

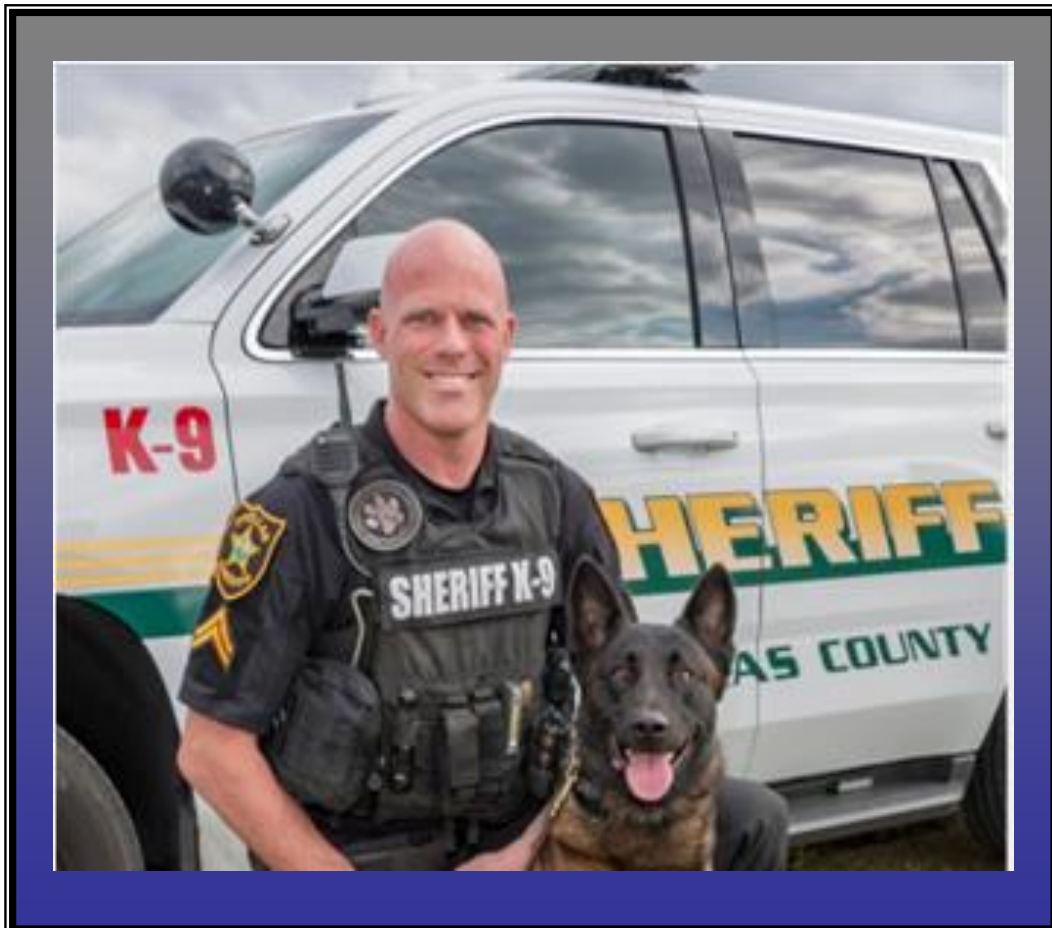


## HIGHLIGHTS

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## HURRY BACK!

CORPORAL MATT AITKEN AND TACO  
WE LOOK FORWARD TO YOUR RETURN!



# Treasure Island Fire Rescue

Educating our community to help keep children safe.



Treasure Island Fire Rescue's Safety Educator Mercedes Nelson-Palmer hosted a Safe Sitter, Inc. class for young people. This class teaches individuals the life and safety skills they need when they are home alone, watching younger siblings, or babysitting.

These skills include:

- ◆ Safety skills
- ◆ Child care skills
- ◆ First and rescue skills
- ◆ Life and business skills
- ◆ Thank you to those who came to participate and learn.



# Madeira Beach Fire Rescue



Kite Day was a great success. So many families with lots of smiles, and the wind was just perfect for kite flying. Kids had an opportunity to check out Truck 25, sit inside and look at all the equipment.

