

# The All Hands

It takes all of us working together, to get the job done!

August 2013

Volume 1, Issue 8



## In This Issue:

Deputy Chief	1
EMS	2
B/C Message	2
Training & Safety	4
Fire Prevention	4
Ocean Rescue	5
Retiree Locator	7
Photo Gallery	10
Important Dates	12
EOM	12

## Special points of interest:

- ◆ Medication Drug Event
- ◆ How Efficient Can You Make Your Company?
- ◆ Qualities of a High Value Player
- ◆ Minor Head Injuries can turn Serious
- ◆ How Will Your Career be Defined
- ◆ Driver Engineer Retires

## Deputy Chief's Message

By **DARREL DONATTO**

Deputy Chief

The Department has experienced significant turnover in the past two years. We have lost some really great employees, some taking with them a tremendous amount of experience, and we will miss them greatly.

Over that same period of time, we have brought ten great new employees onboard; some with a tremendous amount of experience, some with a strong background from the military, and others with more diverse experience. Palm Beach Fire Rescue is extremely fortunate to have each of them here as a part of our team.

With the retirement of Lt. Cuomo, we have promoted James Weber to the position of Lieutenant / Paramedic. James is a great asset to the organization and has a work ethic that is almost certainly second to none. James consistently goes above and beyond what is required of him, always taking on additional projects and special assignments including

Officer, Field Training Officer, SCBA and SCUBA Coordinator, member of the Palm Beach Police Department Dive Team, and member of the Town's Communication Committee.

With the promotion of James Weber and resignation of Andrea De La Riva, we now have two Driver Engineer vacancies. The next Driver Engineer's promotional process will be held on September 5 & 6, 2013.

With the real potential for more turnover in the near future, we are currently in the process of developing a list from which to hire. We advertised locally for seven days and

received 210 Firefighter/EMT applications and 238 Firefighter/Paramedic applications. Because of the large number of candidate, we will be interviewing them in two groups, with serving in the roles of Public Information the Firefighter/Paramedics being interviewed in August and the Firefighter/EMTs in September. We are doing our best to expedite this process; however the large volume of candidates creates a challenge.

We have discussed the matter in this newsletter before, but its worth repeating. The opportunities for future promotions here at Palm Beach Fire Rescue are great. We just promoted a Lieutenant, we have two Driver Engineer vacancies, we plan on adding three new Lieutenant positions near October 2014, and by October 2017, there are ten members who are in promoted positions that must leave because they will reach the end of their DROP. We are actively planning on how these future needs.



What we need most now is for YOU to begin preparing on how YOU can fill these needs. If you wait

for the opportunity to prevent itself before preparing – it will be too late. For those of you who are self-motivated and proactive in your approach to all aspects of the job, for those of you who are eager and enthusiastic about your work, for those of you who are willing to pursue your own professional growth and development, and for those of you who strive to go above and beyond our customers' expectations on a regular basis – the future is yours for the taking. 🔥

## EMS Division

By **BRIAN FULLER**  
Division Chief

We have recently received a shipment of Morphine. The Morphine is packaged in a similar container as Hydromorphone and is kept in the same vicinity due to it being a DEA controlled substance. Each vial of Morphine will be distributed with a bright yellow label to distinguish it from the Hydromorphone to better thwart a medication mix-up. Please see medication mix-up article on page 3.

Soon the fiscal 2013 budget will be closed and the 2014 budget will begin. The Zoll E-series monitor/defibrillators will be due for replacement during the following year. There have been many improvements to these devices that are sure to delight you. Please contact me if you would like to be part of the selection process for this important piece of equipment. Your input is highly valued.

I have received many phone calls lately from area hospitals about the great job YOU are doing out there.

A south end crew worked a cardiac arrest during the month of July that resulted in a return of pulses, blood pressure and transport to JFK. Dr. Kenneth Schepcke reported an excellent job by the crew.

Dr. George Gurdock, Emergency Department and Chest Pain Director at Good Samaritan Medical Center called several times during the month of July to notify me of the same. Dr. Gurdock is very approachable and enjoys answering any of your questions or concerns.

All Trauma transports to St. Mary's Medical Center were reported as positive outcomes and appropriate transports.

