

The background of the entire page is a close-up, high-resolution photograph of a red-painted metal surface with a diamond plate or tread pattern. The red paint is vibrant and glossy, reflecting light in various directions, creating a complex interplay of highlights and shadows across the raised and recessed areas of the diamond pattern. The overall effect is one of industrial strength and durability.

TAILBOARD

A PUBLICATION OF NASSAU COUNTY FIRE RESCUE

JULY 2018

TAILBOARD

In this issue...

Friday Night ROSC....Page 1

Swift Stop....Page 3

All Day Illness Results in V-fib....Page 4

NCFR Participates in VMR Operations....Page 5

Firefighter Spotlight: Daulton Cowart....Page 6

Animal Rescues....Page 7

Island Hopping....Page 9

Bystander CPR Assists in Achieving ROSC....Page 10

New Engine 50....Page 11

End of Watch: Capt. Danny Johnson....Page 12

NCFR: By the Numbers....Page 13

From the Fire Chief....Page 14

From the Publisher....Page 15

Background Photo

New Engine 50 performing in-service water flow testing during a training event in Callahan, FL

FRIDAY NIGHT

ROSC

On the night of May 25, 2018, the crew at Station 40 were all but wound down when the tones dropped for a commercial fire alarm. As many times before that shift, the crew manned their apparatus and went en route to their call destination.

Luckily, the alarm was false and there was no sign of fire. The crew made an about-face and headed back to the station.

At approximately 2245, as they were pulling into the station, 40B noticed two individuals walking across the parking lot to the station.

Having the fire alarm earlier proved to be a highly effective get-out-of-bed call, for as crew members were approaching the individuals in the west parking lot, one of the individuals collapsed. The patient was found to be pulseless and apneic. CPR was immediately initiated.

The cardiac monitor fast pads were placed on the pt, which revealed v-fib. The monitor was charged to 200 J and upon the “all clear,” what would later prove to be a life-saving jolt of electricity, was delivered to the patient. Manual chest compressions continued until the Lucas 2 device was placed. A bag-valve mask was used to ventilate the patient while loading him onto the stretcher.

Engineer Jeremy McAlee, a veteran of 11 years in Nassau County Fire Rescue recalled, “It was less than 4 minutes after we witnessed the patient collapse that we had him in the back of R40...and achieved ROSC.” According to the crew, the patient became alert and oriented within 1 minute of ROSC. Once the patient regained consciousness, Engineer McAlee stated the patient became somewhat belligerent and declined being transported to the hospital.

