doing procedures.

The veterans will assist with their training and share their experiences. One of the best ways to learn in the firehouse, happens at the kitchen table. This is where the war stories are told, this is where the “young kids” can see and hear the passion that the veterans still have for the job. This is where the bonds start.

The great thing about bringing in people from the outside is that they have a different point of view. They have different experiences. New people bring new and different ways to do things. The history of the department or the mentality of what we have always done, doesn’t play a part in new members’ thinking. Bringing in members from the outside as well as the “young kids” provide us with outside the box thinking. It is great to have different points of view. That is how we will continuously adapt and change to the ever changing needs of the community.

Newness develops into growth and positive changes. And I for one am excited to see how we continuously grow not only as a department but to see how our members grow as well. How the culture grows, the pride within the department grows, and the bonds grow within our members.

## HRFD TRUSTEES AWARDS DINNER

STEFFANI HIPPO PHOTOS

Harlem-Roscoe Fire Trustees held the department's annual Trustee's Appreciation Awards Dinner on March 25th, 2023 at Mary's Market in Roscoe. After a delicious buffet meal put out by Mary's Market, the awards were presented.



HRFD Fire Chief Patrick Trollop presented Engineer Marty Green and Engineer Matt Bush each an award for their 40 years of fire service.

Chief Trollop praises the two, "Engineers Bush and Green were given an award on Saturday night to recognize their 40 years of service to not only the Harlem-Roscoe Fire Protection District, but to the communities that we serve. The longevity that both individuals have given to the community is extraordinary. There are only two former members of the department that have served more time. The number of hours that these two have put into serving the community is an extreme amount. The time given is much more than responding to calls, trainings, and working paid on premise shifts. This time can also be measured in friendship and mentorship. For their time and dedication to the community and the Harlem-Roscoe Fire Protection District, and both of their friendships to me, there is not much I can say besides THANK YOU."

Other Years of Service Awards: 25-year Fire Service Award to Photographer Sheryl Drost; 10-year Fire Service Pin to Chaplain Everett Peterson, Lt. Nate Sarver, and Fire Chief Pat Trollop; 5-year Fire Service Pin to Firefighter Tyler Ebany, Tyler Young, EMT Alissa Neubauer, Fire Prevention member Jim Purpura, Mechanic Butch Taylor, and Chaplain Tom Vojtech; and 5-year Medical Pin to Gus Larson, Alissa Neubauer, and Andrew Wiechman.



The Good Service Award went to Lt. Dylan Lackey.



The Most Valuable Firefighter Awards for, Sta.#1- EMT Alissa Neubauer, Sta.#2- Engineer Shannon Burbach, and Sta.#3 Firefighter Gus Larson.

### Other Awards

Officer of the Year Award-Lt. Sam McNames; The Most Valuable Chaplain Award-Chaplain Sue Null; The Most Valuable Fire Prevention Bureau-Tracie McCormick; Rookie of the Year-Madison West; and Most Trainings Award-Ryan Donner.

### Recognition Awards

New Paramedics Hanna Benard and BC Mike Jones; New EMT's BC Jeff Grant, Lt. Spencer Caruana, Madison West, and Lori Lynch; New Firefighters Jacob Archambeau, Lucas Burbach, Lt. Spencer Caruana, BC Jeff Grant, BC Mike Jones, Lori Lynch, Jay Starnes, Zander Vanderheyden, and Madison West; New Chaplain Jared Ekberg and New Fire Prevention member David McKee.

