

QUARTERLY NEWSLETTER



HOT NEWS

The Victoria Fire Department recently took delivery of type V wild-land engine.

The new "brush truck" was placed in service in late May and brings more diversity to Victoria FD's fleet. The apparatus is equipped with a 400gal. water tank and can flow 125gpm for an interior fire attack. the crew cab will also allow the unit to be used for special deployments such as Swift Water and Technical Rescue missions. Its aggressive suspension and tires allows it to go almost anywhere.



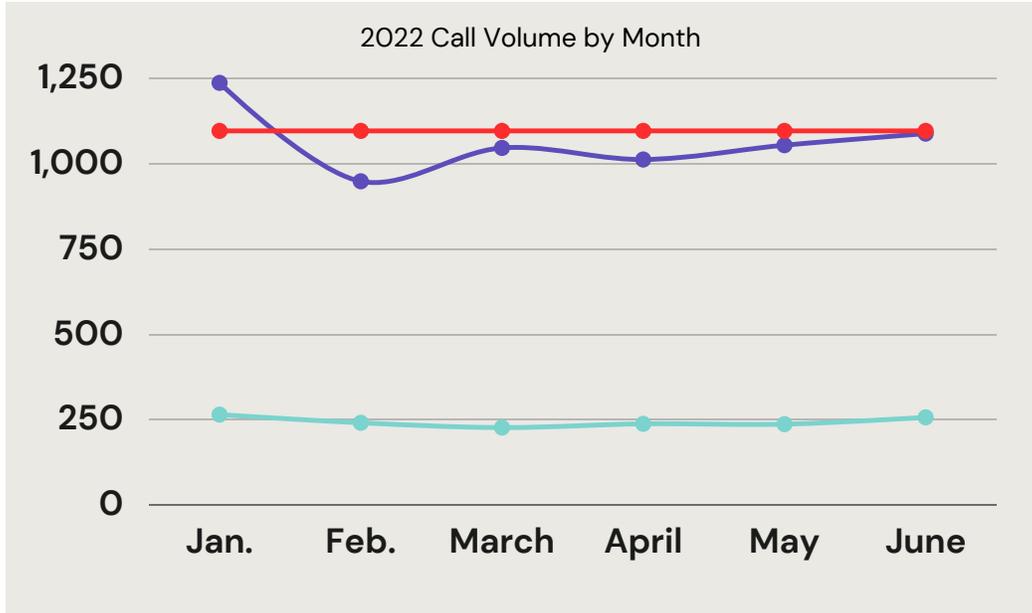
VFD EARNS TFCA BEST PRACTICES RE-DESIGNATION

In April of 2022, the Victoria Fire Department was redesignated as a "Best Practices" Department by the Texas Fire Chief's Association. The VFD is one of only 28 departments in Texas to receive this honor.

