

The InfoGram



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Focusing on the real line-of-duty killer of firefighters

The number one killer of firefighters in the line of duty is not fire, falls, smoke or vehicle incidents. It is heart disease.

According to the U.S Fire Administration, [50 of the 87 on-duty deaths in 2017 were caused by heart attack, and two were caused by stroke](#) (PDF, 1.52 Mb). Despite [programs promoting heart health in the fire service](#) and a [push for healthier habits](#), these statistics have been consistent for many years.

It's not only high blood pressure and cholesterol firefighters should think about. A 2018 study found other [indicators such as an enlarged heart or increased heart wall thickness](#), things that aren't normally tested for.

Another study held a surprise. [One out of five firefighters with CT scan and ultrasound showing evidence of fatty plaque in heart and neck vessels had no symptoms](#). Had those firefighters relied on routine testing and symptoms they never would have known their risk for heart attack and stroke.

Heart disease symptoms include chest pain, shortness of breath or fatigue during strenuous activity. It is important to talk to your doctor and discuss screening for all the indicators of cardiovascular disease, including those mentioned above that are not typically tested for, regardless of whether or not you have symptoms. Tests to consider:

- Regular physicals.
- Blood pressure.
- Blood sugar and cholesterol.
- CT scans and ultrasounds of arteries.
- Tests to look for enlarged heart or increased wall thickness.

(Source: Healthy-Firefighter.org)

Hospital Security Readiness Assessment Tool

The New Jersey Hospital Association recently updated its "[Security Readiness Assessment Tool](#)," a great resource for any healthcare facility needing to create or review its security plans.

Updated to include modern threats like active shooters, this new version covers three types of healthcare entities: acute care, long term care and Federally Qualified Health Centers. The easy-to-use toolkit walks users through topical sections as access, communications, staffing, training and risk assessment.

The toolkit also provides a security training checklist that can be printed and given to each employee, then dated and initialed when they've received the training indicated. Well-planned and repetitive training is crucial in an emergency to ensure staff is prepared to respond effectively during an emergency or disaster.

(Source: NJHA)

Highlights

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Hospital Security Readiness Assessment Tool

Measles outbreak hits 10 states

National Advisory Council seeks Emergency Services Sector members



U.S. Fire Administration

The InfoGram is distributed weekly to provide members of the Emergency Services Sector with information concerning the protection of their critical infrastructures.

Measles outbreak hits 10 states

The Centers for Disease Control and Prevention (CDC) has reported [101 measles cases in 10 states so far in 2019](#). For comparison, 2018 had a total number of 372 cases. This outbreak is linked to foreign travelers bringing measles from countries experiencing large outbreaks of their own.

[Measles is highly contagious](#), spreads through coughing and sneezing, and the virus can live for up to two hours in the air. The CDC reports “measles is so contagious that if one person has it, 90 percent of the people close to that person who are not immune will also become infected.” Most of the current cases reported by state health departments are unvaccinated children.

EMS, hospitals and public health offices should review their infectious disease outbreak plans. This is especially important in states with an undervaccinated population, as it is shown outbreaks can spread faster and further in these areas.

Washington currently has the most cases and Washington State Department of Health created [Measles Outbreak Toolkits](#) as resources for healthcare professionals and the public. Much of these resources are general and could be beneficial to those in other states, though some of the information is state-specific.

Review the CDC’s [measles website for healthcare professionals](#) and for [public health departments](#). EMS personnel can review this [training video on measles](#) from EMS1.com. For those in states experiencing outbreaks, be sure to visit your state’s health department website for detailed information.

(Source: [CDC](#))

National Advisory Council seeks Emergency Services Sector members

The Federal Emergency Management Agency (FEMA) is looking for experienced [emergency managers and first responders interested in serving on the National Advisory Council](#) (NAC).

The NAC is a federal advisory committee created to ensure effective and ongoing coordination of federal preparedness, protection, response, recovery and mitigation for natural disasters, acts of terrorism, and other man-made disasters.

FEMA seeks applications to fill the following emergency services-related positions:

- Emergency Medical Provider.
- Emergency Management.
- Public Health.
- Disabilities, Access and Functional Needs.

Appointments are for a term of 3-years beginning September 2019. All applications must be received by close of business on Friday, March 15th, 2019. For more details on the duties and application procedures, see [FEMA’s NAC application website](#).

(Source: [FEMA](#))

The U.S. Fire Administration maintains the Emergency Management and Response – Information Sharing and Analysis Center (EMR-ISAC). For information regarding the EMR-ISAC visit [www.usfa.dhs.gov/emr-isac](#) or contact the EMR-ISAC office at: (301) 447-1325 and/or emr-isac@fema.dhs.gov.

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