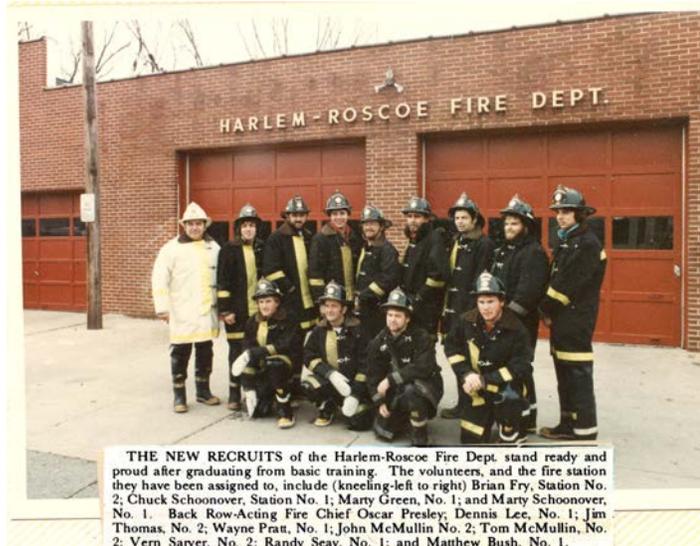
More of the photos from the evening may be seen on our Facebook page as well as the HRFD Year in Review video that was played. The video is also posted on YouTube at <https://youtube/Nr5HGg73PxE>.



# Times Rekindled

By Sheryl Drost

Two Harlem-Roscoe Firefighters reached 40 years of fire service in 2022. They are Engineers Matt Bush and Marty Green. There are only two others that have served longer on the department, and these two are only a couple years from surpassing them. Chief Trollop said in his article this month that we have seasoned and experienced veterans that will help grow the new members, and that is exactly what these two have done for 40 years. They are well-respected by both past and present firefighters for not only their experience, but their knowledge, friendship, and commitment.



THE NEW RECRUITS of the Harlem-Roscoe Fire Dept. stand ready and proud after graduating from basic training. The volunteers, and the fire station they have been assigned to, include (kneeling-left to right) Brian Fry, Station No. 2; Chuck Schoonover, Station No. 1; Marty Green, No. 1; and Mary Schoonover, No. 1. Back Row-Acting Fire Chief Oscar Presley, Dennis Lee, No. 1; Jim Thomas, No. 2; Wayne Pratt, No. 1; John McMullin No. 2; Tom McMullin, No. 2; Vern Sarver, No. 2; Randy Seav, No. 1; and Matthew Bush, No. 1.

Matt and Marty were both recruited by the late Chief Oscar Presley and you might just recognize some of the other recruits in their class photo above in 1982. Below you can see they have changed only a little bit in their 40 years!



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I asked Matt and Marty to tell us about their 40 years. Maybe some things about the good ole days, a memorable call, and what has kept them serving for over 40 years now.

## Matt Bush



Sept. 6th, 1994 Broad St. Burn.

I have several state certifications such as Engineer, Pump Operator, FSVO, Vehicle Machinery Ops, Advanced Technician FF, Rope Ops, Water Ops, Hazardous Materials Awareness, Hazardous Materials First Responder, Watercraft Tech, Ice Rescue Technical Rescue Awareness, Large Animal Rescue, Instructor 1, and I was an EMT for over 14 years.

My most memorable call was “Kisa the ice baby” that was delivered during an ice storm with lots of %\$#\$\$% and a load of effort to reach them that night with a beautiful outcome. And for a completely different reason, a horrible dual motorcycle wreck on Hwy 173. My worst call was a friend’s father that I knew that died in a crash on Elevator at I-90. We had to wait for the investigation to be done before we could remove him from the car.



May 20, 2001 Williams Dr. Burn

Things used to be a lot more laid back. We trained hard and we worked hard, but it was a calling. For those of us that started this years ago, it wasn’t a step to a career. Very few of us made it our full time job. It was a club of sorts, everybody doing the same thing with old guys helping and guiding

the young guys. I started when it was all strictly volunteer. We were so spread out around the area that we used to hang out at the station and wait for calls. We actually had fires to fight, real ones, big ones. We road tail boards and froze our butts off. We wore ¾ pull up boots, long coats, leather helmets and SCBAs with elephant trunks. It is what we did because we wanted to help our community and we loved what we do.

