

# SIRENS



Fall 2020

## News & Information for Albemarle County Fire Rescue



### New Staffing at Crozet VFD

On Monday, Sept. 8, the Crozet Volunteer Fire Department (CVFD) welcomed five career staff from Albemarle County Fire Rescue (ACFR) to the station. ACFR will be there to assist Monday through Friday from 6 a.m. to 6 p.m. The addition came in response to a request for assistance from CVFD due to the rapid growth of the Crozet area.

On the first day of the new partnership, many CVFD members came out to welcome the ACFR staff. At the gathering, Crozet VFD extended their thanks to Chief Dan Eggleston and the Albemarle County Board of Supervisors for supporting them in continuing the tradition of service to the Crozet community.



Each issue of Sirens will feature one volunteer and one career personnel. In honor of the new partnership with CVFD, Chief Will Schmertzler and Captain Trip Cowles are in the spotlight first.



Name: **Will Schmertzler**  
Position/Agency: **Crozet Volunteer Fire Department (CVFD)**

**Q:** What is your role with your agency? Give a snapshot of duties, responsibilities, typical day.

**A:** Chief of CVFD. As Chief, I oversee the operations of the company.

**Q:** What do you want people to know about the work being done by your agency, crew, or team?

**A:** Our motto at Crozet has been do what is right for our community. We train our duty crews to be ready for whatever the next emergency brings.

**Q:** What advice do you have for new recruits or people interested in the fire service?

**A:** In my time with CVFD, I have always tried to keep an open ear to what more senior members had to say. Learning from the experiences of other firefighters, those more seasoned or who have chosen to do this for a living, will make you better off in the end.

**Q:** Three words to best describe you:

**A:** Honest, hardworking, loyal

**Q:** What advice would you tell someone who is interested in your field of work?

**A:** Come out and do a ride-along with the staff. The camaraderie in the fire service is second to none. If you decide the fire service is for you, whether it is paid or volunteer, you will have another family for life.

**Q:** Tell us about something you love—and a few details about why you love it.

**A:** I love my family more than anything. My beautiful wife Judy of 37 years and our three children Julia, Jonathan, and Alicia, and daughter-in-law Erin, and three grandchildren Kyler, Madeline, and Jackson are my greatest blessings.

**Q:** What is your life motto/work mantra?

**A:** Work hard, be honest, play hard and live life to the fullest!

### NEWS BRIEFS

For those of you who have been around for a while, the words Scott Lambert and Training Division are synonymous. In his 20-year tenure, Chief Lambert has helped build the division from the ground up. On Jan. 3, 2021, he will transfer to the field as a 24/7 Battalion Chief, and Chief Steve Elliott will leave his current position as a 24/7 Battalion Chief to take over the division. The chiefs will shadow each other in their respective roles from Oct. through the transfer in Jan.

While these changes may come with a bumpy start, the transfer of knowledge and the fresh perspective each individual brings will strengthen the organization. Chief Elliott has years of experience in public safety and in the medical field which will serve him well in his new role.

Our entire department wishes both men success in their new roles. We know they will be missed by those they have been working with, but will be warmly welcomed in their new divisions.

### In this Issue

- Letter From the Chief .....2
- Fitness & Nutrition .....3
- Arson Incident.....3
- Drone Program .....4
- Recruit School 18 .....5
- Planning Update.....6
- Technical Rescue Update ..7
- Message From the OMD ..8

See **Spotlight** on page 2



### Spotlight *Continued from page 1*

Name: Reuben "Trip" Cowles  
Position/Agency: Captain/Paramedic, Albemarle County Fire Rescue



**Q:** What is your role with your agency? Give a little snapshot of duties, responsibilities, typical day.

**A:** I am a captain/ paramedic currently assigned to the Crozet Volunteer Fire Department. I currently have two guys assigned to me and we are helping to staff the Crozet Fire station during the day Monday-Friday. To start off our day, we typically meet with the volunteers that were on duty the night before and get a turn over report about any calls they ran or any apparatus issues or things that need to be taken care of. We then check the apparatus to make sure that they are in service and ready to respond and continue our day with training for both fire and medical emergencies, PT, working on any projects that are assigned and answering any 911 calls for help. We finish up our day by meeting with the oncoming volunteer crew and inform them of any calls run, apparatus or equipment issues, and anything else that might be of importance.