July 2022

Victoria Fire Department Quarterly Performance Report

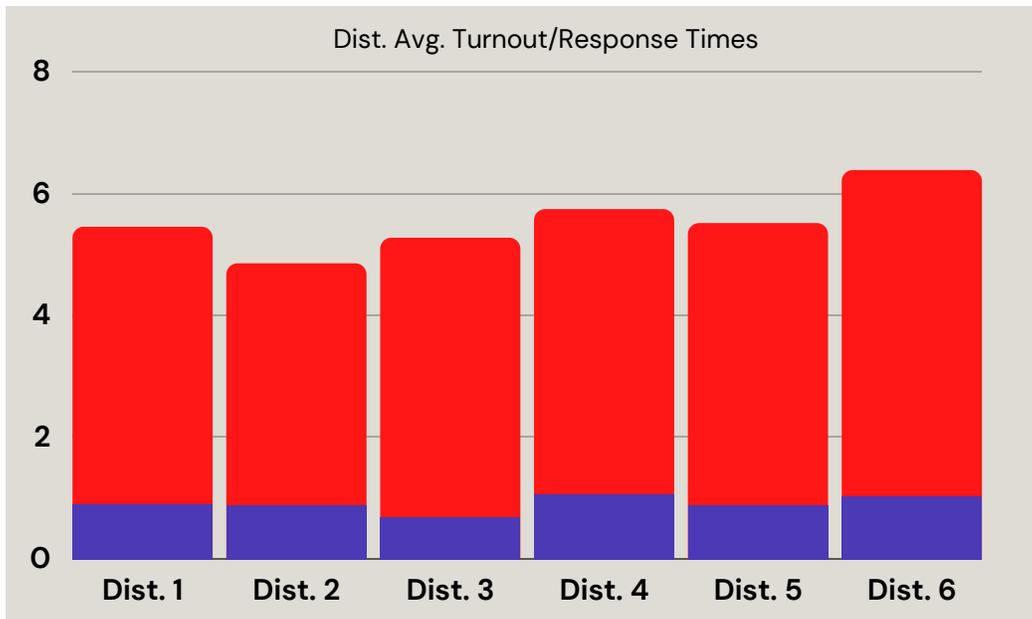
Q2 - 2022



3,152
Total Calls for Service

723
County Calls for Service

1095
Avg. Monthly Calls for Service in 2021



5:01
Avg. Response Time

1:07
Avg. Turnout Time



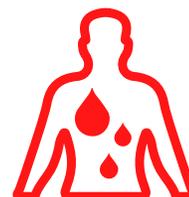
2:27

Avg. Time to STEMI Alert



88%

Stroke Exam Performance



11:15

Avg. Scene Time for Trauma Activation



43%

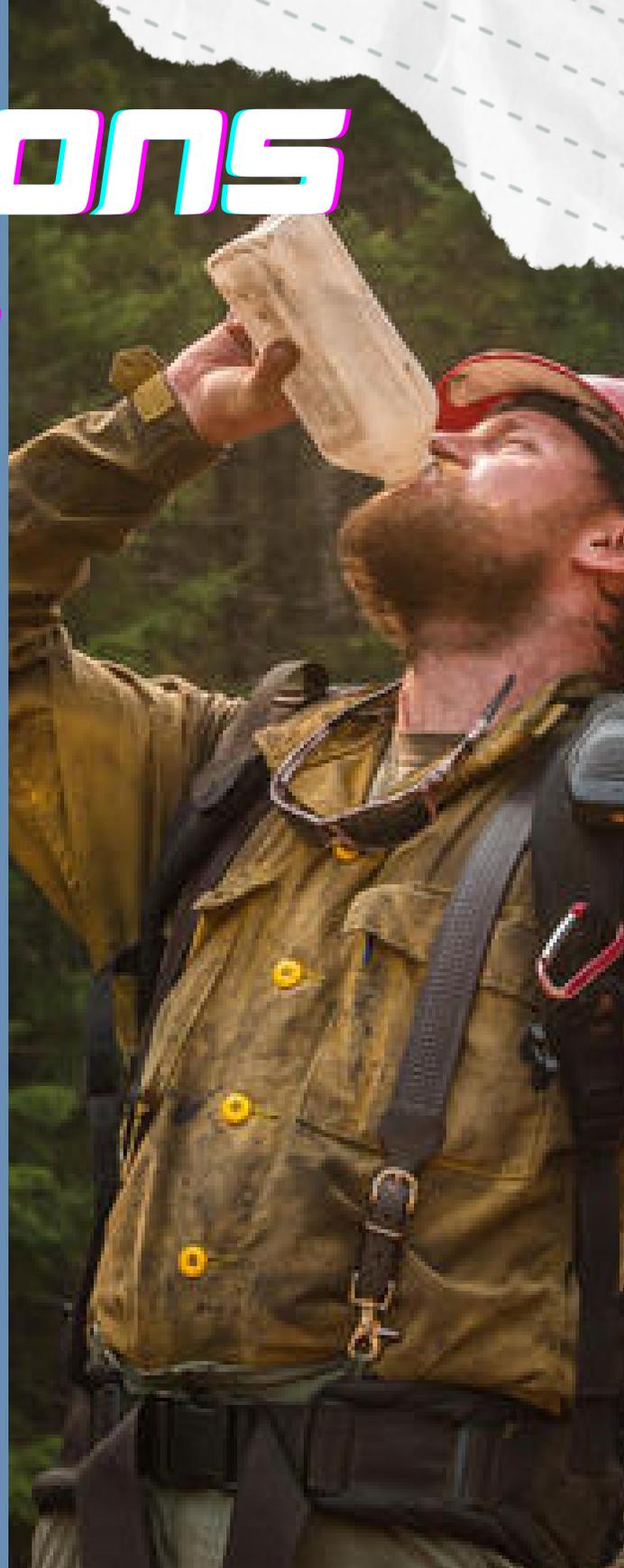
Cardiac Arrest with ROSC

operations

second quarter 2022

As we close out the second quarter of 2022 we reflect back and determine what we as an organization have done to maintain our mission statement "The Leaders in Emergency Services Excellence." As members continue to full-fill staffing shortages, they strive to bring the best quality of care and service to our customers and prepare themselves through training and mental preparation.

As we continue to prepare and respond to the daily incidents, we must all be reminded the importance of hydration before, during and after any strenuous activities outside. Proper hydration is key to fire fighter performance and sustainability.





HYDRATION FOR FIREFIGHTERS

REGULAR EXERCISE

vs