It is a very proud moment when

these types of calls are received, your hard work is recognized at a medical director's meeting, or when our members are receiving awards for a job well done. Your preparedness is changing the outcome of your patients future. Please continue the exceptional customer service and show our new hires what it means to be a fire-rescue employee at Palm Beach Fire Rescue. 🇺🇸

**“Coming together is a beginning  
Keeping together is progress  
Working together is success”  
- Henry Ford**



## Battalion Chiefs Message

By **KEITH GOLDEN**  
Battalion Chief B Shift

During A motor vehicle accidents our primary incident priorities are Life Safety, Incident Stabilization and Property Conservation and we do that very well here at Palm Beach Fire Rescue. I have noticed that we are very adept at mitigating the incident, extricating the patients and scene clean up. Now that Priority Dispatch in effect a few things really need to be addressed as they will aid in clearing an incident safely and as efficiently as possible.

The Company Officer may request additional units based on: visible or

reported conditions, knowledge of the area involved, and number of vehicles/patients, possible haz –mat, vehicle fires, or other unusual circumstances.

Damaged vehicles shall be immediately moved from the roadway if possible except in cases involving injuries that would require Police investigations or where other scene operations take priority. If possible ask PD Personnel to mark placement of vehicles - Marking each wheel location, (i.e. RR-right rear, RF-right front) prior to moving.

Responding apparatus shall be moved to a location where traffic is not impeded as soon as possible if non-

emergency operations are still being conducted.

The goal of maintaining open roadways and keeping traffic flowing during accident incident management is a shared responsibility between Palm Beach Fire Rescue, Palm Beach PD and Public Works.

Let's all do our part and prove that

**“Together We Can Make it  
Better” 🔥**

## Medication/Drug Event

### Moderators:

Canada - Doug Socha

US - Gary Wingrove and Matt Womble

[clirems@gmail.com](mailto:clirems@gmail.com)

[www.clirems.org](http://www.clirems.org)

[event.clirems.org](http://event.clirems.org)

This is an incident that happened to a Paramedic at an EMS agency, could be any one of us. Just shows the ripple effect of the drug shortage.

The following Patient Safety event was entered into the EVENT system today, July 30, 2013, at 11:03pm CDT. The report may have been altered to remove identifiers, or for other administrative purposes.

- State or Province Where Event Occurred: [United States]
- Year: 2013
- Month: July
- Role: EMS system administrator/ manager/ supervisor
- Involvement: Not directly associated to event
- Category: Medical Treatment
- Type: Medication/drug event
- Result: Near miss - event did not affect individuals or equipment, but it had the potential to harm

Description: Paramedic on EMT/PM staffed ambulance responded to a pediatric seizure call while returning from a hospital after a previous transport. Pediatric patient was assessed who was running a fever, crying loudly with normal movements. After interview with parent, patient packaged in car seat

and transport initiated.

During further assessment/treatment the patient began seizing again. Airway patency and breathing confirmed; controlled medication lock box accessed by the paramedic. Instead of drawing from a vial of midazolam, a vial of fentanyl was accessed.

Paramedic reports remembering the need to recheck the medication and the concentration prior to administration but did not for an undescribed reason. Dosage drawn for midazolam came from fentanyl vial and was administered IM to the patient. The patient continued with the seizure activity. Prior to arrival at hospital paramedic prepared a repeat dose of midazolam and while rechecking the vial and concentration realized the wrong medication was administered.

During transfer of care to ED the paramedic immediately notified the attending physician of the error and the dosage of fentanyl that was administered to the patient. The on duty EMS Battalion Chief was next notified; fact finding and special medical report for agency's EMS Chief and Medical Director written up. The ED attending physician reported the patient's condition was unaffected by the medication error.

Cause: Paramedic has eight years of EMS experience at this level; almost six years with current employer. Paramedic states this has never happened before and was upset with the error and for not being more attentive to details.

Upon further fact finding, the paramedic admitted fatigue may have played a role as they had a total of 72 hours off during an 8 day period (full

and partial shifts of trades and overtime), working predominately on busy ambulances. No violation of agency policy for hours worked in succession without time off was found.

Possibility of confusion with medications due to continuing availability issues and different preparations of medications coming into and out of system (see next).

Suggestions: Medication shortages has caused the agency to change preparations and medications to continue to provide patient care. In this instance, fentanyl that was commonly in carpuject form has only been available in vial preparations. Midazolam was recently added to replace lorazepam (vial preparation vs. carpuject). The fentanyl and midazolam, while in vial form, are different sizes and have different colored vials and caps. Both are currently carried within a small pelican case inside the apparatus lock boxes.