We do it because we enjoy it or we wouldn’t still be doing it. We have made it forty years and hope to make it a few more. Maybe some of what we have learned over the decades we can pass along to those just starting out now. That is, not how to fight fires, cut cars, or take care of patients - their training will teach them most of that. But how to enjoy the job, the work. How to enjoy watching



2005 Tampa Ln. Burns

the new “kids” progress and maybe instill a little bit of the pride that comes with doing this job, and help some of them to become the old crotchety guy on the department. We can be there with the answer when there is a question that training has taught one way to cure a problem, but experience has shown us many other ways to cure the same problem. Maybe a little bit of what we tried to teach them will help them to become the old guys. It’s family . . . I was the kid being watched over by so many “dads and grandpas” that I will never forget. Hopefully

someday these younger firefighters will look back on their early experiences and remember us just as fondly.

## MARTY GREEN



December 1989 Pearl St. Burn

My journey on the department began when I was just out of high school. Oscar told me they were looking for some young blood to join the department and talked me into it. I went through 40 hours of training and then took a First Responder Class in First Aid and CPR. From there I took an ERT Class. I had gotten my Class A driver’s license for my job. One day they asked me if I could drive the fire truck out to a car fire on I-90 and I said yes, but I didn’t know how to pump it. The Captain at the time said that was okay, if I could get it there, he could pump it. So that’s how I started to be an Engineer. It was kind of on-the-job training back then. I also have state certifications in FSVO, FFII, Hazardous Materials Awareness, Technical Rescue Awareness as well as IS-00100, IS-00200, and IS-700 from FEMA.

In the early days, we didn’t have much to do so we would hang out at the fire station and wait for calls. We had pagers and also the siren on top of the station would be set off to let everyone know of the call, and then you would drive to the station and get ready. Back then, one of the fun things about riding on a fire truck is you could ride on the tail board in rain, snow, whatever the weather, so cool!



May 20, 2001 Williams Dr. Burn

We would also compete in water fights with other departments including ground and air fights. Boone County Fire was always the team to beat, they were the best around. There was the Coon and Ham Dinner every March and back then it was a big event. We served more people back then out of the small old Station One than we do today at our Spring Dinners. The women of the town would make all the home made pies and drop them off at the station. We would spend the week cleaning the coon getting them ready to eat. Talk about a lot of work! I could go on forever about the old days, but we need to move on to today.

We still have dinners but it’s more commercial today then back then, but it’s still a lot of fun. Today, we have much better equipment from fire trucks to gear, to SCBAs. It is much better and safer all around for today’s fire personnel.

My worst call was on Gleasman Rd. where a car had sideswiped a hay wagon full of people and a young girl had died. A now famous call was Chief Oscar Presley being chased by a dog saying on the radio, “Big Dog, Big Dog!” as he’s running back to his vehicle.

What keeps me going on the fire department is belonging to something that is important to me. It’s hard to explain because everyone has their own reason for joining HRFD. But, I think that the reason I stay around is that being a part of a group of people that are there to help other people who need our help for small things to life or death situations. I like all the people I work with at the stations.



March 8th, 2020



A couple of fun photos I’ve shot of these two are Matt catching the moon and Marty pulling hose off the back of the fire truck.

## HORSE RESCUE

SHERYL DROST PHOTOS

Firefighters were dispatched to a farm on Belvidere Rd. on March 14th to assist with a horse that must have slipped in the mud and fell into a cement trough.

BC Jeff Grant reports that they initially tried to use air bags and rope to help the horse to reposition himself to allow him to stand in the trough and walk out. When that didn't work, a neighbor brought over his skid steer. Then as firefighters used ropes to secure the horse, the neighbor used his skid steer to pull two sections of the cement trough from underneath the horse. The horse was now out of the trough and on the ground.

After a short rest and a few attempts at standing, "Billy" was up on all fours and walking around and even ate some hay. Before the firefighters left though, Billy walked over and shook his head up and down like he was saying Thank you! Your welcome Billy, glad we could help.