FIREFIGHTING ACTIVITY

Sweat loss per hour

8-16 OZ 

Sweat loss per hour

75-110 OZ 

PROPER HYDRATION



BOOSTS ENERGY



COOLS DOWN BODY TEMPERATURE



PREVENTS FATIGUE

HYDRATION FOR FIRE OPERATIONS & EXERCISE

BEFORE



16-32 oz

on the way to work or exercise

DURING



8-10 oz

of cool water every 15 min

AFTER



<60 min

if fire activity lasted less than 60 min, drink water



>60 min

if fire activity lasted MORE than 60 min, drink sports drink



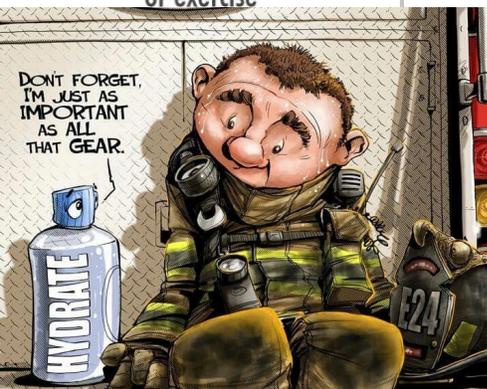
8-10 oz

of sports drink if longer than 90 min



16 oz every 15-20 min

If no water was consumed during operations, aggressively rehydrate with 16 oz (2 cups) of fluid every 15-20 min





TOP PICKS

PREVENT DEHYDRATION - DRINK BEFORE YOU'RE THIRSTY

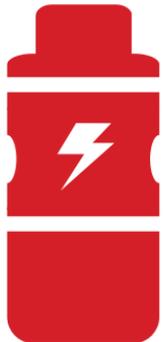


WATER

8 oz (1 cup), 10-12 times/day

TIP

Infuse with fruit slices or add zero-calorie sweetener for flavor



SPORTS DRINK

16-32 oz (2-4 cups) per hour after 60 minutes of activity

Aim for 30-60g carbs

GOALS

- 1) Replace fluid lost in sweat
- 2) Replace electrolytes (sodium/potassium)
- 3) Provide/replace carbs for energy



CHOCOLATE MILK

12 oz (1.5 cup) of fat-free or 1% chocolate milk or milk substitute post-activity