Recognizing the continuing complexity of medication availability, it has been decided internally to pursue separate pelican cases for controlled medications. The agency already communicates changes in preparations via memo and a special intranet page all employees have access to.



## Training and Safety Division

By **JIMMY DUANE**

Division Chief

Over the last several months, probationary training has been the primary focus behind much of the training that has occurred. As our probationary employees learn the department's methods for how we operate, all others have had the opportunity to go "back to the basics", training with them. Everyone has really stepped up their game which has resulted in more highly skilled employees.

At the end of July, a new probation manual was created and distributed to probationary employees. A number of personnel were requested to give input on specific items that they felt were important and should be placed within the manual. Special thanks to Lieutenant Dudley and Firefighter Dorcas for their countless hours in creating the monthly objectives portion of the manual and to all who provided input. Each month,

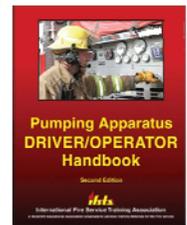
candidates will be required to complete several tasks ranging from practical drills, procedure knowledge, and protocol review. It is imperative that the Officer's take the lead role in training their employees, especially with practical drills.

Water Rescue training this year was extremely successful. Driver Engineer Mavigliano created a (2) part Power-Point presentation that personnel reviewed prior to practical evolutions in the Atlantic Ocean. With the assistance of Ocean Rescue, personnel learned valuable techniques which will assist in future rescues and the safety of our personnel.

Live fire training will be taking place in the month of August. The last session in June had positive feedback from our personnel. This month's format will mirror the previous training; however, the topic of the drill will change. The lead instructor for each class will be Firefighter

Dorcas. The department will be providing two additional live fire training instructors to assist each day. Remember to hydrate well as we are in the hot time of the year.

The Driver Engineer test will take place on September 5th and 6th. There will be (4) candidates competing for (2) current Driver Engineer positions that are vacant. Candidates are encouraged to practice with Truck 1 and any of the Pierce Enforcers, as they will be the units used during the practical portion of the test. Good luck to everyone competing! 🔥



## Fire Prevention Division

By **TIMOTHY POMPOS**

Division Chief

The Fire Prevention and Life Safety Division would like to thank everyone for the completion of the fire hydrant testing. We will be updating the fire hydrants maps with the assistance of Cory Cordero from Informational Systems. In the month of July, we completed 138 fire prevention inspections with the assistance of Fire Operations shift personnel. Just a reminder, when utilizing a Knox Box for entry Company Officers shall ensure that the occupant's keys are returned and secured after each use.

The Fire Prevention and Life Safety Division is currently working on a false alarm reduction program with the property locations that have incurred at least 8 or more false alarm activations in the past two years. Currently, we are meeting with the property managers to educate them in ways to minimize their false alarm activations.

The Fire Prevention Division has been inspecting the fire alarm systems, identifying needed repairs or potential alternatives to prevent or reduce future false alarms, and working with the property owners in taking appropriate steps to fixing the troubled alarm systems. Also,

we're allowing for occupant verification with their fire alarm systems. The verification allows for the occupant to be notified prior to the dispatching our fire rescue companies to the property. Fire Prevention is striving to meet the department's objective to cut 200 false calls in the next year. 🔥



## HOW EFFICIENT CAN YOU MAKE YOUR COMPANY? "GETTING OUT THE DOOR"

By **CHIEF ANTHONY KELLEHER**

To compare today's "turnout" times to those of times past, a few different stories come to mind. The first is of Engine Company No. 4 in the Washington, DC District of Columbia Fire Department. This company in itself is rich with history. From the early 1900's until 1962, this unit was one of the DCFD's all African-American regiments. The pride that the men assigned to this unit possessed was certainly second to none. Mirroring the traditions and pride of the Tuskegee Airmen, this proud group prided themselves on getting out the door faster than any of the surrounding companies. Often times, they would affect several rescues or beat other units into the scene that were coming from a closer distance. It was said, by many of the companies men, that they would get out the door so fast that they would leave the newly assigned "rookie" standing at the watch desk. To put this in perspective, the watch desk sat between the companies wagon and pumper (two-piece Engine Company) at the very front of the Engine House.