**Q:** What advice do you have for new recruits or people interested in the fire service?

**A:** First off, this job isn't for everyone. It is hard work but it is rewarding. You will see people having the worst day of their lives when their home is on fire or a family member is very

ill; or it could be their best day ever, welcoming a new child into the world. You will find another family in this job that you will be able to rely on, will stand beside you when things get tough, cheer you on, and pick you up when you are down. It's the best job in the world.

**Q:** What are three career lessons you've learned thus far?

**A:** Integrity and honesty means a lot in this job. Leave work at work, don't take it home. Push yourself to be better than the day before.

**Q:** What would you do (for a career) if you weren't doing this?

**A:** I would probably be working on a farm somewhere.

**Q:** Something in your professional/academic life you are especially proud of.

**A:** At age 40 I went back to school and received a bachelor's degree

**Q:** What is a career goal or ambition you are working towards?

**A:** My goal is to move into the Fire Marshal's Office and learn a whole new side of the fire service.

**Q:** Tell us about something you love—and a few details about why you love it.

**A:** I love being outdoors, helping out on my parents' farm, or hunting or fishing. Being outdoors allows me to unwind, hit reset, refocus, and enjoy what God created.

**Q:** What is your life motto/work mantra?

**A:** Eat Well, Work Hard, Play Harder, and Love Often.

## Letter From the Chief

I'm pleased to announce that our department was recently awarded a \$1.9 million *Staffing for Adequate Fire and Emergency Response (SAFER)* grant to hire and train 10 full-time firefighters. This generous grant will allow the department to address Albemarle County's emergency service needs by adding and adjusting staffing locations throughout the county.

The SAFER grant was created by the Federal Emergency Management Agency (FEMA) to provide funding directly to fire departments to help increase or maintain the number of trained, front line firefighters available in their communities. The goal of SAFER is to enhance local fire departments' abilities to comply with staffing, response, and operational standards established by the National Fire Prevention Association (NFPA).

This grant, along with the approved FY21 Budget, allows for a total of 22 new positions to be hired, trained, and put into service in the current fiscal year. In July, we filled 12 new positions to provide 24/7 advanced life support emergency medical services (ALS EMS) coverage at the Ivy and Pantops stations. The 10 full-time firefighters funded by the FEMA safer grant will be hired in January 2021 and will be used to staff daytime staffing at the Crozet Volunteer Fire Department and the Pantops Public Safety Station.

A big thanks to the ACFR staff that worked so diligently on this grant application. The quality of work that went into this grant process reflects our talented staff that is working diligently to provide efficient and effective public safety services to Albemarle County.

—Chief Dan Eggleston



## Compliance Corner

Beware of discussing protected health information (PHI). Below are some ways you could be unintentionally sharing PHI.

- Talking about current or prior incident(s) while re-stocking ambulance or typing your report at the ER.
- Discussing a call **anywhere** other than an official audit or review.
- Discussing "interesting" calls, famous patients, or neighbors.
- Sharing a co-worker or fellow responder's PHI.
- Posting scene photos on social media. Even off duty, the public sees you as a representative of the Fire Rescue System.

When you are unsure about discussing an incident, ask yourself these questions:

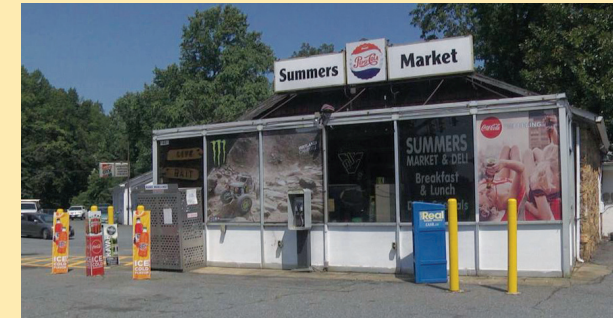
- Would a judge agree that the disclosure benefited patient care AND was performed with the utmost discretion?
- If you were the patient, would you want an "embarrassing" injury or illness to be discussed?
- Is this something the Privacy Officer should address?

If you have questions about the information above or HIPAA, please contact Christina Davis, EMS Billing Specialist, at (434) 296-5833, ext. 3102 or by email [cdavis@albemarle.org](mailto:cdavis@albemarle.org).