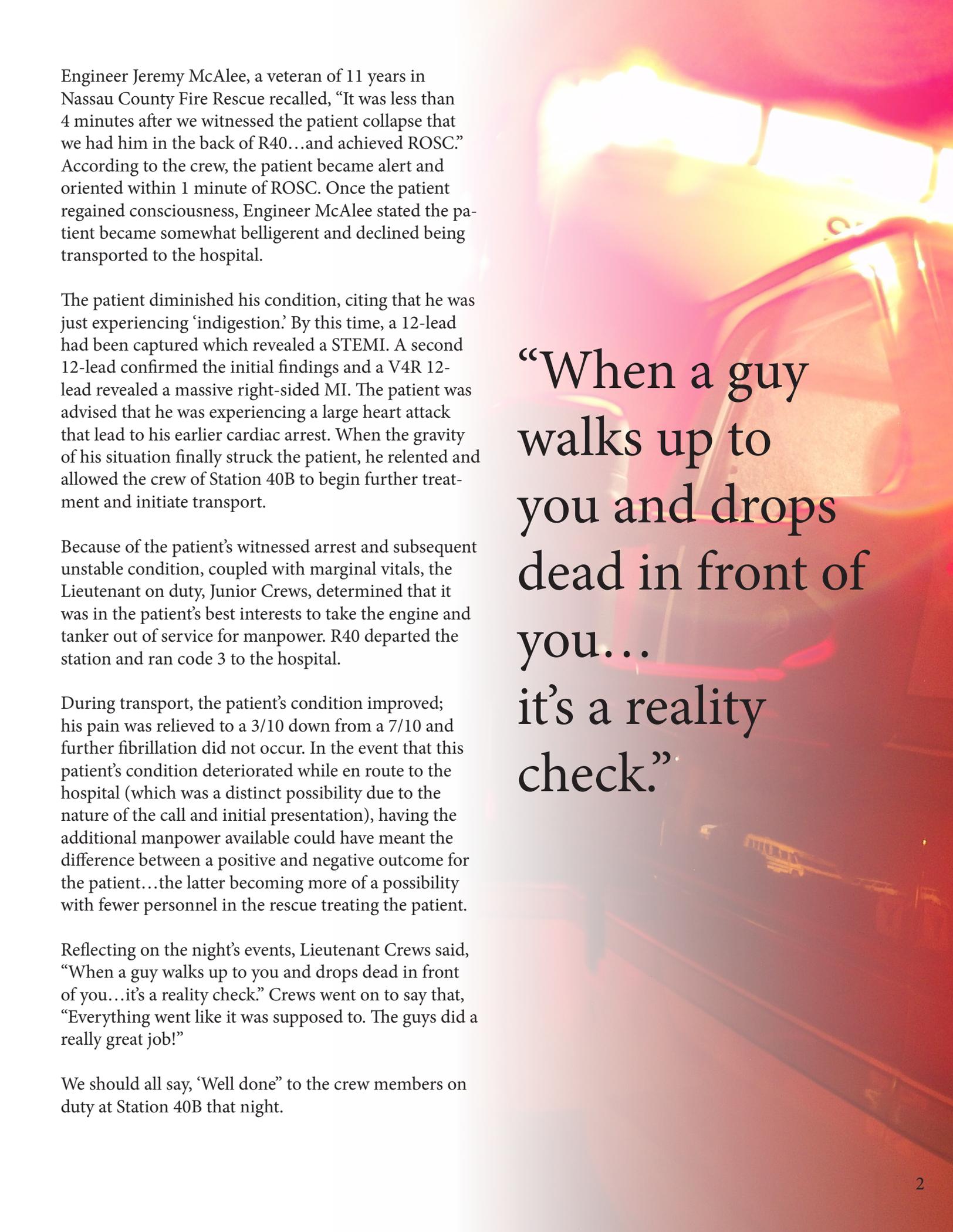
The patient diminished his condition, citing that he was just experiencing ‘indigestion.’ By this time, a 12-lead had been captured which revealed a STEMI. A second 12-lead confirmed the initial findings and a V4R 12-lead revealed a massive right-sided MI. The patient was advised that he was experiencing a large heart attack that lead to his earlier cardiac arrest. When the gravity of his situation finally struck the patient, he relented and allowed the crew of Station 40B to begin further treatment and initiate transport.

Because of the patient’s witnessed arrest and subsequent unstable condition, coupled with marginal vitals, the Lieutenant on duty, Junior Crews, determined that it was in the patient’s best interests to take the engine and tanker out of service for manpower. R40 departed the station and ran code 3 to the hospital.

During transport, the patient’s condition improved; his pain was relieved to a 3/10 down from a 7/10 and further fibrillation did not occur. In the event that this patient’s condition deteriorated while en route to the hospital (which was a distinct possibility due to the nature of the call and initial presentation), having the additional manpower available could have meant the difference between a positive and negative outcome for the patient...the latter becoming more of a possibility with fewer personnel in the rescue treating the patient.

Reflecting on the night’s events, Lieutenant Crews said, “When a guy walks up to you and drops dead in front of you...it’s a reality check.” Crews went on to say that, “Everything went like it was supposed to. The guys did a really great job!”

We should all say, ‘Well done’ to the crew members on duty at Station 40B that night.



“When a guy
walks up to
you and drops
dead in front of
you...
it’s a reality
check.”

SWIFT STOP

Room & Contents Fire Stopped Before Engulfing Yulee Family Home

It had been a rather slow shift for Station 30. Firefighter Chris Altman was receiving engineer training on E30 when the tones dropped for a structure fire off Harts Road in Yulee. R30 was out of house, returning from a medical transport. E30 roared out of the bay and went en route to the call destination. R70 was returning from the hospital and was near the location at the time of dispatch, so they also went en route.

Battalion One was first to arrive on scene, quickly followed by E30. Lieutenant Rob Widdows observed smoke showing from the Bravo-Charlie corner of the single story, wood-frame residence. With command established by Battalion One, Lieutenant Widdows recruited Firefighter Paul Buchman and Engineer Ryan Ward from R70 to assist, and entry was made into the structure.

“I was on the nozzle when we first made entry. We went in through the front door, turned left down the hall and saw smoke banked down. We went into the back bedroom and saw the flames licking up the wall. It was gettin’ it,” Engineer Ward described.