Another story that comes to mind is that

of Engine Company No. 23 of the District of Columbia Fire Department. During the times of horse drawn fire apparatus, the local newspaper (Washington's Evening Star) held a competition to see which Washington, DC firehouse was able to respond the fastest. Engine Company No. 23 was deemed as such when they were recorded as "out the door" in six seconds flat. This meant the alarm was received, men on board, horses hitched and across the threshold of the Engine House door in SIX SECONDS. The plaque that was awarded to the company is still displayed in the hallway of the first floor.

Certainly, rules and PPE have changed since the times of the aforementioned responses, but people in our respective communities still require the fire department to help them. Sometimes more than ever before. Also, as many studies have proved, fires are burning faster now than ever before. Especially with the differences in building materials and their contents. In addition to this, traffic congestion continues to get worse in many parts of the United States, even in rural areas. This should mean that we

continue to pride ourselves in "getting out the door" as quickly and as safely as possible. As I have said in many other previous posts, the only way to be "safe" in carrying out our duties is to know our job(s). In this case, it would mean knowing our district, its addresses, buildings, anomalies and best routes of travel to name a few. If you are in the mindset of "taking your time", you will likely provide for a negative outcome at an incident where lives were at stake and time was of the essence. Don't allow something to happen at an incident that you may have been able to mitigate quickly. It will likely weigh pretty heavy on your conscience. Not to mention the affects it may have on crew morale, etc.

Posted by [Chief Anthony Kelleher](#) on July 31, 2013, Fire Engineering Magazine



## Ocean Rescue

By **CRAIG POLLOCK**  
Lifeguard Supervisor

Over the month of July Mid-Town Municipal Beach lifeguards had to hoist up Yellow Flags that indicates medium hazard due to moderate surf and Rip Currents on 13 days out of the month, lifeguards flew the Red Flag a total of 3 days (a Red Flag indicates High Hazard due to high surf and/ or currents) and Green Flags were flown 15 days in the month of July (Green flags indicate calm conditions). The first half of July the surf continued to be choppy out of the Southeast in the 2-4 foot range, the second half of the month the surf calmed down into normal Summer water

conditions. Lifeguards closed Mid-Town Beach on 4 separate occasions due to lightning in the area. Town lifeguards also participated in water rescue training with members of Palm Beach Fire Rescue, which went extremely well.

On another note Town of Palm Beach Lifeguard Daniel Kniseley recently competed in The USLA Southeast James 'Mac' McCarthy Regional Lifesaving Championships which is a yearly event for the best in lifesaving. This year's event was held in Pompano Beach. Dan placed first or second in almost every event in which he competed in. 🏆

## Excerpts from: Qualities of a High Value Player

By Cy Wakeman

Published July 10, 2013 and available in its original form at: <http://changethis.com/manifesto/show/107.01.RealityBasedRules>

In some of the worst circumstances, it is still possible to find people who are performing well and are happy. This manifesto will provide you with some tips for how you too can be a happy, high performer—a high value player.

### Assess Your Value, Not Only Your Performance

Organizations usually have a method for evaluating your current performance. It typically includes annual performance reviews conducted by managers and delivered to employees.

The information you receive at review time is important, but it only represents a portion of your actual value. Of course, it is imperative that you deliver on your objectives.

High value players are currently performing well because they are always:

- Aware of their objectives and regularly course correct as the state of the business changes.
- Initiating conversations about these objectives instead of waiting for their leader to do so.
- Requesting feedback regularly to avoid being surprised at annual review time.

These are really good ways to manage your own performance and to take accountability for your results. However, there are other factors related to increasing your value.

One of those factors is your future potential. High-value players keep an eye on their future potential by:

- Focusing on their own development—both inside the organization and outside, including reimbursed training and self-funded opportunities, required and voluntary. This helps them to get beyond the baseline.
- Having a large network outside of their organization so they can accurately assess how they compare themselves to the performance of others in their industry.
- Anticipating and not resisting changes that are coming to their industry by being aware of the future trends.

The final but most important factor related to value is emotion-

al expensiveness. This is the one thing that your manager is unlikely to mention to you but actually carries the most weight. High-value players increase their value by minimizing the drama they bring to an organization and by refusing to waste their energy on things like:

- Judging the actions of their boss or peers. Instead they try to figure out how they can help— either by providing feedback or helping to clarify goals, roles or procedures.
- Waiting for someone to change the circumstances around them. Instead they ask themselves, given the circumstances, “What do I need to do to succeed anyway?”
- Choosing being right over being happy. Instead they focus on being effective and ask themselves, “What is the next thing I can do to add value?”