## Arson Incident

On September 4, 2020, Albemarle County Fire Rescue responded to a structure fire at Summers Market located on the corner of Rio Road and Earlysville Road. Initial signs showed that a burglary had occurred before the start of the fire, and so the joint investigation between the ACPD's Criminal Investigations Division and the ACFR's Office of the Fire Marshal (ACFM) began.

A week later, on Friday, September 11, 2020, an investigation was conducted by the Charlottesville Police Department (CPD) after an attempted robbery with a knife occurred. A citizen detained the suspected robber in the case. CPD identified 24-year-old Joseph Daniel Key of Albemarle County as the suspect. ACPD and ACFR confirmed Key



was also a suspect in the Summers Market incident.

The joint investigation confirmed that Key was responsible for several felonies, including the incident at Summers Market, where he broke into the store and stole multiple items before setting a fire in the building. Key

is also responsible for recent breaking and entering incidents on September 9, 2020, at Kirt's Homemade Ice Cream and Chung's Barber Shop, both located in Albemarle Square.

Key has been arrested and charged with multiple felonies (robbery, breaking and entering, grand larceny, burning a structure, and more) by ACPD, CPD, and ACFM.

While Key has been arrested and charged, the investigation remains ongoing. Anyone with information regarding these incidents is encouraged to contact Crime Stoppers at 434-977-4000 or email [CrimeStoppers@albemarle.org](mailto:CrimeStoppers@albemarle.org).

## Everywhere You Go Take a Smile with You.



what like ground control taxiing a plane for takeoff might do. Wearing my bright orange vest and glowing batons, I use my arms to feverishly direct. I speak louder but more muffled with my teeth hiding behind my mask. I earned these pearly whites and for the moment I can't even show off my hard work. I fought through the orthodontic trenches for three out of my four high

school years wearing braces, bands, and retainers. Putting wax between the metal brackets of my shiny train tracks. For all of you lucky dogs today that's pre-invisaline.

For the unknown duration, it looks like masks are here to stay. So, until we can walk up to grocery store doors and not have to head back to the car for our forgotten masks here are some helpful tips.

**Overcoming the mask** Use your voice. Say it with some oomph people. Get excited! Work on your tone and inflection.

**Think spirit fingers** Remember making fun of someone for talking with their hands too much? Well now it's their time to shine. They

have full on permission to let those hands fly. Exaggerate with those arms all day.

**My eyes are up here** We all have expressions that happen when our mouths move. Our eyes get wider when we are surprised. If we are sad our forehead wrinkles. When I'm happy these chubby cheeks lift. I don't know about you but when my mom was mad her eyes could cut through you like two lasers of pure intensity.

**Jazz up that mask** You could always draw a permanent smile, just don't make it creepy. No clown smiles please. There are tons of companies that will even take your favorite pet picture and print Fluffy out for you.

**Mind your manners** Remember hearing the mantra "manners will take you anywhere"? Well you should live it, love it, learn it my friends because it's never been truer. Let's start showing gratitude by saying thank you and please again.

No one can foresee the future for masks and the smiles we are missing. Maybe for now we comfort and smile with our words, tones, and actions. If anything positive stems from wearing them though it may be that we become good listeners again.

Wouldn't the elementary school teachers of the world be so proud?

—Suzanne Herndon

# Small Unmanned Aerial Systems (sUAS)

## Also Known as Drones in Today's Emergency Services Response

If you have been on scene of a large type fire or a missing person on a water way lately, and heard what sounds like an angry swarm of 2020's murder hornets, most likely it was a drone flight conducted by Albemarle County's Small Unmanned Aircraft System Unit provided by the Fire Marshal's Office.

Albemarle County Fire Rescue's Drone Program was developed in 2018 and has been climbing to new heights ever since. The focus of the program's response is in compliance with the Federal Aviation Administration's Part 107 Remote Pilot and provides aerial coverage for a list of call types where aerial coverage would be beneficial. The Albemarle County Fire Rescue Department's sUAS Unit's purpose is to improve emergency preparedness and assist in emergency response disaster recovery. Not only does a sUAS flight provide clean, crisp high-definition photos documenting the event, the technology has additional benefits inclusive of thermal imagery and some with the ability to deploy light weight equipment.