Finding the source of the smoke observed outside, a bedroom at the rear of the home, the interior team began suppression of the flames, which had already spread to envelope the majority of the space.

In short order, the fire was declared out and overhaul commenced. Checking for extension in the ceiling and walls, Engineer Ward recalled, “We wanted to make sure the fire didn’t spread into the attic...that we got it all.”

Firefighter Altman, who was on the E30 pump panel, recalled that from the time command was established to the time the fire was out was less than 20 minutes.

An impressive timetable with equally impressive results!

After suppression operations concluded, a positive pressure ventilation fan was placed at the front door and windows were opened throughout the home to assist in the dissipation of residual smoke.

Once the smoke had cleared and overhaul was concluded it was noted that the fire spread was stopped in the room and total damage to the home was estimated to be approximately 10%.

It was later determined that the fire started at a power strip located in the bedroom. Interestingly enough, the power strip had no devices plugged into it, according to crew members on scene.

Incidents like these remind us to always be vigilant and ready to face any type of incident for which we are called. All personnel involved did a fantastic job saving this family’s home!



All Day Illness Results in V-Fib

The day had begun like many others at Station 30...truck and gear checks, breakfast, clean-up SHOT training, calls for service. Plenty of running up and down the roads of Yulee. The day was winding down when a call for service came in at approximately 2000. Unresponsive patient. E30, R30 were dispatched. Moments after going en route to the call location, dispatch advised for the responders to upgrade. Cardiac Red. R71 was also dispatched.

The patient, a 54 year old man, was found by his wife in their bed, and was experiencing agonal breathing. Just after the wife made the call to 9-1-1, the patient stopped breathing.

No bystander CPR was initiated prior to Station 30's arrival.

Upon arrival, crews from E30 and R30 grabbed their equipment and went inside the home to find the man in the bed, pulseless and apneic. NCSO deputies were first to arrive on scene and place an AED. When shock was advised, the deputies delivered a shock just before Station 30 personnel arrived.

When asked about the NCSO deputies' management of the situation, Lieutenant Brian Sloan recalled, "We have to give props to the cops. They got there and shocked the patient with an AED before we arrived." Lieutenant Sloan has been a lead CPR instructor for the Nassau County Sheriff's Office for the last 6 years.

Station 30 crew members went to work. The cardiac monitor was placed and revealed v-fib.

According to the understandably frantic wife, the patient had no history of heart disease and had no idea how long he had been down, but relayed to the crew members that the patient had complained of feeling ill all day. Engineer Grant Jones assumed the role of compressor, while Lieutenant Sloan placed a King tube and began ventilating the patient. Engineer Louis and Firefighter Altman started an IO and administered drugs.

The patient was loaded onto the stretcher and into R30. E30 was left out of service on scene, as the engine crew was needed to help manage patient care. According to Firefighter Altman, the crew worked well as a team, ensuring proper ventilation, prompt drug administration and defibrillation, and...that Lucas stayed in place.

As R30 neared UF Health North, ROSC was achieved. The 12-lead obtained immediately after ROSC revealed an 8mm STEMI in V2 & V3. The hospital staff was notified of the patient's change in status and adjusted their level of readiness accordingly. The patient was successfully transferred to the ED staff, who stabilized the patient and transferred him to UF Health Jacksonville. The patient is reported to have received PCI and is improving.

The ability of the crew on shift that day to adapt to the treatment requirements of a cardiac arrest when they were only expecting an "unresponsive" patient is a testament to the culture of strong prehospital emergency care that our department has cultivated.

"Everybody came together and worked together," Lieutenant Sloan said with a proud inflection during a phone interview, "Everyone did a great job!"

Way to go, guys!

NCFR PERSONNEL PARTICIPATE IN VMR OPERATIONS



In May, the SHOT and other department members participated in VMR Operations training. The mostly hands-on practical training was conducted by United Fire Service and hosted by AB&B in Callahan. Several people from our department participated in the 40-hour course, which was hailed by Lieutenant Sean Watts as, “Extremely informative and enjoyable, and should be taken by anyone who wants to learn VMR.”

When asked if this was a SHOT-only event, Watts stated that there were both SHOT and non-SHOT department members participating in the training, with the majority of the students representing non-SHOT.

