



# Advanced Life Systems Priority One Report

Volume 2 - Issue 2  
November 2012

## Welcome •

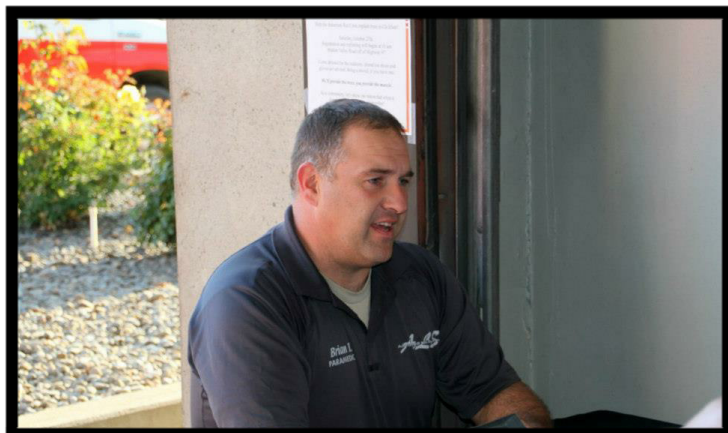
Welcome to the 2nd and final addition of our newsletter for 2012. Our last newsletter was released in March, we hoped you enjoyed the articles and we appreciate your interest in Advanced Life Systems. Our current goal is to release the next newsletter in early 2013. Starting in 2013 A.J Fandrich will begin publishing our newsletters. More copies of this newsletter can be printed from our website [advancedlifesystems.com](http://advancedlifesystems.com), or picked up at our headquarters, located at 2106 W. Washington Ave.

## ALS - Breast Cancer Awareness •

October was breast cancer awareness month, and Advanced Life Systems employees helped show their support by wearing special pink ribbon uniform shirts throughout the month. This is the 2nd year running ALS has encouraged field personnel to wear these special uniforms.

Breast cancer is the most common cancer among American women just after skin cancer. Today, about 1 in 8 women (12%) will develop breast cancer in her lifetime and breast cancer is the second-leading cause of cancer death in women. The American Cancer Society estimates that in 2012, about 226,870 women will be diagnosed with invasive breast cancer and about 39,510 will die from breast cancer.

To help protect yourself from breast cancer, begin annual screening mammography starting at age 40 or 50, however, not all breast cancer experts agree when women need to begin getting mammograms so it is best to ask your doctor. Women in high-risk categories should have screening mammograms every year and typically start at an earlier age. MRI or ultrasound screening can also be given in addition to mammograms. **Continued on page 3**



(Above) 2012 Paramedic of the year, Brian Ireton

## 2012 EMS Awards•

Earlier this year the Yakima County Department of EMS held their annual awards ceremony for local EMS personnel. Those who won were originally nominated by their fellow EMS workers and then voted for by MPD Dr. Acosta and the EMS office. We are proud to announce that two of our own at ALS have been honored this year; Paramedic Brian Ireton and Dispatcher Mary O'Dell.

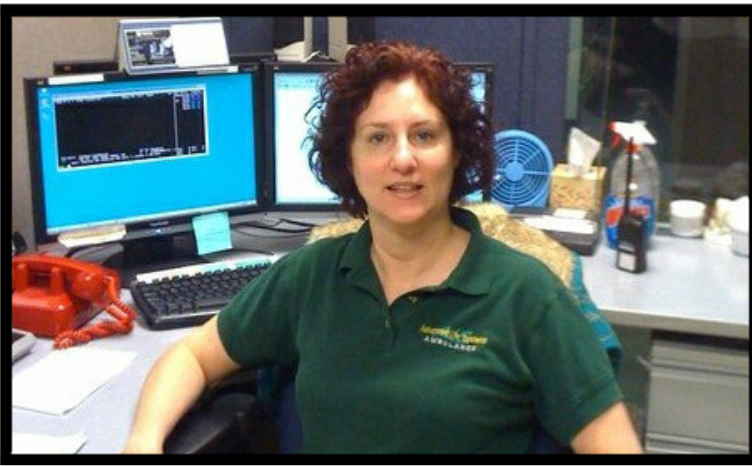
Brian Ireton was awarded the 2012 Paramedic of the Year for Yakima County! Brian has been working with Advanced Life Systems for the past 7 years, and is also a supervisor. He obtained his Paramedic training from the military back in January of 1999 and has been working with the Army for the past 23 years. Prior to ALS, Brian also worked for AMR of Evansville Indiana, and American Jet Florida Fixed Wing Medical transport in Florida. Brian also holds instructor certifications in PHTLS and BCLS, and is a current OTEP instructor for Yakima County as well as an Army Instructor. **Continued on page 2**



(Above) Tucker Walker, with one of our Breast Cancer Awareness Uniform Shifts

## EMS Awards ●

Continued from page 1



(Above) Dispatcher of the year, Mary O'Dell

Mary O'Dell was awarded the 2012 Dispatcher of the Year award for Yakima County! Mary has been working for Advanced Life Systems for the past 6 years, and is also our team leader in Dispatch, responsible for the oversight of our dispatcher center along with 4 full time, and 3 part-time ambulance dispatchers. Mary is also cross-trained as an EMT, when she was trained in Yakima County back in 2001. She also volunteers with the Naches Heights Fire Department. She holds training with our dispatch system Spillman, and briefly also worked for Yakima County as a dispatcher.

