



The Booster Line



JANUARY 2021

THE NEWSLETTER FROM THE TRAINING DIVISION OF SOUTHERN STONE COUNTY FIRE

DISTRICT CALENDAR

JANUARY

- 5th – Battalion 1 CPR Training 19:00 at Sta. 1.
- 7th – Firefighter Basic Training
- 9th – Pancake Breakfast 09:00 at Sta. 1
- 12th – Battalion 2 CPR Training 19:00 at Sta. 1.
- 13th – Cadet Training 18:30 at Sta. 1
- 14th – Firefighter Basic Training
 - Auxiliary Meeting 18:30 at Dist. HQ
- 15th & 16th – EMT Testing at Sta. 1
- 19th – Battalion 3 CPR Training 19:00 at Sta. 1.
- 21st – Firefighter Basic Training
 - Board Meeting 18:00 at Dist. HQ
- 25th – Monthly Officer’s Meeting 18:30 Sta. 1
- 27th – Cadet Training 18:30 at Sta. 1
- 28th – Firefighter Basic Training
- 30th & 31st – Firefighter 1 & 2 08:00 at Sta. 1

FROM CHIEF WOLVEN

As we finish out this weird year, I wanted to express my appreciation and gratitude for the job well done by all of you this year. While this year has been particularly challenging, we have met those challenges and continued with our mission as professionals. The calls have still come in, and we have answered more calls this year than ever before, and we have still responded to help as we have trained to do. We have made some modifications in our responses due to the situations this year, but we kept going. That is the key to what we do as a District, we keep going. This year has had some good points. We received the new fireboat, we replaced a tanker, we held the Point of Ignition event, as well as the annual picnic and Christmas dinner. These are evidence that we can still be progressive, even in difficult times.

Basically, I simply wanted to say thank you, and I am certain I speak for the Board of Directors as well in saying job well done. We have several exciting things coming in 2021, as we strive for the future, never forgetting the past.

Keep training, stay ready, keep moving forward, and continue being a part of this awesome team!

Thank you all, and I look forward to working with you for the coming year and beyond.

Chief Keith Wolven

SSCFPD Training Division's Goal

“The Goal of the SSCFPD Training Division is to provide safe, relevant, and realistic training and opportunities for professional growth, which will produce outstanding, well-trained, members of the fire service.”



ANNUAL CPR TRAINING

Each year, the American Heart Association (AHA) releases updated guidelines for how to improve the effectiveness of CPR. Because research and studies are continuously leading to new information, which is then reviewed by leaders at the AHA, they use that information to ensure improved training for those taking CPR classes and also to lead to a better outcome for victims of cardiac arrest.

Last year, the AHA made it a requirement that instruments, and training devices used in CPR training provide voice-directed, specific, and real-time coaching feedback. These devices were used to provide more in-depth feedback so students could learn “high-quality CPR.” This simply means knowing the proper speed, depth, and reflex rates to provide more effective life-saving CPR.

American Heart Association’s 2015-2020 CPR Updates

From 2015 through 2020, the updates to the CPR guidelines include the following:

ABCs to CAB

In the past, CPR was administered through the ABCs – Airway, Breathing, and Circulation. While all three are essential, the order has changed to CAB – first circulation, then the airway, then breathing. First 30 compressions are given, then the airway is opened, then two rescue breaths are administered, allowing a victim to receive compressions much faster and only delaying the rescue breaths by around 20 seconds.

Made the CPR Process More Efficient

For a long period of time, there was a “Look, Listen, Feel” guideline to determining if someone needed aid. This meant a rescuer was to look, listen, and feel for a victim’s breathing. This was removed from the CPR process to prevent delaying the time it takes for a victim to receive CPR. Additionally, the AHA continued the practice of not checking for a pulse as “lay” rescuers (bystanders coming to aid), often have trouble finding pulse points and may spend too long looking for a pulse rather than giving life-saving aid.

Emphasis on High-Quality CPR

As we mentioned above, CPR must be high-quality for it to be effective. This means the compressions must be performed at the proper depth of a full two inches at a rate of 100 per minute.