Topics and techniques covered were: unibody construction vs. frame rail construction in automobiles and the management of each in the setting of an extrication, the use of high-lift jacks and come-alongs, cribbing, pneumatic bag stabilization devices, hydraulic tools and more.

Lieutenant Adam Salzburg said of the training, “The material covered by the experts from United Fire Service was clearly presented and the practical portions of the class were great for developing muscle memory.”

When asked how many were in attendance, Salzburg recalled 14 people from our department were present during this training out of the available 20 seats.

As the first installment of a two-part course, VMR Operations serves as a prerequisite to the upcoming VMR Technician class, which will be forthcoming.



FIREFIGHTER SPOTLIGHT: DAULTON COWART

NCFR has added several new firefighters to its ranks this year. One of these new faces is Firefighter Daulton Cowart. Cowart, a 24 year old Nassau County native was hired April 16th of this year. I spoke with Cowart about what led him to pursue a career in Fire Rescue. "I worked in private ambulance and rescue in Columbia county for 3 ½ years, but I really was interested in the fire side."

Cowart told me that prior to working in Columbia county, he worked in retail during the day and went to EMT school at night at Florida Gateway College in Lake City. Cowart attended Camsen for Paramedic in their shift-based program.

When asked about getting used to the firefighter's life, Cowart said, "It's been an easy transition. It's a different way of operating from private ambulance, but I like the family-oriented feeling." Cowart went on to say that being a part of a crew in NCFR is better than his experience with team dynamics in Columbia. "People would come into work, not speak, and then leave. There wasn't any 'family' time," Cowart said of crew interaction at his previous job.

When asked what else he enjoyed about NCFR, Cowart relayed, "I like that more is expected out of people." Indeed, we are all held to a higher standard than those in almost any other career out there. It's refreshing to hear that a new firefighter recognizes this. This brings us to another point...we should all work with and support our new firefighters and offer assistance when able. Let's all extend a warm welcome to our new firefighters.

None of us were born holding an axe or halligan.



ANIMAL RESCUES

Family Dog Saved from Blaze



Unfortunately, three days after the fire that destroyed his family's home, Bama succumbed to injuries sustained due to smoke inhalation.

If not for the brave actions of crews on scene rescuing and caring for Bama, his owners wouldn't have had the opportunity to say goodbye to their beloved pet.

According to reports, the cause of the fire was a pool pump malfunction.

On May 7, 2018 Stations 50, 60, 90, 40 and mutual aid from Jacksonville responded to a structure fire in Spring Lake Estates in Callahan. By the time Station 50 arrived on scene, the single-story stucco home was over 50% involved. According to neighbors, no one was home during the fire, however the family pet, a large dog, was trapped in the structure. "We heard whining near the Charlie-Delta corner of the home...and thought it was a human at first," recalled Engineer Justin Bullard.

Ascertaining that the sound was coming from a dog, Engineer Jeff Lott broke a window to the room and pulled the dog, Bama, to safety.

After Bama was pulled from the room, where smoke had already filled, he was taken to safety, treated with Oxygen and provided water. Later during the incident, the homeowners (who were not present at the time of the fire's start) took Bama to an emergency vet clinic.



ANIMAL RESCUES

Alligator Escapes Poachers; Rescued by Station 60



Florida Forest Service Firefighter Troy Merideth pictured holding the anemic alligator.

The morning of May 29, Station 60 received a walk in from a concerned citizen stating there was an alligator on CR 119 that appeared to have its mouth taped shut. Lieutenant Junior Crews requested dispatch call the Florida Fish & Wildlife Commission (FWC). E60 & R60 arrived on scene and found a young alligator, approximately 4 feet in length. The alligator had tape around its mouth, which prevented it from eating or drinking. Due to the delayed response from FWC, Station 60 elected to transport the malnourished alligator back to the station.

When contractors for the FWC arrived at Station 60, they took possession of the animal, examined it and surmised that the alligator most likely escaped out of the back of the pickup truck of poachers. However, the lot of the gator didn't improve much, as it was unable to eat or drink. Per Lieutenant Crews, "The [FWC] guys told us [the alligator] was under weight due to not being able to eat."

The FWC contractors took the animal to Lofton Creek, where it was released.



ISLAND HOPPING

Marine 20 Enters Service

NCFR Marine 20 entered service Shrimp Festival weekend this year. It's maiden voyage took crew members from the launch at Saw Pit near Nassau Sound, north on the Intracoastal Waterway to the marina in Fernandina and out to the jetties. During this cruise, personnel were patrolling waters for boaters in distress and to raise awareness in the public that NCFR now has marine rescue capability.

