



# THE HEAT



A Publication of the Pine Bluff Fire & Emergency Services  
**FOCUSING ON THE COMMUNITY**  
July 2016

**Pine Bluff Fire & Emergency Services**  
200 East 8th Avenue  
Pine Bluff, AR 71601  
Phone: 870.730.2048  
Fax: 870.543.5159

## From the Chief

**Web:**  
[www.pineblufffire.com](http://www.pineblufffire.com)  
**Facebook:**  
**Pine Bluff Fire & Emergency Services**

**Fire Chief**  
Chief Shaawn Howell  
[shaawnhowell@cityofpinebluff.com](mailto:shaawnhowell@cityofpinebluff.com)

**Assistant Chief**  
Asst Chief Ernest Jones  
[ernestj@cityofpinebluff.com](mailto:ernestj@cityofpinebluff.com)

**Fire Marshals Office**  
Captain Fred Tisdale  
[fredt@cityofpinebluff.com](mailto:fredt@cityofpinebluff.com)

Lieutenant Randy Compton  
[randyc@cityofpinebluff.com](mailto:randyc@cityofpinebluff.com)

**Fire Safety & Prevention**  
Lieutenant Jerry Garganeous  
[garg@cityofpinebluff.com](mailto:garg@cityofpinebluff.com)

**Training**  
Captain James Jackson  
[jamesj@cityofpinebluff.com](mailto:jamesj@cityofpinebluff.com)

Lieutenant Rance Dukes  
[ranced@cityofpinebluff.com](mailto:ranced@cityofpinebluff.com)

**Emergency Vehicle Technician**  
Captain Bryan McPherson  
[bryanm1@cityofpinebluff.com](mailto:bryanm1@cityofpinebluff.com)



The start of summer is the perfect time to gather with family and friends for food and fun times. This year as we celebrate the 240th birthday of our country and adoption of the Declaration of Independence we want everyone to have a happy and safe holiday weekend and summer time experience.

Roughly every year during the 4th of July weekend there are 50,000 fires caused by fireworks, totaling approximately \$35,000,000 in damages nationally. When safety is not considered or practiced, people get hurt and property damaged. Accidents do happen, but are less likely to happen if precautions are taken. Estimates from 2014, showed approximately 10,500 people, mostly children, were treated in Emergency Rooms for injuries associated with fireworks. Don't be a statistic this year.

In accordance with Pine Bluff City Ordinance 5807 it is unlawful to discharge fireworks inside the city limits of Pine Bluff

From my family to yours have a happy and safe summer!

*Shaawn Howell*  
Fire Chief



## Important Dates

**July 4 - Independence Day**



**Retirement of Engineer Anthony Graham**



Engineer Anthony Graham  
Retiring on July 30th  
28 Years of Service



Congratulations to  
Engineer Anthony Graham

After 28 years with Pine Bluff Fire Department  
Engineer Graham has decided to retire.  
Engineer Graham started with the Fire  
Department on July 29, 1988 under then Fire  
Chief W. Ray Jacks.

**Happy  
Retirement!!!**

**July Anniversaries**

- Harold Clark - July 1st - 16 years
- Bryan Moore - July 1st - 16 years
- Anthony Lusk - July 3rd - 15 years
- Jonathon Porchia - July 5th - 5 years
- Keaton Reynolds - July 5th - 5 years
- Eldon Still - July 5th - 5 years
- Joe Kisel - July 6th - 6 years
- Cory Collins - July 9th - 4 years
- Fabian Fontenot - July 11th - 20 years
- Fred Tisdale - July 12th - 28 years
- Fredrick Batemon - July 13th - 7 years
- Justin Taylor - July 13th - 7 years
- Chad Nealy - July 13th - 1 year
- Christian Owens - July 13th - 1 year
- Jerome Willis - July 13th - 1 year
- Joel Porchia - July 13th - 1 year
- Tyler Harrison - July 13th - 1 year
- Josh Reed - July 15th - 3 years
- Justin Thompson - July 15th - 3 years
- Aechia Armstrong - July 19th - 6 years
- Harold Miller - July 19th - 6 years
- Anthony Graham - July 29th - 28 years

**July Birthdays**

- Richard Kress - July 4th
- J. P. Logan - July 10th
- Chris Geiggar - July 13th
- Bryan Moore - July 15th
- Cathy Braswell - July 16th
- Brett Pierce - July 18th
- Carree Coleman - July 19th
- Ronnie Plunkett - July 20th
- Tyler Harrison - July 24th
- Chris Morris - July 27th
- Juan Ventress - July 28th
- Joel Porchia - July 31st



# Hot Shots

New this month "Hot Shots" ! We are looking for pictures from scenes to feature in a PowerPoint presentation to be played at events and also to feature each month in the newsletter. If you would like to submit a picture that you may already have or one you in the future please email it to Carla at [carla@cityofpinebluff.com](mailto:carla@cityofpinebluff.com)



A big thank you to Brookshire's Grocery Stores for donating several cases of Gatorade to our department!! It is greatly appreciated !!!!

## Smoke Detector Saves Lives!

On March 30, 2016 Engine 4 (Lt Ronnie Plunkett, Eng. Villa Eans, & Firefighter Cathy Braswell) was dispatched to a reported residential house fire. Fire crews discovered smoke and flames coming from a laundry room inside the garage area. Crews extinguished the fire. Before leaving the scene a smoke detector was installed.

Several hours later during the night fire crews were dispatched back to the same address. Fire was contained to the garage area. The homeowners advised that the smoke alarm the firefighters had installed earlier in the day is what alerted them to the fire. If not for the smoke alarm the outcome could have been much different.





## Heat Exhaustion Symptoms & Treatments

### **DUE TO EXTREME HEAT , WE JUST WANT TO REITIRATE HEAT SAFETY**

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration. Information below provided by WebMD Website

**There are two types of heat exhaustion:**

**Water depletion:** Signs include excessive thirst, weakness, headache, and loss of consciousness.

**Salt depletion:** Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

### **Symptoms of Heat Exhaustion**

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Pale Skin
- Profuse Sweating
- Rapid Heartbeat

### **Treatment for Heat Exhaustion**

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke. After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

### **Risk Factors for Heat Exhaustion**

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to remember that the heat index is