Your value is simply a combination of your current performance and your future potential minus all the drama or emotional expensiveness you bring to the organization. Boost your value by focusing on the impact of all three.

Understanding and focusing on your value is the first step to being happier. But know that there are some excuses that might get in your way.

**EXCUSE #1:** My boss is a jerk. It is likely that you will have a poor boss at some point in your career. It is not realistic to hope that you will only be blessed to work for stellar bosses. Choose to be happy and change your mindset instead of hoping to change your boss.

**EXCUSE #2:** My co-workers are difficult/idiots/etc. Like your boss, your coworkers are humans and it is highly likely that you will have some that are difficult to work with. You must decide to ditch the drama. Rise to the occasion and make an effort to resolve issues with your coworker directly instead of trying to include anyone else as a mediator when you have only made half-hearted attempts to resolve your issue with him or her directly.

**EXCUSE #3:** My team is dysfunctional. We are actually lucky because team dynamics are not innate. You can work to strengthen and improve them. Many times we think group issues come from personality conflict but most of the time issues come from a lack of clarity. Instead of personalizing conflict, professionalize it. When you are confronted with difficult co-worker situations, which is one of the best times to clarify goals, roles and procedures.

Continued on page 9

## Retiree Locator

By **BRUCE DASH**

Retiree

I began with the Town as a Paramedic Firefighter on 4-19-1982. At that time this position was classified as a Supervisory Pay grade 19. I had worked for the City of Sunrise for 2 1/2 years and one year for Broward County EMS. I retired July 17th, 2008.

I held the ranks of; Firefighter Paramedic, Acting Lt., Acting Driver Engineer, Lieutenant Paramedic, Captain Paramedic, Operational Captain ( Job reclassified ), QI Coordinator, Acting Ops Chief, Battalion Commander, Battalion Chief, Division Chief of EMS.

**Most memorable experience:** The end of a rough shift driving home exhausted. The many large fires that I was involved in fighting. As a Supervisor I was always pleased to train someone to be an Acting Officer. Senior Officers called it " Jettisoning " another employee to move on to bigger and greater things. Working hard to save people using everything we had. I started in EMS with 8 drugs. I left with dozens being used. The last great thing I did ( with D/E Jill Bassford ) was to leave the department having Pet Masks on all the response vehicles. I love animals.

**Favorite food:** Well, anyone that finds the photos on my phone could not answer that one! My love for food transcends all cultures. My favorite is either Thai or Vietnamese. My wife Cathy said " Anything She Cooks " !

**What are you doing now?** Still mowing my own lawn and taking care of the pool, yard. Searching for new foods and recent travel to parts of Florida and Las Vegas. Going to TX soon to see my oldest daughter. Boating, light

fishing and really enjoying life. It took over a year to re-establish a normal sleep pattern after over 30 years in the Fire Service. I write articles on-line about the Fire Service and Food. Occasionally ride my Harley if it starts !

**Advice for current firefighter:** I would probably tell a new PB F/F some of the same things that I learned: Learn something New every shift, a term, how your equipment works, be the " Go To Person " for things you know better than anyone. Learn from your mistakes, Know your Zone and the Town well. This might save your life.

My most cherished part of the Rules & Regulations was written by Chief Elmore. " In Times of Peril, it is the Duty of all Firefighters to help and rally around each other ".As Deputy Chief Donatto always said, We all go home in the morning !

**Advice for retiree:** An odd thing about the Fire Service anywhere I have traveled is common discussion about retirement. Even my father, a retired New York F/F talked about this when I was a child. We spend a lot of time working. Planning for retirement is crucial. I talked about many things I wanted to do. Two things that I wanted to do were to travel and read novels. I am just starting to travel. The world changed so much after 911 that it slowed down my travel plans along with my pets becoming elderly. My excuse for not reading a big book is my love of reading current topics and time really flies. Many retirees I speak with say they have little time as they are so busy with family and day to day living. I have been retired 5 years and do not know where the time has gone....

**Where are you now?** We still reside in the Village of North Palm Beach in a old Florida style home. My kids enjoyed living here. We tried to leave but both my wife and I need to be near the coast. We are fortunate to look at mangroves and water birds. Mother nature is a natural way to lower ones blood pressure.