**Congratulations Mary!!**

## Breast Cancer Awareness ●

Continued from page 1

Have your breasts examined by a health care provider at least once every three years after age 20, and every year after age 40. Clinical breast exams can complement mammograms. Please check with your doctor for more information on protecting yourself from breast cancer.

If you would like to donate to the cause locally, please visit Yakima Valley Memorial Hospital's 'Ohana Services, which can be found at <http://www.yakimamemorial.org/>. Or, visit the Susan G. Komen foundation for the cure. Their site can be found at <http://ww5.komen.org/>. Thank you to everyone for your support.

## Expanding Fleet ●

Advanced Life Systems recently added two more ambulances to the fleet, to help support our expanding services and contracts with local hospitals and care facilities, along with an increase in 911 calls. The first is an ambulance that was previously owned and operated by the Orting Fire Department as their backup ambulance. This ambulance comes with less than 20,000 miles, and is the "box" style which allows responders additional room to manage critical patients. It was recently just retrofitted with Advanced Life Systems decals and colors, including the green reflective striping on the back of the vehicle. The current plan is to use this ambulance to replace a higher milage front-line ambulance in our fleet.

The next is a brand new 2012 Ford van-style ambulance, that was just recently purchased near the end of summer. This ambulance will be used for our inter-facility (Hospital to Hospital, Care Facility to Hospital) transport ambulance, as well as our out of town trip (Yakima to Seattle, etc.) vehicle.

Continued on page 3



(Above) Our latest Medic Unit, at station 4.



(Above) The new van-style gasoline ambulance, with high visibility LEDs.

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## Safety First •

Advanced Life Systems has recently made equipment purchases with crew and patient safety in mind. The well-being of responders and patients is always the #1 priority with everything we do.

Two identical radio communication headphones have been equipped to “Life 1” for testing. These headsets will allow communication between the driver and partner in the ambulance while traveling around the city, while also allowing communication with dispatch when en route to calls. These noise-canceling headsets will allow for more clear communication while protecting the hearing of the crew members when a loud siren is ringing overhead when en route to emergency calls. Traditionally these types of communication devices are generally only seen in fire trucks because of the 3-4 man crews that these emergency vehicles carry. However, if these headsets prove to be beneficial to the ambulance crews in the field, more work will go into placement on these headsets in our front-line ambulances.

Advanced Life Systems also purchased 5 identical power gurneys. The traditional gurney we had been using requires responders to manually lift and lower the gurney when a patient is loaded, which can lead to back injuries after repeated use. These new gurneys are equipped with a power feature that will automatically raise and lower the wheels without responders having to manually lift the gurney. A small battery is attached to the gurney that can be switched out daily to ensure continuous power, and a back-up manual option is also available in the rare event a battery fails with a patient loaded. These gurneys will allow for quick and rapid loading of patients into our ambulances, while helping keep both the patient and responder safe.



*Above: A photo of the new power-cots placed onto our ambulances.*



*Above: A headset used in Life 1, soon to be expanded into more front line ambulances.*

## Website•

Have you checked out our website lately? At [www.advancedlifesystems.com](http://www.advancedlifesystems.com), you can find all the latest news and updates regarding ALS; including the services we offer, job openings, and you can even pay an ambulance bill online. If you are interested in obtaining CPR and First Aid training for your company, you can also find information on what ALS has to offer through our website. Jason Ackley, our training director, can also be contacted for further information at (509)574-8444 Monday - Wednesday. For those of you into social networking, you can also find us on Facebook and Twitter.

## Expanding Fleet •

Continued from page 2

This ambulance is equipped with the latest in LED emergency lighting technology, which will make our ambulances more visible to the public when traveling in emergency mode. Advanced Life Systems is always trying to maintain a low-mileage fleet to ensure our ambulances are well cared for and ready to respond to your medical emergency.

## Winter Driving Tips •

Winter is just around the corner, and snow is on the way to the Yakima Valley. Here are some helpful tips from the Federal Emergency Management Agency (FEMA) regarding winter preparedness:

- Store drinking water, first aid kit, canned/no-cook food, non-electric can opener, radio, flashlight and extra batteries where you can get them easily, even in the dark.
- Keep cars and other vehicles fueled and in good repair, with a winter emergency kit in each.
- Get a NOAA Weather Radio to monitor severe weather.
- Know the warning terms for each kind of disaster in your community; including.:
- "winter storm watch" --- Be alert, a storm is likely
- "winter storm warning" --- Take action, the storm is in or entering the area
- "blizzard warning" --- Snow and strong winds combined will produce blinding snow, near zero visibility, deep drifts, and life-threatening wind chill--seek refuge immediately!
- "winter weather advisory" --- Winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists
- "frost/freeze warning" --- Below freezing temperatures are expected and may cause damage to plants, crops, or fruit trees
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment.
- Install storm shutters, doors and windows; clear rain gutters; repair roof leaks; and check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow--or water, if drains on flat roofs do not work.

It is important to check up on disabled or elderly family members and friends to ensure they are prepared for winter weather. Also, remember to slow down in school zones when snow or ice are present, and be especially aware of children sledding or playing around roadways. Allow yourself extra time to get to travel to your destinations, and in the event of a severe storm, stay indoors if at all possible. Our ambulances are all equipped with chains, however, in the event you must call 911 for an emergency during a snow-storm anticipate that response times may be slightly delayed depending on current road conditions. We hope you all have a safe and enjoyable winter!

**Let's all, at ALS, have a safe and enjoyable winter!**

**Advanced Life Systems Ambulance**

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