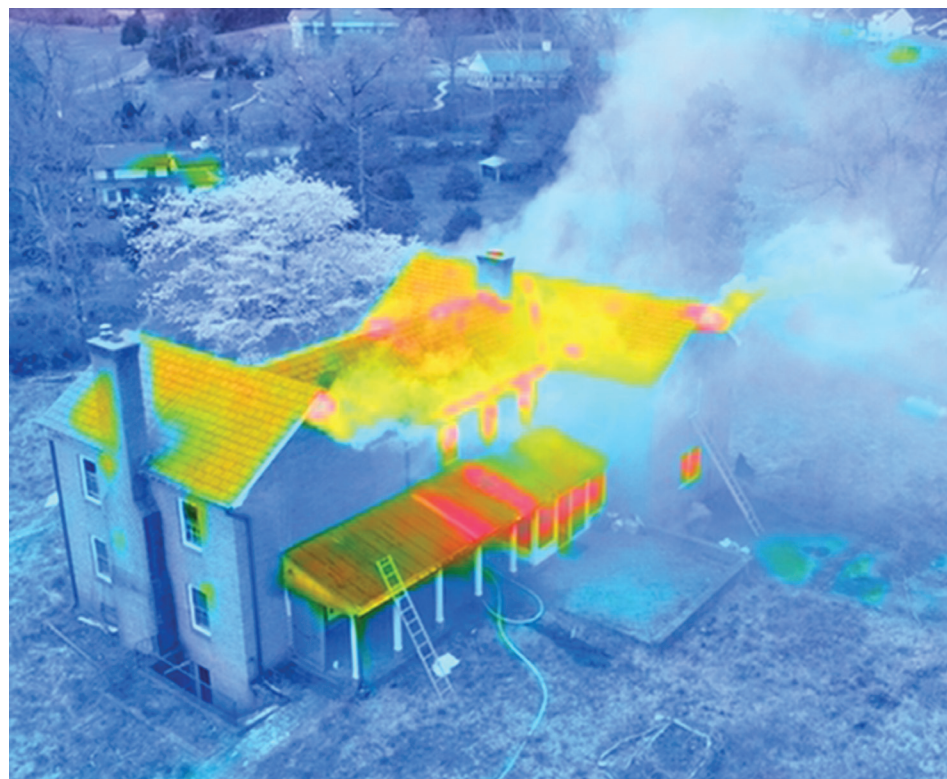
We currently have a small sUAS fleet with different capabilities available for deployment, as we were quick to learn a one-size solution was not a fit with the increasing demand of drone use. Locally, every Fire Marshal unit is equipped with a DJI Mavic Pro Platinum. This small craft is commonly used for reconnaissance purposes and is capable of carrying and deploying a personal floatation device. The first thermal imagery capable unit is our Yuneec H520, which is our largest craft and highest definition quality camera. Lastly, we have two DJI Mavic 2 Enterprise units. This unit style has become the work horse for not only our department but public safety in general. The dual high-def camera and thermal imagery provide great visual observation, as well as additional accessories inclusive of a loudspeaker, flashing strobe, and additional LED lighting.

Drone use is available 24/7 and provided by the On-Call FM. For the most part, the FM is on most initial dispatches, however, not on all incidents where the unit could be of assistance. With that in mind, as a responding unit don't hesitate to initiate a response from your friendly neighborhood Fire Marshal's Office.

Please reference Albemarle County Fire Rescue Standard Operating Guideline- SOG-DEP-004 Small Unmanned Aircraft System Unit for any additional information. If you have any questions, please feel free to reach out to Micaiah Ledford at [mledford@albemarle.org](mailto:mledford@albemarle.org)



3/24/20 Galaxie Farm Ln Structure Fire aerial view.



3/24/20 Galaxie Farm Ln Structure Fire aerial thermal view.

# Masked and Dangerous

Recruit School 18 began in July and they are a force to be reckoned with. The class remains at 14, and all 14 are proving themselves on a daily basis. With the EMS phase complete, they are solidly building their fire skills. Of the group, three have varying degrees of experience with a fire rescue department, but the majority are learning from the ground up, giving ACFR the chance to build a strong foundation. Captain Dan Spearin, FF Robert Greene, and Captain Matt Walker, along with constant support from Captain Ed Fisher and a cadre of instructors, have taught the recruits the ropes and will continue to do so until they graduate in December. While the extra layers of masking up and constant sanitation have added to the difficulty, not to mention the record-breaking size of the class, the group of students and instructors hit the ground running each day.