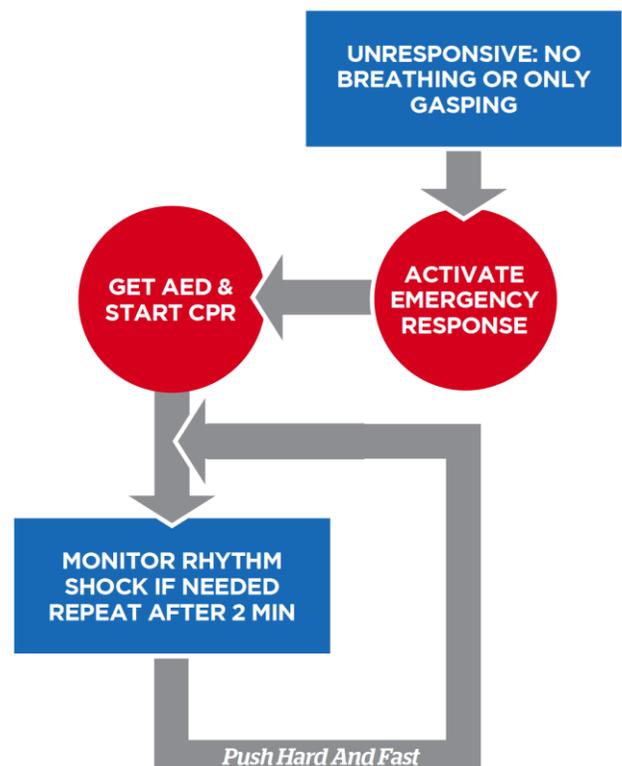
Reviewing the CPR Process

Today, as soon as you see an emergency, it’s important to call for help immediately. **If the victim is non-responsive and does not appear to be breathing, begin CPR:**

- Compressions – 30 compressions at 2 inches deep, 100 per minute.
- If the rescuer is trained in CPR, they should give 2 rescue breaths, otherwise, continue with compressions
- Rescue breaths begin by tilting the victim’s head back and lifting the chin slightly to open the airway, then pinching the nostrils closed and giving 2 normal breaths, watching the victim’s chest rise and fall.
- Continuing the cycle of continued compressions or 30 compressions and two rescue breaths.

Renew Your CPR Certification in 2021

During each of the battalion trainings during the month of January the District provides Basic Life Support (BLS) CPR and AED training. **This training is mandatory** for **all members** even if your CPR training is not up for renewal.



STATION 6 TRAINING ROOM COMPLETE!



EMT CLASS OF 2020

The Southern Stone County Emergency Medical Technician Class of 2020 started back in September. This accelerated course has 16 students who have completed the coursework and are preparing to take the psychomotor exams on January 16th here at Southern Stone.

Of those 16 students, eleven are members of Southern Stone!

Tyson Parten
Brad Snider
Robert Weidknecht
Joseph White
Sheri Kuyper
Linda Fraser
Jonathan Gardner
Kevin Hayward
Jacob Hembree
Joseph Hembree
Jamie Beasley

We are very proud of their hard work and wish them all the best in their NREMT Testing!

Special thanks to those who helped in instructing these students!

Scott Weekley
Rae Kingsley
Dylan Honea
Michelle Griggs
Anthony Griggs

LATEST COVID REPORT STONE COUNTY

OVERALL COVID RISK

Critical

DAILY NEW CASES PER 100K

Critical

41.6

INFECTION RATE

Low

0.87

POSITIVE TEST RATE

Medium

6.3%

Indicates adequate testing

Stone County is either actively experiencing an outbreak or is at extreme risk. COVID cases are exponentially growing and/or Stone County's COVID preparedness is significantly below international standards.

Active cases are decreasing

Stone County is ranked 62 out of Missouri's 115 counties.

On average, each person in Stone County, Missouri with COVID is infecting 0.87 other people. Because each person is infecting less than one other person, the total number of current cases in Stone County, Missouri is shrinking.

Stone County COVID-19 Risk Level:

Critical

Active Cases

183

Deaths

23

Last 7 Day
Case Increase

19

151

Total Cases

1760

Hospitalized