GOALS

- 1) Replace fluid/electrolytes lost in sweat
- 2) Replace carbohydrate used for energy
- 3) Provides protein to support muscle growth and repair

BEVERAGE OPTIONS FOR A LOW ACTIVITY, OFF DAY

Water

Skim Milk

4 to 8oz 100% Fruit Juice

Unsweetened Iced Tea

Unsweetened Coconut Water

Green or Black Tea

Black Coffee (8-16 oz max)

Low Sugar Hot Cocoa

WHAT TO LOOK FOR IN A SPORTS DRINK

PER 8 OZ SERVING

50-80 calories

14-17 g carbohydrate (6-8%)

120-240 mg sodium

75-150 mg potassium

EXAMPLES

Gatorade

Powerade

Cytomax

Save sports drinks for during or after activity. Drink water on non-active, off days.



100% FRUIT JUICE

4 oz (1/2 cup)

TIP

Be sure to measure out as the serving size is small. Dilute with 4 oz water if desired.

FAST FACT

Orange juice is a great post workout electrolyte replacement, providing 510 mg potassium per serving.

LIMIT - CAFFEINE & ALCOHOL

CAFFEINE

Serving: 95-190 mg caffeine per day or 8-16 oz black coffee.

Caffeine will not cause dehydration, but high doses (>400mg) may increase body temperature and heart rate, which is a concern during fire suppression.

AVOID - ENERGY DRINKS

ENERGY DRINKS

Contents: mega dose of caffeine (eq. 4-5 cups coffee), sugar, guarana, ginseng, and other additives (ex. Red Bull, Monster).

The 2015 NFPA 1584 rehab standard strongly discourages consumption of energy drinks by firefighters at any time.

Why? Energy drinks significantly raise the risk of dehydration, cardiac stress, and even death in firefighters.

ALCOHOL

Serving: 12 oz beer, 5 oz wine, 1.5 oz liquor

1 serving per day women, 2 servings per day men off duty. If you have questions or concerns about your alcohol use, call Lori Rieckelman, MCFRS Staff Therapist at 240-777-2212

SODAS

Contents: excess sugar and carbonation
Sugary sodas contain too much sugar, which is not absorbed well during activity. Soda is not recommended, albeit in small serving sizes (<8oz), at any time.



EMS DIVISION Q2 NEWSLETTER

The second quarter has been a very busy time for the EMS Division. On the admin side, numerous projects have been completed in addition to normal day to day operations. The operational side is no slouch either. 2,426 EHRs were created in Q2, and 1,773 of those were transports

We have also faced continuous hardships due to supply chain issues, equipment difficulties, and apparatus repairs. Despite this, we continue to provide the best service that we are capable of.



Congratulations to all Operations Members for your hard work. Your efforts have allowed the department to gain the highest Mission Lifeline recognition possible!

Congratulations to Josh Jones for being selected the Medic of the Quarter for Q2 2022!

NOTABLE EVENTS:

- Texas DSHS and US DEA licenses were both renewed.



- One Test Cancer Screening was completed.