## TRAINING UPDATE

BY DC KEVIN BRIGGS

The fire service is one of the most versatile job fields in the world. Firefighters need to know a wide variety of skills including firefighting, technical rescue, EMS, extrication, knowledge of building construction, and water rescue just to name a few. Each of these skills can be

broken down into many sub-skills. Since we do not respond to a high amount of these technical rescue type calls, it is difficult to keep these skills sharp. One of the best ways we combat this in the fire service is by hands on and classroom training.

Training is the key element to any fire department in keeping its' personnel sharp and able to perform their required tasks efficiently and safely. Making training as realistic as possible is vital to obtaining these goals. The fire service has the benefit of having a large number of people that are or have been in the trades as well as people that are hands on and innovative which has created an abundance of realistic training props to simulate just about every situation imaginable.

Hands-on training in the fire service is one of the most crucial aspects. To help with our hands-on training we use training props. Training props are devices or structures that can help replicate real life emergency scenarios. These props have several benefits. They help build muscle memory, broaden our skill sets, and increase the firefighters ability to complete a task quickly, efficiently, and safely should they encounter a similar situation on the job.



To help achieve this, Chief Trollop and I are working on props to give the department more training opportunities. The first project being worked on is a forcible entry prop that will incorporate critical training, as well as hands on training. This would help us to simulate every type of door entry performed in the fire service.

We are also working on mapping the training grounds to plan for future expansion. Some possibilities for future props include a Class A burn building, railway tanker, collapse house and confined space, drafting pit, and trench props. My goal is to give our department and any department that would like to use our training facility the ability to get hands-on realistic training on as many topics or situations as possible.

As we move forward, I am extremely excited for the future of our training facility grounds at Harlem-Roscoe Fire. We are extremely lucky to have a training facility that we can use on a daily basis.

# HOUSE FIRE

SHERYL DROST PHOTOS

Firefighters responded to the 12000 block of Ventura Blvd on April 1st for a report of a stove fire. The fire had spread and when units arrived smoke was coming from the attic and garage.

BC Jeff Grant reports, "The occupant was out of building when units arrived and confirmed no one else was in the home. Firefighters made an aggressive attack and quickly had the fire under control."

Thank you to the mutual aid fire departments that assisted on scene and covered the station."





**FIRE PITS  
AND OPEN BURNING**  
BY BC JOHN DONOVAN

Well, winter seems to be behind us, and warmer weather is approaching which means lots of yards and properties need to be cleaned up. There are guidelines and ordinances to consider when doing open

burning or recreational fires and to a point they vary from city to city, village to village based on where you live. You need to be aware of this because burning yard waste and burning at the wrong time or burning items that should not be burned can cost you as the homeowner some potential fines. Make sure check your local ordinances for when you can and cannot burn in your area.

**Fire Pits**

Having a fire pit in your yard or campsite can provide a warm and cozy outdoor atmosphere, but it is important to follow proper safety guidelines to prevent accidents and injuries. Here are some tips for fire pit safety:

1. Check for any local regulations or restrictions on fire pits in your area. Some areas may prohibit open flames or restrict the use of fire pits during certain times of the year.
2. Choose a safe location for your fire pit. It should be at least 20 feet away from any buildings or flammable materials, such as trees, shrubs, or dry grass.
3. Use a fire pit that is designed for outdoor use and made from non-combustible materials, such as stone, brick, or metal.
4. Keep a fire extinguisher or a bucket of water nearby in case of an emergency.
5. Never leave a fire unattended. Always supervise the fire and keep children and pets away from it.
6. Use only dry, seasoned wood or charcoal in your fire pit. Do not burn trash, leaves, or other materials that can produce toxic smoke.
7. Do not overload the fire pit with too much wood or fuel. Keep the flames at a manageable size.
8. When you are finished using the fire pit, extinguish the flames completely with water or sand.

By following these safety guidelines, you can enjoy the warmth and beauty of a fire pit without putting yourself, your property, or others in danger. Enjoy the outdoors and be safe!