Top Row (left to right): Colin Bohanon, Trey Hudgins, Corey Colvin, Aaron Putney (joining RS18 for the Fire Phase only), Mika Meyers, Ben Jordan, Sam Bobe-Medina, Eddie Noack. Bottom Row (left to right): Jon Fields, Ashley Hodges, Amal Mitchell, Tanner Amburgey, Kevin Freier, John Taravella. Not Pictured: Thomas Woods



Members of Recruit School 18 practice their fire skills at the Training Center.

## Years of Service

### 5 YEARS

Brandon C Britton.....	9/14/2015
Chris Pitt .....	9/14/2015
John P Gabel .....	9/14/2015
Justin D Dix .....	9/14/2015
Nicolas A Zuffoletti .....	10/15/2015
George M Glass.....	8/27/2015
Briar R Tures.....	10/19/2015
Geoffrey Keating.....	9/21/2015

### 10 YEARS

Ellen M Taylor.....	10/1/2010
Scott S Karr.....	10/5/2010
Jordan L Shakhsheer .....	10/18/2010

### 15 YEARS

Daniel J Brady .....	9/19/2005
----------------------	-----------

### 20 YEARS

Greg A McDaniel .....	10/3/2000
-----------------------	-----------

## Releases

PFF Aaron Putney .....	EVOC II, ALS
PFF Jeriel Samuels .....	EVOC II, BLS, FF
FF Henry Austin .....	DPO
FF Chris Oakley.....	DPO
FF Richard Boamah .....	ALS
FF Andrew McDaniel.....	DPO
PFF William Heywood .....	EVOC II, BLS
FF Steven Boi .....	BLS
PFF Kenneth Malloch.....	EVOC II, ALS
MFF Cody Main .....	ALS
Virginia Clark.....	BLS
Izzy Tucker .....	BLS
Alex Culver.....	BLS
Taylor Vest .....	EVOC II
Reilly Funk .....	EVOC II
Jordan Brown.....	FF
Caleb Martin .....	FF

## Calls for Service

Jan. 1 - Sept. 30, 2020	
EMS .....	7,674
Fire.....	2,156
HM .....	280
Rescue .....	756
<b>Grand Total.....</b>	<b>10,866</b>



## Holiday Safety Tips

The holiday season is upon us, and with the merriment, tasty food, and fun decorations, comes a variety of safety hazards that can lead to tragedy. We encourage our entire community to keep these tips in mind as we celebrate any and all holidays that fill us with joy. And remember, it's always a good time to check that those smoke alarms are working.

### Decoration Safety

- Never leave candles unattended and always place on a stable surface.
- Keep candles, lighters, and matches away from children and pets.
- Use clips, not nails, to hang lights so the cords do not get damaged or frayed.
- Turn lights off at night.
- Place decorations at least 3 ft. away from any heat source.
- Do not block any of the exits in the home with decorations.
- Water your tree daily. Dried trees are a serious fire danger.

### Kitchen Safety

- Stay in the kitchen when cooking.
- Keep kids at least 3 ft. away from the stove.
- Steam or splashes from vegetables, gravy, oil, or coffee can cause serious burns. Keep a safe distance.
- When cooking with hot oil, use splatter guards and oven mitts to protect your skin from oil burns.
- Keep trip hazards off the kitchen floor.

## Planning Update

ACFR has made some significant changes to its structure at the beginning of the calendar year. This realignment of organizational structure was intended to address staff capacity and workload, as well as consider recent changes to the size and span of our department.

Shortly after the reorganization was announced, ACFR was scheduled to begin a department-wide strategic planning process. Unfortunately, the COVID-19 pandemic put those plans on hold in early spring. Although the pandemic is not over, the department is ready to begin this work again, and has brought in NC Fire Chief Consulting for a plan to be completed in the first quarter of 2021.

The ACFR Strategic Plan will be based on best practice data and input gathered from career and volunteer personnel, County leadership, and community partners. Since the beginning of October, there were several opportunities for members to provide input for this plan.