The break-in period for Marine 20 was a total of 20 hours. This break-in period was broken up into the following segments: The first two hours, the vessel was operated at low speeds, not getting on plane; the following 8 hours required the vessel to run on plane at varying speeds with full speed operation not lasting more than 5 minutes. For the remaining 10 hours, the boat was run normally until the 20th hour was reached. At that point, Marine 20 was taken in for its first engine service.

Since the maiden voyage, Marine 20 has participated in patrol and public relations events as well as pathfinding missions to chart courses for safe operation. Engineer Clay Riddling participated in three pathfinding missions to record GPS coordinates of routes, obstructions and hazards into Marine 20's on board navigation system, powered by SIMRAD.

Of course, there's the beach, but there are other waterways where incidents can and do occur that we have been unable to mitigate as a department up to this point.

When asked about the vessel's performance and capability, Engineer Riddling stated, "The boat handles extremely well in chop. We've been out in 3-4 foot seas and the boat performed very well at slower speeds for its size."

Marine 20 was purchased with grant funds generously provided to NCFR from Firehouse Subs Public Safety Foundation. Many people were involved in the process of selecting a vessel that could be launched and retrieved anywhere in the county. One of the chief architects of the grant application is Lieutenant David Lee. When asked about how NCFR's operations and service capabilities could be improved by a marine unit, Lee stated, "Nassau County has a lot of water. Of course, there's the beach, but there are other waterways where incidents can and do occur that we have been unable to mitigate as a department up to this point."

The whole of Station 20 received marine operation orientation training in Jacksonville with Marine 1, 3 & 40 at the Metropolitan Park Marina. When asked about the necessity of the orientation, Lieutenant Lee said, "The orientation was obviously for the benefit of everyone, but not everyone has previous experience with marine operations, personal or otherwise."

To round out the entry into service, SOGs are being finalized and will become official in the coming weeks.

BYSTANDER CPR ASSISTS IN ACHIEVING ROSC

Finally. A break from the rain. Station 50 had a blended crew May 29, 2018. All shifts from 50 were represented...an eclectic blend of experience comprised of Lieutenant Bolger, Engineer Bullard, Engineer Hannah, & Firefighter Luke Davis. At 1030, Station 50 and R40 were dispatched to a Cardiac Red. Unknown downtime. Dispatch notified crews that bystander CPR was in progress.

“I was thankful someone was already there,” said Firefighter Davis recalling his thoughts in transit to the scene. R50 arrived to find a 74 year old male on the floor, pulseless and apneic with a family member performing CPR. 50 immediately assumed care, compressing, ventilating and starting an IO. A King tube was placed. The epigastrium was auscultated, revealing no ventilation sounds. Bilateral breath sounds were good. Cardiac monitor revealed asystole. During all this, Lucas was placed on the patient. After 3 rounds of CPR, Epi 1:10,000, Narcan and Sodium Bicarbonate, the patient regained a pulse and the cardiac monitor revealed an organized sinus rhythm. The patient was loaded onto the stretcher and into the back of R50. E50 was placed out of service which is standard protocol to ensure adequate manpower for quality patient care. R50 went en route to the ER.

“Everything went smoothly during transport,” Davis recalled and added that upon transferring care at the ER, the hospital staff thanked them for doing a great job with the code.

As R50 neared the ER, the patient coded again. Asystole. After 1 round of CPR and Epi 1:10,000, the patient regained his pulse and the monitor revealed a sinus rhythm. The patient was transferred to the ED staff without further incident.

According to the American Heart Association’s latest statistics (2016), the out-of-hospital cardiac arrest survival rate is 12%. Just three years prior, the survival rate was a mere 9.5%. Because of bystander CPR and the calm and skill demonstrated by NCFR personnel, coupled with the tools and medications afforded to our department, this patient may be counted among the 12%.

With continued diligence on duty and improved public education on the importance of high-quality bystander CPR, we can see these numbers improve even more.