**FIELD FIRE** SHERYL DROST PHOTO

Firefighters responded to a field fire off the intersection of Atwood Rd. and Burr Oak Rd. on April 7th. BC Jeff Grant reports units arrived to find an out of control burn that had traveled out into a field. Firefighters were able to extinguish the fire before it got into the tree line. BC Grant reminds everyone to be very careful when burning this spring



**MULCH FIRE** SHERYL DROST PHOTO

An observant neighbor and a quick knockdown by firefighters saved a home on April 12th from fire. Firefighters were dispatched to the 5800 block of Ada Dr. for a report of smoke coming from a residence. BC John Donovan reports, "Upon arrival, we found fire in the mulch along the back side of the home and it had also traveled up the back outside wall. Crews quickly pulled siding and extinguished the fire. The damaged was contained to the outside wall of the home, but could have been much worse if not for an attentive neighbor."



**SEVERE STORMS**

SHERYL DROST AND CHRIS ANDERSON PHOTOS

March 31st saw destructive damage to many in our fire district with downed power lines and trees. Many were without power for days. Then April 4th brought another storm, but this time it was hail. Checkout our Facebook page for many photos of the damage in our fire district.





## START SEEING MOTORCYCLES

BY DC BERGERON  
CHRIS ANDERSON PHOTO

With summer approaching and warm weather soon upon us, the number of motorcyclists sharing the roads with motor vehicles will be increasing. The Start Seeing Motorcycles Campaign was created to raise motorist awareness of motorcycles in order to reduce the number of motorcycle related crashes. All across the state signs bearing the Start Seeing Motorcycles message have been seen.

In order to better equip motorcyclists with the tools they need to ride safely, the Gear Up Program was launched. Some of the key points of the program include encouraging riders to keep their bikes in good running condition, to wear protective clothing and increase their visibility. Protective gear includes sturdy footwear, straight-leg pants made of heavy material, reflective or brightly colored long sleeved shirt or jacket, a DOT approved helmet, eye protection and full fingered gloves.

Motorcycles represent only 3% of all vehicle registrations in the state. Therefore, motorcyclists are among the most vulnerable vehicle types on the road and can be easily overlooked by motorists. When you ride, be aware of your surroundings, others may not see you. Whenever there is a motor vehicle versus motorcycle accident, most of the time the operators comment is, "I did not see the bike". There are free Cycle Rider Safety courses offered statewide. These courses provide motorcyclists with additional safety knowledge and training.

### Tips

- Remember that motorists often have trouble seeing motorcycles and reacting in time.
- Make sure your headlight works and is on day and night.
- Use reflective strips or decals on your clothing and on your motorcycle.
- Be aware of the blind spots cars and trucks have. Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn. Dress for safety.
- Wear a quality helmet and eye protection.
- Wear bright clothing and a light-colored helmet.
- Wear leather or other thick, protective clothing.
- Choose long sleeves and pants, over-the-ankle boots, and gloves.
- Remember – the only thing between you and the road is your protective gear.
- Constantly search the road for changing conditions. Give yourself space and time to respond to other motorists' actions.
- Give other motorists time and space to respond to you.
- Use lane positioning to be seen; ride in the part of a lane where you are most visible.
- Watch for turning vehicles.
- Signal your next move in advance.



04/10/2023 Hwy 251

- Avoid weaving between lanes.
- Pretend you're invisible, and ride extra defensively.
- Don't ride when you are tired or under the influence of alcohol or other drugs.
- Know and follow the rules of the road, and stick to the speed limit. Know your bike and how to use it:
- Get formal training and take refresher courses.

Practice and develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces. Remember: Give yourself space. People driving cars often just don't see motorcycles. Even when drivers do see you, chances are they've never been on a motorcycle and can't properly judge your speed.

The latest vehicle mile travel data show motorcyclists are about 27 times as likely as passenger car occupants to die in a motor vehicle traffic crash and 6 times as likely to be injured. Safe motorcycling takes balance, coordination, and good judgment. Here are some ways to ensure that you'll be around to enjoy riding your motorcycle for many years to come.