In addition to the strategic plan, the ACFR Executive Team charged the Community Risk and Resilience (CR&R) Section with developing a long-term plan to be embedded in the development of the broader ACFR strategic plan. The goals of that process are:

- To establish a shared vision and mission specific to CR&R, consistent with and in support of the vision and mission statements of ACFR and the County of Albemarle.
- To determine the top two CR&R strategic priorities for the next one-two years.
- To determine resource allocation and re-allocation for the work of the section.

A small steering committee, the CR&R Planning Support Team, has prepared for and is guiding this effort. The CR&R Planning Support Team began by researching best practices, national standards, and accreditation standards for the CR&R focus areas: Fire Marshal's Office, community risk and engagement, and emergency management. In addition to this research, a series of focus groups were held in the beginning of October to allow input from a cross-section of ACFR staff, County staff, Board of Supervisors, volunteers, and community members. This input and research will serve as the foundation for the CR&R long-term plan.

## NEW MEMBERS

Station.....	Name .....	Start Date
ACFR .....	Amal Mitchell.....	7/6/2020
ACFR .....	Ashley Hodges .....	7/6/2020
ACFR .....	Bennett Jordan.....	7/6/2020
ACFR .....	Caleb Tanner Amburgey.....	7/6/2020
ACFR .....	Colin Bohanon .....	7/6/2020
ACFR .....	Corey Colvin.....	7/6/2020
ACFR .....	Trey Hudgins.....	7/6/2020
ACFR .....	John Taravella .....	7/6/2020
ACFR .....	Jon Fields.....	7/6/2020
ACFR .....	Kevin Freier.....	7/6/2020
ACFR .....	Mika Meyers .....	7/6/2020
ACFR .....	Samuel Bobe-Medina .....	7/6/2020
ACFR .....	Thomas Woods.....	7/6/2020
Crozet.....	Colin Thorp .....	7/10/2020
Earlysville .....	Aralece Fonseca.....	7/20/2020
Seminole Trail.....	Grant Worsham .....	7/25/2020
Seminole Trail.....	Harvey Mayorga .....	7/25/2020
Seminole Trail.....	Mark Pellissier .....	7/25/2020
Stony Point.....	Kasia Buyaki .....	7/30/2020
Crozet.....	Ward Thorp .....	8/13/2020
Stony Point.....	Eric Woods .....	8/14/2020
Seminole Trail.....	Andrew Wiles .....	8/18/2020
ACFR - Station 16.....	Daniel Chen .....	8/25/2020

# TECHNICAL RESCUE NEWS

## Aerial Rigging Con-Ed Session

September 8<sup>th</sup> and 9<sup>th</sup> 2020

The ACFR Technical Rescue Team provides Rope Rescue, Confined Space, and Trench Rescue services to Albemarle County and surrounding jurisdictions upon request. Four times each year, continuing education sessions (con-ed) are organized allowing members to learn new techniques, as well as an opportunity to refresh current skills. During these sessions, Charlottesville Fire HTR crews also attend, allowing our teams to train together in order to streamline operations during actual incidents.

On September 8th and 9th of this year, ACFR provided an "Aerial Rigging" con-ed session that was conducted by Rescue2Training. The purpose of this course was to teach members about the additional forces placed on aerial devices during rope rigging operations. This is important to understand because these forces can affect ladder strength, and

when formulating a plan for safe operations, the additional stress must be considered. In the past our aerial devices have been used in this capacity, and this training will help us continue safe maneuvers moving forward.

Other agenda items learned over the two days of con-ed included mechanical advantage systems, raising/lowering procedures, knot passing techniques, twin tensioned rope methods, stokes basket operations, Arizona Vortex set-up, and expanded use of the infamous fire service Bowline knot.

Rescue2Training is a privately owned training company owned by Kelly Byrne. Kelly is assigned to Rescue Company 2 in Washington D.C where he has served for 20 years, with 17 of those at Rescue 2. Kelly is also a Level 3 Technician with SPRAT (Society of Professional Rope Access Technicians), which requires at least 1000 hours of on-rope time and formal testing,

has presented at the ITRS (International Technical Rescue Symposium), and is affiliated with CMC Rescue in several capacities.