According to the American Heart Association’s latest statistics (2016), the out-of-hospital cardiac arrest survival rate is 12%. Just three years prior, the survival rate was a mere 9.5%

NCFR ADDS NEW SUPPRESSION APPARATUS

ENGINE 50

On May 3, 2018 Station 50 took delivery of new Engine 50. This new engine by E-ONE has been customized with the following equipment and performance features:

- + 450 HP Cummins L9 engine & transmission
- + Typhoon X extended cab
- + 1,500 GPM pump rating
- + Side-mount pump panel
- + 2-piece aluminum home bed cover
- + 1,000 gallon water tank
- + 3" deck gun discharge
- + Hale FoamLogix Smart Foam Controller w/ 30 gallons Class A foam tank
- + 200' 1" Booster Reel



END OF WATCH

Remembering Capt. Danny Johnson

As we all know, Captain Danny Johnson passed away unexpectedly in May, 2018. A veteran of the United States Army, Captain Johnson joined the NCFR in the early 1990s, shortly after the department was formed. "Captain Johnson was a very opinionated person, but was fun to be around," said Scott Hemmingway, "He took his job seriously, he was very tactful, and had very great patient care skills. He treated everyone he encountered on the job like family." Hemmingway went on to say, "He never turned anyone away who wanted help or advice. He was always fair and never showed favoritism."

I spoke with Lieutenant Rob Patton about his time with Captain Johnson, "He was a big-time family man. He was always positive about everything...he could find something positive in just about any situation." Patton further recalled, "He always took care of his crew. It was hard to catch him in a bad mood."

Captain Johnson also served as the L3101 president and the Mayor of Callahan. Friends close to Johnson said that he was also a 'world traveler' and was eager to share his experiences with others.

Captain Johnson enjoyed several years of retirement prior to his death. His legacy of even-handedness and caring for his crew and the love of family serve as an example for all of us in the NCFR to follow.

We'll take it from here, brother.





BY THE NUMBERS

Run data as of June 21, 2018

2018	JAN	FEB	MAR
FIRE DISTRICT			
20	69	67	91
30	187	178	217
40	149	152	130
50	229	176	158
60	37	40	30
70	105	106	115
71	94	74	99
90	46	29	28

2018	APR	MAY	JUN
FIRE DISTRICT			
20	101	79	22
30	229	225	31
40	122	112	26
50	128	170	16
60	34	26	3
70	113	109	21
71	75	83	16
90	37	23	3

KEEP UP THE GREAT WORK

FROM THE FIRE CHIEF

Brady Rigdon

We have all heard it before: Time flies. This past year has been no exception. Since assuming the role of Fire Chief of our department last June, we have undergone some positive change. Like any organization, a fire department is only as strong as the members who comprise it. I believe the men and women who make up the Nassau County Fire Rescue are an outstanding group of people who are committed to providing the best possible service to the citizens they are sworn to protect.

Together, we have accomplished much: Marine 20 has been put into service, many of our policies are being overhauled to be more simple and streamlined without sacrificing patient care or compromising safety on the fire ground, we have added new firefighters to our ranks, restructured operational flow, and have promoted a culture of inclusion of varying points of view and experience.

Today we're starting something new: a department newsletter. This collection of saves, stories and lessons will be compiled and published quarterly. The goal of this newsletter is to recognize the great work you all are doing in the field, as well as keep you informed on things that are happening in the department. We believe this will be a positive initiative that will further galvanize our department's cohesion.

I am grateful to each member of our department for working diligently day in and day out to make our department one to be proud of, and for others to admire. But we haven't arrived yet. Truthfully we never should. There should always be something new to push for; something to try to do better; something that will make our department one that provides even better service to our citizens than we do now.

I appreciate the dedication of each of you to keeping our community safe. With your help I look forward to moving our department forward and continuing to provide the best service for the folks in Nassau County. Our citizens deserve our respect, our care and our very best. I know you go out there everyday and represent your department well. I'm deeply appreciative of that. Knowing that we have such dedicated men and women makes me excited to see what the future holds.

FROM THE PUBLISHER

Michael R. Arnold

First off, let me say thank you to all the men and women in our department who have recalled stories, shared photographs and insights that made the job of writing this newsletter possible. This newsletter is planned for a quarterly release, so make sure to keep the stories of note, the critical calls, and photos coming!

We will begin compiling the next newsletter in August for a late September Release. If you have a submission, please send to marnold@nassaucountyfl.com along with photos.

It's been a privilege to write this newsletter and I'd like to thank Chief Rigdon for this opportunity.

Stay safe.

TAILBOARD



TAILBOARD

FOR INFORMATION OR SUBMISSIONS, CONTACT MICHAEL R. ARNOLD, STATION 20 C