Before every ride, you should check the tire pressure and tread depth, hand and foot brakes, headlights and signal indicators, and fluid levels. You should also check under the motorcycle for signs of oil or gas leaks. If you're carrying cargo, you should secure and balance the load on the cycle; and adjust the suspension and tire pressure to accommodate the extra weight. If you're carrying a passenger, he or she should mount the motorcycle only after the engine has started; should sit as far forward as possible, directly behind you; and should keep both feet on the foot rests at all times, even when the motorcycle is stopped. Remind your passenger to keep his or her legs and feet away from the muffler. Tell your passenger to hold on firmly to your waist, hips, or belt; keep movement to a minimum; and lean at the same time and in the same direction as you do. Do not let your passenger dismount the motorcycle until you say it is safe.

If you're ever in a serious motorcycle crash, the best hope you have for protecting your brain is a motorcycle helmet. Always wear a helmet meeting the U.S. Department of Transportation (DOT) Federal Motor Vehicle Safety Standard (FMVSS) 218. Some motorcycle helmets, in addition to offering protection to your head in a crash, include plastic face shields that offer protection from wind, rain, insects, dust, and stones thrown up from cars. If your helmet doesn't have a face shield, be sure you wear goggles because eyeglasses won't keep your eyes from watering, and can easily fall off.

Alcohol and drugs, including some prescribed medications, negatively affect your judgment, coordination, balance, throttle control, and ability to shift gears. These substances also impair your alertness and reduce your reaction time. Even when you're fully alert, it's impossible to predict what other vehicles or pedestrians are going to do. Therefore, make sure you are alcohol and drug free when you get on your motorcycle. Otherwise, you'll be heading for trouble.



## FOOD TRUCK INSPECTIONS

BY DIV. CHIEF JAY ALMS

Just like the brick & mortar restaurants that have spurred the food truck sensation, we expect the same clean and food safe controls from the food trucks. The Health

Department has gone one step further and asked that the local fire departments make sure that the food trucks are operating in a fire & life safety atmosphere as well.

Earlier this spring, the surrounding fire departments gathered and shared their independent inspection processes and we have come to an agreement on the inspection procedures. We all agreed as well that wherever in the county the fire & life safety inspection was done, that it would satisfy compliance wherever the food truck served food county-wide.

So, rest assured eating from the many delicious options we have available to us. These food trucks have allowed some of us to try things we normally wouldn't have in the past. We don't see these trucks going away anytime soon, more likely we will see increases in the numbers and locations.

If you need more information please contact myself at the fire station @ 815-623-7867. Or you can look up the latest food truck safety at [nfpa.org/foodtrucksafety](http://nfpa.org/foodtrucksafety).



## VEHICLE EXTRICATION WITH EMS

BY CAPT. MIKE HUFFMAN

Over the past years, the U.S. fire service has become more and more involved in the delivery of emergency medical services. From basic first aid training to

advanced levels of paramedicine, fire departments that don't offer EMS services are becoming fewer and fewer. With this increase in training and integration, departments should include medical treatment into technical rescue tactics. Patient-based extrication is just that: patient treatment, stabilization and removal that are based on the presentation of signs and symptoms that are found during the initial patient assessment.

### The ABCs

During all technical rescues, tactics should be dictated by patient condition. This starts with a good victim assessment by first-arriving rescuers. A simple ABC approach can dictate the next

actions that must be addressed: Airway, breathing and circulation assessments are as basic as they sound. Does the patient have a patent and sustainable airway? Is the patient breathing? Does the patient have a carotid or radial pulse present? If the answer is no to any/all of these questions, the extrication will be put on delay while the patient's medical problems are addressed.

Whether these tasks are completed by the first engine company or by an assigned ambulance crew, the number one priority is to stabilize the patient. Once the ABCs are tackled, a rapid trauma assessment should be completed. The head-to-toe examination that evaluates for life-threatening injuries is essential for patient stabilization and for the discussion that pertains to the mode of operation for the extrication of the patient.