I enjoyed my almost 27 years with the Town of Palm Beach. From riding in a convertible fire truck to meeting people from all over the world. Experiences that gave me a rewarding career enriched by broad range of encounters. I am proud to tell people what I did with my working life.

Lastly, a standout experience that I think about often was the day I stopped on the Florida Turnpike to pull a mother and her young daughter out of their over-turned car. They both survived and went home the same night. I represented our department that day using my talents to save 2 people. Something I did without thinking as Firefighters do !

I hope you can pull enough material for folks to enjoy. I know as time goes by that new people won't know the older folks. I recognize few when I stop at the stations. Let me know if the picture is ok. It was taken at " Cars of Dreams " before it closed and the cars were sold world wide. I would love a muscle car !



All the best,  
Bruce Dash



[gradybdash@aol.com](mailto:gradybdash@aol.com)

*If you would like to be featured in our next newsletter, please contact Stephanie at [smavigliano@townofpalmbeach.com](mailto:smavigliano@townofpalmbeach.com)*

## 'Minor' head injuries can turn serious rapidly, experts say

By Danielle Dellorto  
CNN Medical Producer

(CNN) -- A blow to the head that at first seems minor and does not result in immediate pain or other symptoms can in fact turn out to be a life-threatening brain injury, experts tell CNN.



Immediate treatment is essential after a brain injury because damage caused by swelling is often irreversible.

fluid builds and punctures the dura. Patients are often unaware they've fractured their skull. In these cases, the fracture generally occurs just above the ear, in the temporal bone. "There is an artery that runs above the skull and can get torn and begin to bleed above the lining of the brain," Graffagnino says.

"At that point all the pressure is pushed on the brain, causing it to swell but there is often no room for it to move inside the skull cavity. And as the pressure continues, it reduces blood flow to the brain and a patient would begin to feel the symptoms."

The condition is commonly referred to as "talk and die" syndrome among neuroscience physicians and surgeons, because the patient can decline so rapidly. Graffagnino says the initial fall or injury doesn't have to be hard at all. The delay in symptoms can range from five minutes to three hours after the accident.

If an individual isn't medically evaluated after a car accident, sports injury, or just a slip in the driveway, recognizing the signs brain injury early is critical. Nausea, severe headache, glossy eyes, sudden sleepiness, are all common symptoms. Getting to a hospital within the first few hours is critical to prevent permanent brain damage, experts say. An emergency room team can quickly determine the severity of your injury. An emergency craniotomy -- opening of the skull -- surgery is often needed to stop the bleeding and control brain swelling.

Immediate treatment is essential after a brain injury because the initial damage caused by swelling often is irreversible.

"One of the things we teach to trauma teams, is if a group of people are in a car crash and someone dies, we have to assume everyone else has serious injuries--even if they look good, and say they feel totally fine," Graffagnino said.

Certain medications can increase a person's risk for hemorrhages, especially for the elderly. Doctors say even a small bump on the head can be dangerous for patients taking blood thinners, among other prescription drugs.

"Talk and die" syndrome also can result from a subdural bleed, which develops between the brain and the dura. These bleeds can "squish the brain," Graffagnino said, and cause injury at a slower rate. A person can often feel

**Continued on Page 11**

## How will your career be defined?

By **KEITH GOLDEN**

Battalion Chief

Change is an inevitable part of all life, including life here at Palm Beach Fire Rescue. As we embark on future changes, there will be opportunities that present themselves at the most inopportune time of our lives. My question to each person is how will your career be defined? Will it be defined by hard work and perseverance or by hidden agendas and pessimism?

I encourage each person to search out a definition for their career using the V.I.P.S acronym. In all things a person must have a **Vision** of what success looks like to you, **Integrity** because it ensures that you will do the right thing for the right reasons even if no one is looking, a **Path** for that is the way to achieve your vision of success but lastly and equally as important is **Structure** because a structured career allows you to live up to your talents, strive for perfection and keep you willing to contribute to the greater good of the organization.

We all need to remember that being a firefighter is not who we are it's we do and to not let anyone define this chapter of your life but you. In all things be a leader because true leaders live, love, learn and leave a legacy. 🧯



## Qualities

from page 6

EXCUSE #4: The culture at my company is hostile/toxic. It may take years to change the culture of an entire company. But within a larger culture there are microclimates—smaller teams of people working together. Your work climate is up to you and the people you are working with in your immediate circle. So get started working on that. Stay in your lane and focus on the things you can affect. If you have given all you have to give, high value players know when to walk away.

