



Keeping you Knowledgeable, Safe, and in Compliance!

**Ernest A. Emerson**  
**Fire Protection Resource Library**

## A Volume From the Library

### Summer Safety

Summer is almost here and that means we can look forward to the familiar Texas heat. Summer also means school's out and it's time for families to go on vacation.

Everyone is looking for ways to cool down, and with over 300 miles of coastline, Texas' many beaches are a popular choice. Day or weekend trips to one of 25 statewide waterparks are favorites too. Even local spots like a nearby lake or the neighborhood pool will get plenty of use.

However, the combination of kids and water can be very risky. According to the CDC, one in five drowning victims nationwide are children younger than fifteen. Now might be a good time to reinforce your knowledge of pediatric CPR.

Many Texas Cities regularly experience heat waves that bring temperatures up to three digits. High temperatures are dangerous to people of all walks of life, but firefighters are at particular risk when they respond to a call.

Wearing PPE and carrying the usual gear and tools while battling intense flames puts a tremendous strain on a firefighter's body.

Learn the signs and symptoms of heat stroke and heat exhaustion to better recognize them in yourself and others (see links in the *Additional Resources* sidebar). Two videos are available that examine heat-related illnesses from the body's physiological reactions to the best practices for recovery.

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Visit us at the William B. Travis Building:  
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#### Additional Resources:

- [Symptoms of Heat Exhaustion and Heat Stroke](#)
- [Facts about Drowning](#)
- [Child CPR](#)
- [Drowning Doesn't Look Like Drowning](#)

### Training Videos

#### **CPR AND AED TEACHING PACKAGE, 5TH EDITION**

**AV07-2064 Length: 2:00:00**  
**Format: DVD**

This teaching packet on CPR and AED contains a DVD, an Instructor's Toolkit on CD and the book 'CPR and AED', 5th ed. These materials meet 2005 CPR and ECC guidelines. The DVD covers adult, child and infant CPR and obstructed airway. The second segment on AED teaches about the defibrillators and how and when to use them. A third segment covers cardiovascular emergencies. (2007)

#### **PEDIATRIC EMERGENCIES**

**AV09-2377 Length: 30:00**

**Format: DVD Author: PULSE**

This course discusses the identification and management of pediatric trauma, as well as the assessment and treatment for pediatric patients in respiratory distress, respiratory failure, and shock. Common pediatric airway

complications and emergencies are also defined. (rel. 11/09, c2009)

#### **YOU ARE THE EMT: SPECIAL POPULATIONS--PEDIATRICS AND GERIATRICS**

**AV08-2267 Length: 1:22:00**

**Format: DVD Author: AAOS**

This is the 5th DVD in the 5 part 'You Are The EMT' DVD Series. There are three programs on this DVD: Pediatric Emergencies 1, Pediatric Emergencies 2, and Managing the Geriatric Patient. (c. 2006)

#### **EVERYDAY PEDIATRICS**

**AV10-2427 Length: 29:13**

**Format: DVD Author: PULSE**

#### **HEAT, HEART, AND HEALTH**

**AV07-2100 Length: 60:00**

**Format: DVD Author: FETN**

This FETN program visits the fire departments of Las Vegas and Phoenix to see how they protect their firefighters, especially in the extreme heat, with their rehabili-

tation programs. Professor Denise Smith describes the physiologic effect of heat on the body and the importance of rehabilitation programs. A study guide accompanies the DVD. (2007)

#### **HEAT: WORKING IN HOT ENVIRONMENTS**

**AV05-1863 Length: 25:00**

**Format: DVD Author: EFG**

This DVD and Leader's Guide is designed for emergency responders, those who work in hot weather or hot conditions, and those who may be called upon to work in protective clothing ensembles. Topics covered are: how heat is transferred; how heat builds up in the human body; conditions that exacerbate heat buildup; symptoms of dehydration, heat exhaustion, and heat stroke; avoiding heat stress; specific heat issues relating to chemical protective clothing; medical monitoring; and treatment of heat injuries. (2004)