Thank you to Madeira Beach Recreation for this great annual tradition to Spring Break and to Suncoast Safe Kids Coalition. We gave away almost 200 life jackets. And, of course, Clover loved all the attention.





# Sunstar Family EVOC/EMS Obstacle Course



On Saturday, February 25<sup>th</sup> Sunstar had their first Family EVOC/EMS Obstacle Course. This event was designed to give Sunstar employee families a Day in Life experience. Families were given the opportunity to learn first hand EMS skills like CPR, Infant Choking, and Stretcher Maneuvering as well as driving a Sunstar ambulance through the EVOC course. Everyone had a great time and learned a little about what Sunstar is all about.



## St. Pete Beach Fire Rescue



The beautiful weather and spring break has greatly increased the utilization of our world -famous beaches and the waterways in and around St. Pete Beach. Our crews were busy this weekend ensuring the health and safety of all our residents and visitors. The marine unit was no exception. Our crews rescued two kayakers who were knocked overboard by the wake of a passing vessel.

One of our wonderful residents made contact with the victims from his swim board and kept them calm until Marine 23 quickly arrived on-scene and extricated the victims from the water and secured their kayak.

**Boaters:** Please be aware of you surroundings when on the water.

**Kayakers:** Remember your personal flotation device—there's never a kayak outing where you can forgo the PFD. Also, have a whistle handy and attach it to you PFD. One blast is for attention, three blasts is "HELP". If you forget how many, just keep blasting away until rescue arrives.





## ***East Lake Fire Rescue North County Training***

Throughout the month of February, firefighters from East Lake Fire Rescue attended the Rapid Intervention Team (RIT) training at the North Pinellas County Training.

During this training, firefighters went through two separate drills. The first drill was a Floor Firefighter Rescue, in which the first team of firefighters entered a structure through a door prop, located a downed firefighter on the second floor, communicated with the incident command for tools needed to facilitate a ladder rescue, and position the downed firefighter headfirst at the window. The second team acknowledged and confirmed tools needed, brought tools to staging area in front of the window, set up the ladder and brought down the unconscious firefighter.

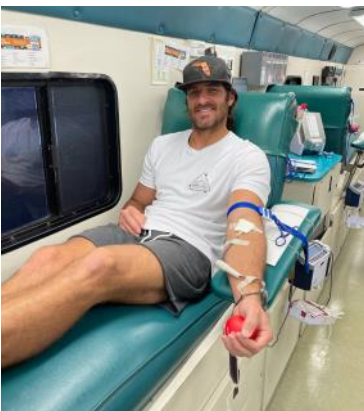
During the second drill, the Floor Collapse/Debris, the RIT team entered through the door prop, followed their hose line to a floor collapse, the first team located a downed firefighter that was stuck under heavy debris, they communicated with the incident command to obtain tools needed to facilitate debris removal, cleared the debris, and provided the patient care for crush issues. The second team gathered tools and assisted with the removal of debris. The goal of this training was to refine the firefighters' skills in rapid intervention.



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## ***East Lake Fire Rescue Hosts Blood Drive***

Our blood drive had a great turnout last week! We collected 11 units of blood which will help save/sustain up to 33 lives. Thank to all who donated, and a special thank you to Lt. Sullivan for sharing his story.





# Multi-Departmental Fire Rescue Training

During the month of February, firefighters and officers with Gulfport, South Pasadena, St. Pete Beach, Treasure Island, Madeira Beach, Pinellas Suncoast, Seminole, Pinellas Park, and Lealman participated in Facility Training at SPC Drillgrounds. Crews were rotated through 4 stations of forcible entry, search and rescue, hose management, and portable ladders, getting reps in, and learning new ways of being more efficient.





## Madeira Beach Fire Department Training

Recently, Custom Green Homes and our Building Department made it possible for MBFD to train at a local structure before the building's scheduled demolition. An acquired structure is absolutely the best possible training aid a fire department can have to simulate real world situations and conduct training. Crews were able to conduct vertical ventilation (cutting open roof), force entry (opening locked doors), search and rescue drills, as well as various techniques on removing unconscious victims through windows and doors. Other scenarios included cutting windows all the way down to the ground creating a door to use as an aid in victim removal. This technique is not possible to practice unless you have an acquired structure.