I can guarantee you will have difficult circumstances and will have to work with difficult people. The most valuable and happiest people are the ones who waste zero time on excuses, pointing fingers or blaming, but instead look within and do the work necessary to create their own happiness by changing their mindsets and approaches. They decide to succeed anyway.

## Driver/Engineer Retires...

By **JOSEPH SEKULA**

Lieutenant

After 13 years in the fire service, Driver/Engineer Andrea de la Riva is moving on to pursue a new career in nursing. D/E de la Riva came to



Palm Beach Fire Rescue in 2001 after spending one year with Lake Worth Fire Rescue. She has had a successful career promoting to Driver/Engineer in 2008 and currently serving as our depart-

ments only female Driver. She has been assigned to the departments busiest Truck Company for the last 2 years and has become the nucleus of her crew.

D/E de la Riva is looked upon as an informal leader and has taken it upon herself to share her skills and abilities with our up and coming probationers. D/E de la Riva often initiates probationary training and her knowledge and experience has been helping mold our future drivers. As a single mother of one, D/E de la Riva has managed to have a successful career as a firefight-

er, has become a registered nurse, and now looks to future success in her new career. D/E de la Riva has been a registered nurse for the last 7 years and has been applying her heightened medical knowledge to care for the residents and visitors of Palm Beach. She has now accepted a full time position in the cath lab at JFK Medical Center and will be spending her last shift with us on August 9th 2013.

We wish her all the best in her new career and thank her for her contributions to our department. 🧯

### Photo Gallery / News and Notables



Personnel during water rescue training this month



B shift crew working a vehicle accident on Ocean



Palm Beach National Night Out 2013: Jody Sronce, Christine Cunningham, Lt. James Weber, Tony Wallace

### School Supply Drive

**KIDS NEED YOUR HELP**



**August 5—23**

Join the Palm Beach Daily News and Palm Beach Fire Rescue as we try to help the kids from Palm Beach Public School who come from low income families and cannot afford the basic school supplies they need.

Drop off supplies to any Town Fire Station or Palm Beach Daily News.

**Every child deserves to go to school prepared to learn**



Please help our Community



## Head injuries

### From page 8

normal for several days before feeling any symptoms.

"You don't have to see external injury to have injury to the brain," said Dr Philip Stieg, chair of neurosurgery at NYP/Weill Cornell. To evaluate a person's response after a minor trauma, Stieg recommends checking the size of their pupils and asking questions such as the patient's name and what year it is. In the hours following, Stieg recommends monitoring the person's cognitive skills and to "bring them in to get a CAT scan" if there is a change in behavior.

The brain also can be bruised after an accident, leaving patients with no symptoms or signs of a bleed at first glance. But the nerves surrounding the bruise can begin to stretch, causing what is known as an axonal injury. "The brain is like Jell-O. Imagine if you dropped a bowl of Jell-O on the floor and it looks intact at first

but when you examine it really close, you can see it has teeny tiny cracks all in it," Graffagnino said. "Well the brain can have these tiny cracks that don't show up on initial CAT scan but will develop into problems down the line."

Once surgeons stop a brain bleed, the next step is to monitor brain activity and check for permanent damage. A patient typically spends up to a month in a neuro-ICU. Patients who survive often spend the next several years in physical and cognitive therapy to regain function, according to experts.

"The most important thing to do to lower your risk is to wear a helmet when you can, and don't brush off an injury because you feel 'fine' at first," Graffagnino said. "The thing that's going to save a life is for friends and relatives to recognize the first glimmer of a symptom. The quicker we can stop the bleed, the better."

## Common Blood Thinners Currently on the Market

The following is a list of thinners currently on the market. This list was created by Dr. Sandra Schwemmer, DO, FACOEP, FACEP 2 of the Health Care District of Palm Beach County in response to a discussion at the last EMS Advisory Council meeting.