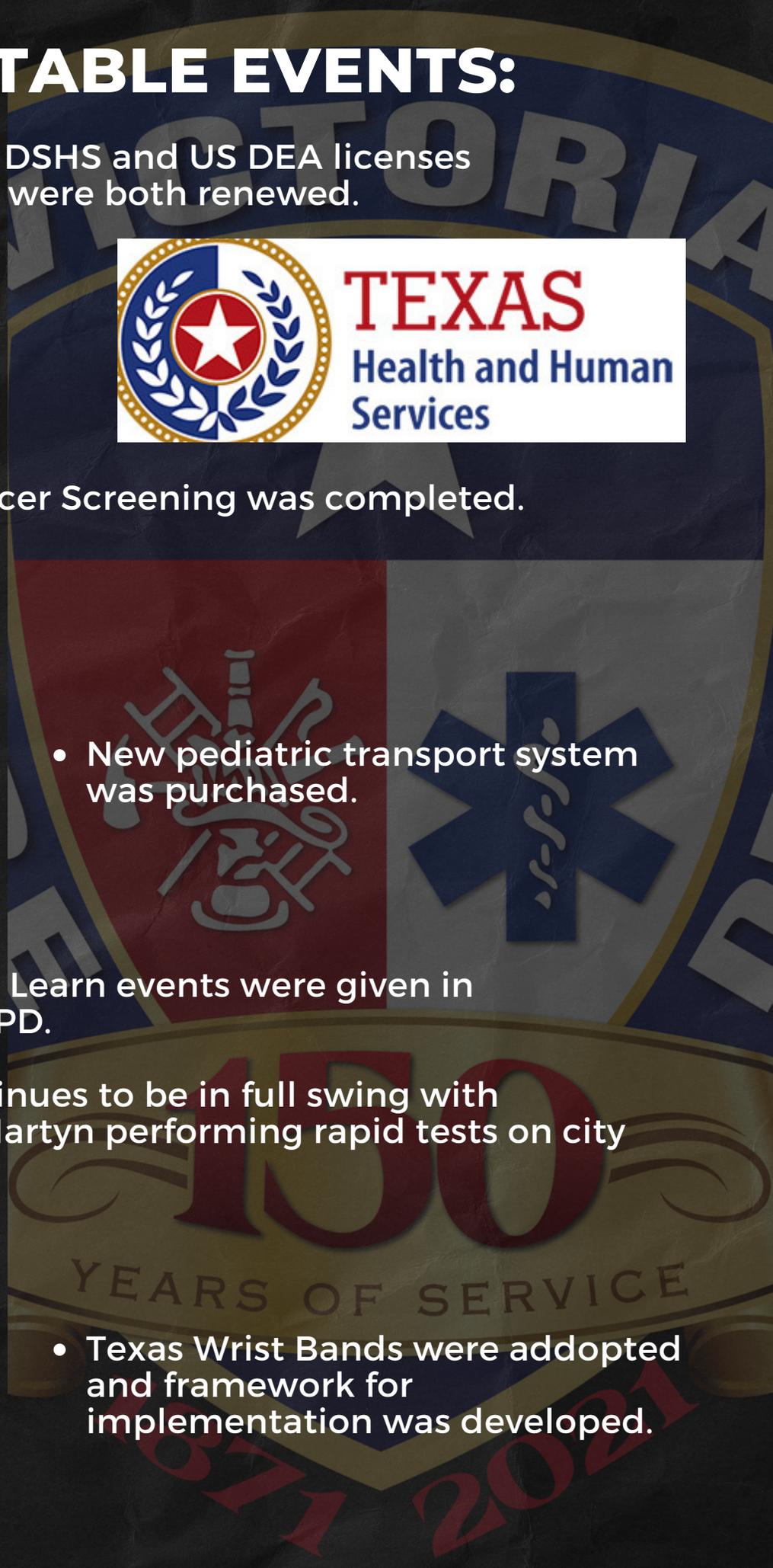


- New pediatric transport system was purchased.

- Multiple Lunch and Learn events were given in conjunction with VPD.
- COVID testing continues to be in full swing with Brandy and Chief Martyn performing rapid tests on city employees.



- Texas Wrist Bands were adopted and framework for implementation was developed.