All three shifts were able to spend a full day at the structure, sharpening skills and utilizing the building to its fullest potential. Our Training Officer, Lt. McClave, confirms this was an excellent few days of training.

Special thanks to Rick of Custom Green Homes for allowing us to train at the structure before the building was taken down.





# Pinellas Suncoast Fire & Rescue



Your community fire department represented well however, Team Lealman Fire District stole the win with a home-court advantage assist. There were no losers because Wawa donated over \$10,000 to charity including \$2500 to our own Rotary Club of Indian Rocks Beach and the Rotary International.



Tarpon Springs Fire Rescue

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# EASTER EGGSTRAVAGANZA



**SATURDAY, APRIL 1st, 10am-1pm**  
**TARPON SPRINGS SPORTS COMPLEX**  
**150 JASMINE AVE**

Hop on over for a fun filled spring event. We will have crafts, activities, bounce houses and egg hunts for ages 12 & under. Concessions available to purchase.

### Egg Hunt Schedule:

Ages 3 & under at 10:30am, Ages 4-6 at 11am,  
Ages 7-9 at 11:30am, and Ages 10-12 at 12pm.





# Mental Health Training

## Franciscan Center 'Operation Restore'



## Find Your Center

DATES FOR UPCOMING

RETREATS

**March 27-30-2023**

**April 24-27, 2023**

**May 22-25, 2023**

If you, or someone in your agency is interested in attending, please email  
or call

Liz Fogo @ [lfogo@pinellascounty.org](mailto:lfogo@pinellascounty.org) or 727-582-5755

**Seats go quickly! Reserve yours now!**



# DO YOU HAVE CONCERNS about falling?



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**Administered by the Area Agency on Aging of Pasco-Pinellas**



**This program emphasizes practical strategies to manage falls**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program with documented results designed to manage falls and increase activity levels.**

**Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.**

Free FUN And Interactive Class Coming to You at Eastlake Fire Department  
3375 Tarpon Lake Blvd.,  
Palm Harbor, FL 34685

Start Date: April 7-June 9, 2023  
Off week of 4/21 and May 19  
1x wk Fridays 10a.m.-12p.m. for 8 weeks

**To Register: Claudia Hernandez**  
[chernandez@elfr.org](mailto:chernandez@elfr.org) or 727-784-8668 x204  
**Contact: Terri Toner, 727-570-9696 x160 for more information.**



# Water Safety Tips

Swim in designated areas supervised by lifeguards.



Always swim with a friend.



Wear a life jacket when you go boating.



Install and use a Baby Guard Pool fence around your home pool or hot tub.



Actively supervise children whenever around the water.

Always stay within arm's reach of young children and avoid distractions.

Reach or throw aid to distressed swimmers - don't go!

Keep toys not in use away from the pool and out of sight.



## Swimming Safety

Being water competent in the ocean requires stronger and different skills than in a pool. Whenever you are at the beach, ocean or other open water environment, watch and prepare for:

- Changing tides.
- Fast-moving currents and waves, even in shallow water.
- Drop-offs that unexpectedly change water depth.
- Unexpected changes in air or water temperature.
- Hazards, such as underwater obstacles, rocks and debris.
- Vegetation, marine animals and fish.
- Other people's activities in the same waters, such as boating.
- NEVER swim alone.
- Thunder & Lightning.
  - Leave the water immediately.
  - If you're out in a boat, head back to shore as quickly as possible.



Pinellas County  
@PinellasGov · Follow



Stay safe! Intense rainfall can overtop canals & ditches, flooding streets. Remember: TURN AROUND, DON'T DROWN! Driving in flooded streets can stall your car. So prepare for bad weather & make a flood emergency plan today. For more information, visit [bit.ly/PreparePinellas](http://bit.ly/PreparePinellas)



Floody the Frog is a creation of Sarasota County Communications