### ANTICOAGULANTS

August 2013

#### Trade names alphabetically:

- **Aggrenox** (ASA + extended release dipyridamole) - Oral capsule
- **Arixtra** (fondaparinux) - Subcutaneous injection
- **Brilinta** (ticagrelor) - Oral tablet
- **Coumadin** (warfarin) - Oral tablet
- **Effient** (prasugrel) - Oral tablet
- **Eliquis** (apixaban) Oral tablet

- **Heparin** - Injection; infusion premixed in D5W or NS
- **Integrilin** (eptifibatide) - IV injection
- **Lovenox** (enoxaparin) - Subcutaneous injection
- **Plavix** (clopidogrel) - Oral tablet
- **Pradaxa** (dabigatran) - Oral capsule
- **Ticlid** (ticlopidine) - Oral tablet
- **Xarelto** (rivaroxaban) - Oral tablet

#### Generic names alphabetically:

- **Apixaban** (Eliquis)
- **Bivalirudin** (Angiomax)
- **Clopidogrel** (Plavix)
- **Dabigatran** (Pradaxa)
- **Dipyridamole + ASA** (Aggrenox)

- **Enoxaparin** (Lovenox)
- **Eptifibatide** (Integrilin)
- **Fondaparinux** (Arixtra)
- **Prasugrel** (Effient)
- **Rivaroxaban** (Xarelto)
- **Ticagrelor** (Brilinta)
- **Ticlopidine** (Ticlid)
- **Warfarin** (Coumadin)



JULY DEPARTMENT STATISTICS		AUGUST BIRTHDAYS:	
Training Hours		Christopher Seay	08/02
A Shift	295	Kyle Vander Platt	08/02
B Shift	558	AUGUST ANNIVERSARY CELEBRATIONS:	
C Shift	276	Dennis Wytrykush	08/03/1985 28 years
Total	1129	Danny Dunnam	08/19/1996 17 years
Fire Prevention Inspections	138	Caesar Mustelier	08/18/2008 5 years
Ocean Rescue Visitors	23,226	Jeremy DeRosa	08/18/2008 5 years
Town Ordinance Enforcements	220	COMMENDATIONS:	
Preventative Actions	223	Frank Mavigliano	Kyle Vander Platt
Minor First-Aid Rescues	2	Phil Dudley	Wayne Dorcas
	1	Dominic Calamita	Ryan Zabovnik
FIRE and EMS		Lacie Flynn	James Weber
FIRE Calls	85	Mark Bradshaw	Anthony Wallace
EMS Calls	90	Jody Sronce	Jim Duane
Transports to Hospital	60	Brian Fuller	
		EMPLOYEE OF THE MONTH 2013:	
		January Stephanie Mavigliano	July Frank Mavigliano
		February Jody Sronce	August
		March James Weber	September
		April Roger Bassett	October
		May Joe Sekula	November
		June Wayne Dorcas	December

## Employee of the Month—Frank Mavigliano



The Palm Beach Fire Rescue Awards Committee has chosen **Driver Engineer Frank Mavigliano as Employee of the month for July 2013.**

Driver Engineer Mavigliano has served in the organization for over 11 years. He is currently assigned to the Central Fire Station on “A” shift, Truck 1/Rescue 1. Frank has received several compliments from his peers and Supervisors citing his dedication and detail to work along with his excellent work ethic and positive attitude.

His Officer’s state “Frank is consistent each and every day with his routine and can be counted on to do the right thing.” Frank is very diligent with his responsibilities as a Driver Engineer. His vehicle, for which he takes pride in, is thoroughly checked out daily.

Frank has assisted with water rescue training over the last several years. With over 18 years’ experience as a life guard, his knowledge and experience has been an asset to the organization. Recognizing the need of having a documented water rescue training program; Frank took on the task of creating a Power Point presentation. After countless hours of work, a two part series Power Point presentation with audio and video components was completed and placed in Target Safety for crews to learn. This significant project will be used for years to come. As a second part of training, Frank, with the assistance of Ocean Rescue lifeguards, spent 3 days teaching each crew a classroom portion, which was followed by practical training in the Atlantic Ocean. With an emphasis on life safety, crews learned valuable lessons of team work and techniques needed for successful ocean rescues. Frank plans on a third part in the coming months which will teach Firefighters survival skills in the water.

We highly commend Driver Engineer Mavigliano for his dedication and devotion to the Palm Beach Fire Rescue organization. Frank consistently performs at a high level, always striving to do his best and make Palm Beach Fire Rescue a better place to work and serve the community. He is a great asset to the organization, therefore, making Frank Mavigliano an outstanding recipient of the July 2013 Employee of the Month award. 🏆