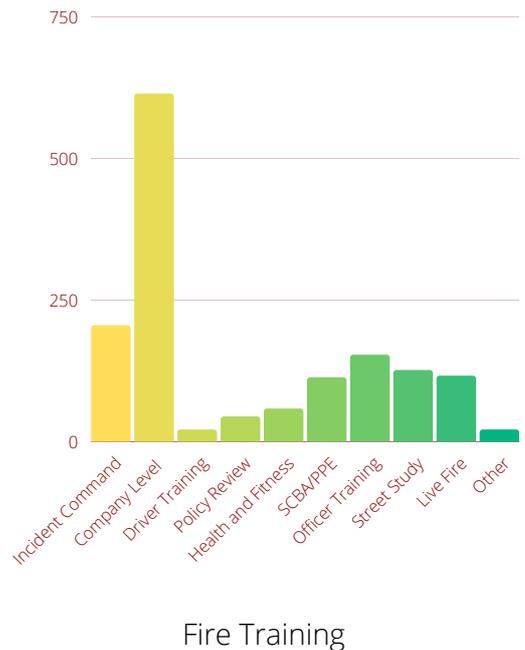
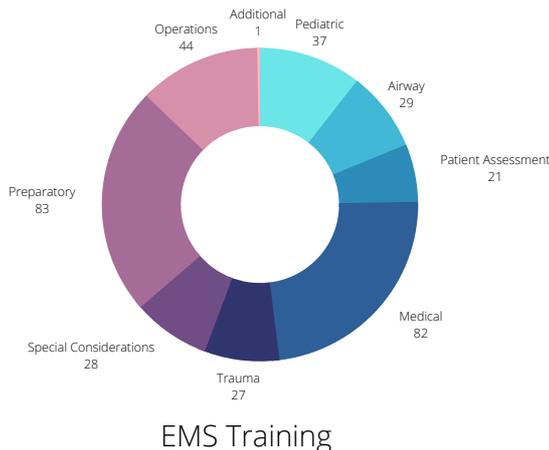
SECOND QUARTER TRAINING/LOGISTICS REPORT 2022



The second quarter of 2022, the training office was busy with a wide range of projects of programs. We wrapped up our fifth fire academy graduating ten cadets, completed the Civilian Responder Program with 14 participants, and proctored the fire lieutenants, EMS Supervisors promotional process, and a handful of recruiting events.

Certification Advancements June

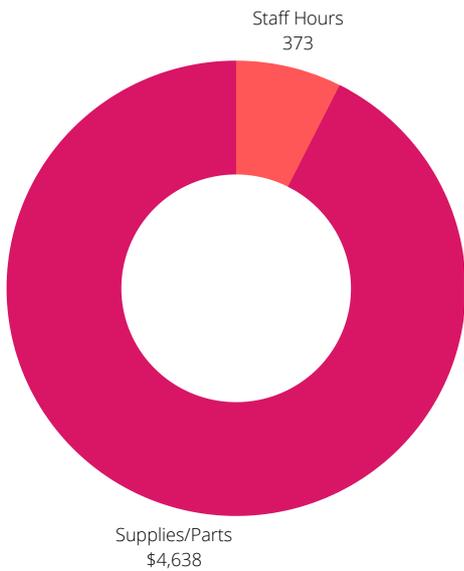
- Raymond Mitchell - Instructor II, Office II & Incident Safety Officer
- William Stolle - Intermediate Firefighter
- Kyle Pantel - Master Firefighter
- Weston Martin - Advanced Firefighter
- Andrew Sherman - Incident Safety Officer
- Robert Bayer - Hazmat Tech, Fire Officer II & Advanced Firefighter
- Eddie Benoit EMS Instructor
- Tyler Laqua - EMT Paramedic
- Carl Caughey - EMT Paramedic
- Madelyn Bishop - EMT Paramedic
- Caleb Lemke - EMT Paramedic
- Zachary Negron - Licensed Paramedic
- Andrew Moon - Licensed Paramedic