Jason Ilowite is part of Kelly's instructor cadre and was also here on both days. Jason serves a Lieutenant with Loudon County, Virginia and is assigned to Rescue Company 635. Jason is a SPRAT Level 1 Technician, has presented for the Rigging Lab Academy, and has traveled the country studying rope operations in mountain rescue group and industrial settings.

We were fortunate to have these subject matter experts provide instruction. The teams left knowing more about "the why behind the how," and have an enhanced skillset as a result. By the way, if this type of work appeals to you, please consider reaching out to Chief Matt Ascoli about joining our Technical Rescue Team.



Kelly Byrne and Jason Ilowite present Aerial Rigging and Arizona Vortex concepts to ACFR and CFD team members.

## Lay Responder Care for the Adult Victim of Out-of-Hospital Cardiac Arrest

By William J. Brady, M.D.



Out-of-hospital cardiac arrest is a major public health issue throughout the United States, including the Charlottesville-Albemarle region. In the United States (US), an estimate of the incidence of out-of-hospital cardiac arrest

(OHCA) treated by emergency medical services is approximately 150,000 to 160,000 victims per year with a survival rate of approximately 8%. A key concept in the successful treatment of the patient with OHCA is the American Heart Association's (AHA) "chain of survival" strategy. This AHA concept emphasizes a system-of-care approach, with early access to care, including five key links: early recognition

of cardiac arrest and activation of the emergency-response system; immediate high-quality cardiopulmonary resuscitation (CPR); rapid defibrillation; basic and advanced emergency medical services (EMS); and advanced life support and post-arrest care. Research in cardiac arrest resuscitation has affirmed that the earliest links, recognition of cardiac arrest and CPR, which are largely performed by lay bystanders before first responder arrival, are one of the most important components in this chain of survival. Lay rescuers, therefore, play a major role in the resuscitation of OHCA victims.

These early links in the chain of survival strategy can be termed pre-arrival care (see graphic below), defined as basic medical interventions initiated by bystanders prior to fire-rescue contact, and include the following: recognition of cardiac arrest, calling for assistance, CPR, and automatic external defibrillator (AED) use. Pre-arrival care, when delivered appropriately, is associated with significant improvements in survival and neurologic

status. For instance, bystander-initiated CPR significantly increases the chance of survival; application of an AED also markedly increases the chance of survival. The combination of bystander CPR plus AED use has a synergistic positive impact on outcome. Unfortunately, bystander CPR is provided in less than 50% of cases; AEDs are applied even less often, in no more than 25% of appropriate patients, despite their frequent availability in public settings. Regional and national education and awareness efforts have resulted in increased bystander intervention with associated improvements in outcome, but considerable work remains with many barriers to be overcome. The delivery of pre-arrival care—and its impact on neurologically intact survival—is time-sensitive. In fact, delays in lay provider care are associated with increased chance of poor outcome; for every minute that an OHCA victim goes without CPR and defibrillation, the chance of survival decreases by approximately 5 to 10%.

A key concept in the successful treatment of the patient with out-of-hospital cardiac arrest is the American Heart Association's **Chain of Survival Strategy**

- 1 Early recognition of cardiac arrest and activation of the emergency-response system
- 2 Immediate high-quality cardiopulmonary resuscitation (CPR)
- 3 Rapid defibrillation
- 4 Basic and advanced emergency medical services (EMS)
- 5 Advanced life support and post-arrest care



**Components of pre-arrival care.** The patient experiencing out-of-hospital cardiac arrest is being attended to by a lay rescuer doing chest compressions with a second lay rescuer talking with the emergency communications center dispatcher who is dispatching police-fire-rescue resources to the incident and is providing CPR instructions; a third lay rescuer is returning to the victim with an AED. Fire rescue units are responding emergently to the scene while this pre-arrival care is occurring.

SIRENS is the official newsletter of Albemarle County Fire Rescue and is published quarterly.

The newsletter is available online at [acfirerescue.org](http://acfirerescue.org) with hardcopies distributed to each station.

**SUBMISSIONS:** Articles, feature stories, cartoons, photographs, upcoming training, station news, and station events and functions are welcome at any time and can be submitted to [ACFRSirens@albemarle.org](mailto:ACFRSirens@albemarle.org).