If the patient seems stable, more time can be taken during the extrication operation. If it's found that there's an immediate life threat, the pace of work should be increased.

### Communicate & understand

No matter the mode of operation, communication and understanding between the EMS / Medic who is caring for the victim and the extrication Captain / Operations are essential. The communication must include patient condition, stability, and needs of care and protection of the patient. This information can help to direct the efforts of the extrication operation.

Communication also is needed between the extrication Captain and the medic. This means an explanation of the process of removal and the needed safety precautions.

Too often, we take firefighters to a junkyard to "cut cars." Although the initial tool familiarization is important, the application of the techniques is even more important. These techniques will be under a lot more stress when firefighters are faced with a dying patient.

### Difficult conditions

The time to up the ante on your training is now. Just like the inception of EMS into the fire service, it's time for patient care and conditions to dictate tactics in vehicle extrication.

From the first-arriving engine / squad company to the last ambulance to turn up, everyone on scene of a rescue must work toward the goal of patient care. Adding patient assessment into your department's extrication training is where it starts and will lead to a better organized response when the conditions on scene are difficult and the outcome looks grim.



### The Quick 6

1. Size Up
2. Inner & Outer - Circle of Surveys
3. Scene and Vehicle stabilization
4. Medic in
5. Glass management and strip & peak
6. Cut - Actions



BY LT. CHRIS WITCIK

April showers bring May flowers, but April also brings much needed awareness to the negative impact of stress on the human body.

April is National Stress Awareness Month. Stress can be a debilitating issue in many peoples lives, and can even lead to health problems if not handled correctly. April has become a month for healthcare officials across the country to join forces and increase public awareness about not only the causes of stress, but also the treatments for the increased level of stress people are dealing with in todays world.

There are three different types of stress many people are confronted with on a day to day basis. The first being acute stress. This is usually the most common type of stress and usually only lasts a brief period of time. Reactive thinking is the most common cause of acute stress. The second type of stress is episodic acute stress, referring to individuals who frequently deal with acute stress. These individuals often deal with a lot of chaos and crisis throughout their day to day lives. The third type of stress is chronic stress. Chronic stress is the most dangerous of the three, and can impose significant damage on an individuals physical and mental health if left untreated. Now for the positive news. There are many different ways to help manage and reduces stress on a day to day basis. One of the most important is exercise. Exercising just 20-30 minutes a day can not only reduces someones stress level, but also help other numerous health benefits. Relaxation is another method used to combat stress. Whether it be watching your favorite TV at night, meditation, or yoga, people relax in many different ways and this can help reduce stress substantially. Other ways to reduce stress include eating well, getting an adequate amount of sleep and rest each night, and visiting your doctor on a regular basis.

April is usually just the beginning to the beautiful summer months, and now it can be the beginning to a beautiful, less stress filled life by remembering these simple, yet effective methods to combat and reduce stress day by day.

### The Firehouse Scene

The Firehouse Scene is a quarterly newsletter produced by the Harlem-Roscoe Fire Prot. Dist.

Fire Chief - Patrick Trollop  
Editor & Layout - Sheryl Drost

The Firehouse Scene is available at Station One - 10544 Main Street in Roscoe and on the department's website after the second Sunday of April, July, October, and January

E-mail submissions to: Sheryl at: [sdrost@harlemroscoefire.org](mailto:sdrost@harlemroscoefire.org)



BY LT. JASON STREET

Spring time is finally here! Like myself, I'm sure many of you are eager to enjoy windows down and the radio up on your drives through town. For first responders, this can make responding to emergencies much more challenging. Our bright red lights, shiny Federal Q siren, and blasting air horns become much more difficult to hear for civilians on the road. We do our best to provide adequate warning when approaching drivers, but those efforts are not always heard. Often times, drivers are not aware of approaching emergency vehicles until the last second. This usually creates a panic for the civilian driver, causing them to stop where they are. Responders are then forced to maneuver around stopped traffic, something not always easy to do, due to the size of our fire apparatus.