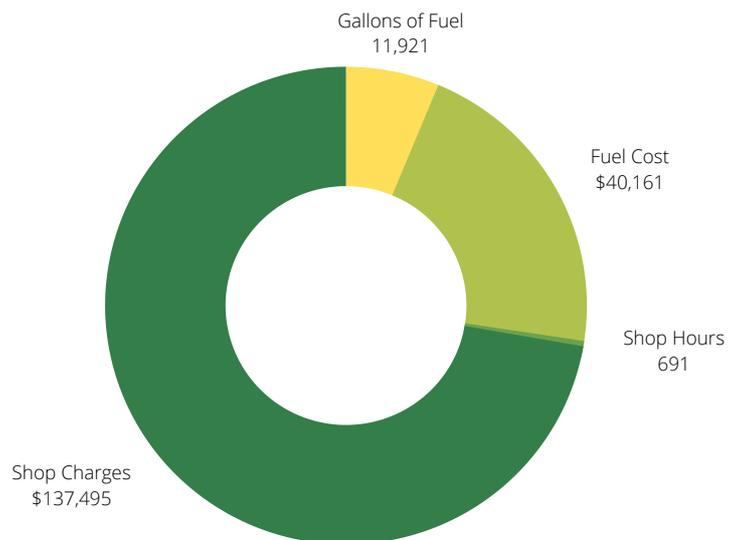
SECOND QUARTER TRAINING/LOGISTICS REPORT 2022



The second quarter of 2022 was challenging for logistics, and the station 1 relocation project was in full swing requiring the relocation of fire operation to the Pine Street site. Additionally, the logistics office coordinated the outfitting and training to place the new brush truck in service, which gave the department a new multirole apparatus unlike anything we had before. Station 4 received a much-needed replacement of two HVAC systems just in time for the summer months.



Building Services



Fleet



STATION CHECK by **eso**



During the month of August training and logistics will be providing face to face training for the ESO Station Check software.

The Station Check System will replace our paper processes for daily apparatus, SCBA , PPE and station checks.

The screenshot shows the 'Station Check' interface for 'Medic 1'. The left sidebar contains navigation options: DASHBOARD, CHECKLISTS, FORMS, REPORTS, MANAGE, SUPPORT, and ALERTS. The main content area shows a checklist for 'Medic 1' with a 'Duplicate' button and 'Quick Check' and 'Ready' status indicators. The checklist is organized into sections: 'Equipment/Gear', 'Exterior', and 'Exterior Compartments'. The 'Exterior Compartments' section lists the following items:

Exterior Compartments
Vacuum Splint
Monitor
Cardiac Bag
Airway Bag
C-Collar Bag
Portable Suction
Pedi Blue Bag

This new process will allow you to use your apparatus tablet or cell phone for those who choose to perform your daily or after-use checks on various equipment and supplies. The system can be configured to send emails to work groups, thus replacing the need to create a separate work order. This hopefully improves our tracking and communication.



FIRE CHIEF'S

Message

- Be A "Pro" -

The Victoria Fire Department Core Values define Professionalism as acting with honesty, integrity, and respect. No doubt these attributes are first and foremost in being considered a "pro." It can also be described as consistently achieving high standards, both visibly and "behind the scenes" – whatever your role or profession.

Why strive to be a professional? Being a "pro" produces the highest level of job satisfaction and self-worth. Peers hold the "Pro" in high regard and trust their actions and decisions. At the end of the day, we all want to be considered a Pro by our supervisors, peers, and the people we serve.

Key Characteristics of Professionalism:

Competence - As a professional, you get the job done – and done well. Your abilities match the requirements of your role, and you often produce results that exceed expectations.

Knowledge - professionals develop detailed, up-to-date knowledge, which is often highly specialized. At every stage of your career you can strive to master your role – and keep adding to what you know.

Conscientiousness - Professionalism involves being reliable, setting your own high standards, and showing that you care about every aspect of your job. It's about being industrious and organized, and holding yourself accountable for your thoughts, words and actions.

Emotional Intelligence - To be a true professional you need to stay professional even under pressure. This takes strategies for managing your emotions, plus a clear awareness of other people's feelings. In short, emotional intelligence is essential.

Confidence - Well-founded confidence reassures and motivates other people, boosting your ability to influence and lead. It also pushes you to take on new challenges, because you don't fear damaging your professional reputation if things go wrong.

The Leader in Emergency Service Excellence.