

Lifesaving foundation

January 2011: Issue No. 2

Dedicated to providing lifesaving education, equipment and technology to first responders.

PREPARE NOW

so you won't panic later

Basics of Disaster Preparedness

- Create a Kit
- Make a Plan
- Know the Facts

Basic Emergency Supply Kit

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight with extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

go to www.ready.gov for more great info



POLICE OFFICER SAVED BY MEDIC 2 KATHERINE GREEN AND BHAVIN MEHTA

On Wednesday, October 13th, EMT Green and Paramedic Mehta were dropping off a patient at Barnes Hospital. When returning to their unit, Medic 2, a St. Louis squad car pulled into the ambulance bay with a St. Louis Police Officer bleeding profusely in the back seat. EMT Green ran into the hospital and yelled for a stretcher while Paramedic Mehta started to control the bleeding. Both crew members pulled the officer out of the vehicle and carried him to the stretcher. The officer was rushed to a trauma room while both crew members continued to assist the hospital staff in caring for the patient. The officer survived. In summing-up the actions taken by Medic 2, Chief Jenkerson said, "This incident again provides an example of emergency medical professionalism and experience that extends way beyond the average ambulance crew. The actions of Paramedic Bhavin Mehta and EMT Katherine Green that day typify the abilities and dedication of the STFD EMS." Indeed.

Did You Know?

The LEADING cause of death for Missourians is heart disease?

Two factors which can improve outcomes for heart attack victims are quicker treatment and increased use of the 911 system?

An electrocardiogram is a recorded tracing of the electrical activity of the heart?

The new 12-Lead monitors will cut minutes off of treatment time giving heart attack victims an even greater chance of becoming survivors?

You can help the Lifesaving Foundation by joining us at ZIA'S "on the Hill" between January 17—January 31st? A portion of all proceeds will go to the Lifesaving Foundation! www.zias.com

From the Desk of the Executive Director

Welcome to the 2nd issue of the Lifesaving Foundation newsletter. Our goal is to provide you with the latest happenings in the St. Louis Fire Department EMS community and on matters that will save your life. We just completed the 1st phase of the Lifesaving Foundation 12-Lead Capital Campaign to provide telemetry capability to the St. Louis Fire Department Ambulance fleet. We celebrated with a Press Conference at Fire Department Headquarters on December 3rd. See our video link on our *In the News* page on our website and see the new devices in use.

THERE IS POWER IN PARTNERSHIP! The rapid completion of the 1st phase of the Capital Campaign would not have been possible without our community partners. We would like to thank Ambassador Sam Fox, AT&T, Emergency Nurses Association, SLU Hospital, BJC Hospital, and US Bank. We want to express our sincere gratitude for the generosity of our corporate citizens. With their help, pre-hospital emergency care in St. Louis will improve tremendously! Stay safe!

Becky Rebecca Davis, Executive Director



12-Lead Wireless EKG Defibrillators provided to SLFD by Lifesaving Foundation Capital Campaign

December 3, 2010: The SLFD Ambulance Fleet can NOW email heart attack information from a racing ambulance to the hospital. The new devices measure a person's heartbeat and shocks the heart into a normal rhythm. It can also help first responders in the field and doctors at the hospital AT THE SAME TIME by collecting, and then wirelessly sending the information to the hospital. The wireless transmission helps doctors diagnose the *type* of heart attack the patient may be suffering before the ambulance even arrives.

The new new 12-Lead wireless defibrillators will cut minutes off of treatment time, giving the victim an even greater chance of becoming a survivor.

You Can Make a Difference!

1. Pick up a Schnucks eScrip Community Card;
2. Register your new card for use in the Lifesaving Foundation program;
3. Schnucks will make contributions to the Lifesaving Foundation based on purchases by you, just by using the card you have registered;
4. Your purchases create automatic contributions and you become a lifesaver!