My best advice for drivers is when you see emergency vehicles approaching, make every effort to pull your vehicle to the right side of the road and come to a stop. These two actions can drastically help first responders in getting to their destination quickly and safely. Pulling to the right side of the road opens up the left side (or middle of the road in the case of a two lane road) for emergency vehicles to pass by. Stopping your vehicle also helps us so that we can see you are not moving and are aware that we are approaching. Too many times have I been in situations where drivers were not aware of responding fire apparatus and cut out to the left to get around slowed or stopped traffic on the right. Our fire apparatus weigh upwards of 40,000lbs and take a lot more time and distance to stop.

At intersections, we are required by law to stop if we have the red light. When we stop, we wait for all other lanes to give us the right of way before proceeding. A situation I've encountered more times than I can count deal with left turn lanes. With civilian vehicles being advised to pull to the right, this should provide us plenty of room on the left side of the road. I teach all new emergency vehicle drivers to keep left as much as possible. When we approach intersections and need to turn left, sometimes the left turn lanes are full of vehicles who are all stopped because of the approaching emergency vehicle. We do not advise pulling out into traffic if the left turn lane light is red. Sometimes our traffic light emitters will trigger the green light and vehicles will not move. With having the green light now, do not be afraid to drive forward with your left turn. This opens up the turn lane and gets us moving again. Just be sure to pull to the right after making your left turn!

# Out in the Community



**Polar Plunge for Special Olympics.** HRFD's team theme was Disney Characters and they raised \$2,985 for the cause!

**The Battle of the Badges Blood Drive results:**  
 Rockton: 59 donors, 9 deferrals and a yield of 50 units. Roscoe: 47 donors, 6 deferrals and a yield of 41 units. Together, Roscoe and Rockton impacted up to 273 lives!!



**Congratulations to new Roscoe Police Chief Sam Hawley!**  
 L-r, Retired Chief Don Shoeverlin, Div. Chief Jay Alms, DC John Bergeron, Roscoe Police Chief Sam Hawley, Fire Chief Patrick Trollop, DC Kevin Briggs, and Firefighter Gus Larson.



Madison West brought her puppies Zoey and Delilah to Station One to visit.



Firefighters were part of Stone Creek and Ledgewood School's "Read Across America" week as Mystery Readers on March 1st and 2nd. They had a great time with the kids!





## IT'S TIME TO ADD "CLOSE YOUR DOOR" TO YOUR FIRE SAFETY CHECKLIST

You know how important it is to have working smoke alarms, escape plans, and a designated meeting place in case of a fire. But did you know that closing your doors in your home is also important for your safety? Closed doors can reduce fire growth, limit damage to your home, keep temperatures down, and can even save your life if you become trapped.

### DID YOU KNOW?

Because of synthetic materials, furniture and construction, fire spreads faster than ever before.\*

\*NIST Technical Note 1455-1, February 2008



**MAKE A 900 DEGREE DIFFERENCE** - A closed door can mean reducing 1,000 degrees down to 100 degrees.



**TAKE IT DOWN A NOTCH** - During a fire, a closed door can keep carbon monoxide levels at 1,000 PPM versus 10,000 PPM if the door is left open.



**TAKE A BREATH** - A fire needs oxygen to burn. A closed door keeps more oxygen in the room and away from the fire. When you exit a fire, make sure to close your door behind you to slow down its growth.



**DOZE SAFELY** - 50% of home fire deaths happen between 11pm and 7am. Closing your doors before you hit the hay helps keep you safe.

Learn more at [closeyourdoor.org](https://closeyourdoor.org)

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# SPRING COOKOUT

- \* Sat. May 6th
- \* Noon to 3pm
- \* Fire Station One  
(10544 Main St. Roscoe)
- \* No Cost (Donations Accepted)



**MENU:  
BURGERS, BRATS,  
BAKED BEANS, CHIPS,  
COOKIE & DRINK**