



# Hoosier Responder

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## IDHS PREPAREDNESS SURVEY RESULTS

The Indiana Department of Homeland Security and the IUPUI Institute for Research on Social Issues, recently asked Hoosiers about their level of preparedness in a survey. The survey, which asked a series of questions regarding preparedness plans and resources, received thousands of responses. A preparedness score was derived from a formula that assigns a numerical value to each response in order to compare the level of preparedness based on multiple variables, including urban versus rural, county, and IDHS district.

One of the most compelling findings from the survey was the difference in the level of preparedness between urban and rural areas. Based on the preparedness score,

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## INDIANA PROVIDES LOGISTICAL SUPPORT TO NEW YORK

The State of Indiana recently provided support to New York as part of the Emergency Management Assistance Compact (EMAC). EMAC is a congressionally ratified organization that provides form and structure to interstate mutual aid that allows the state to request and receive assistance from other member states quickly and efficiently before, during and after natural and man-made disasters.

“By providing extensive all-hazards logistics training, we can support other states in a wide variety of incidents,” said Randy Collins, IDHS District Services Director.

The IDHS representative, as well as a representative from the Indiana Department of Correction provided logistical support to the response and recovery from Hurricane Irene for eleven days. ▪

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## From the Director's Chair-Executive Director Joe Wainscott Public Safety Professionals Need to Take Time to Take Care of Themselves

Public safety professionals have dedicated their careers to helping citizens before, during and after emergencies. As the cold and flu season approaches, it is important to receive flu shots, if necessary, to make sure responders are at full strength when called to duty. A flu virus can spread quickly through an unvaccinated workforce, making it much more difficult to respond to an emergency.

Additionally, public safety professionals come into contact with a lot of people in their workday. Stop the flu with you.

The flu isn't the only preventable danger to public safety professionals. Statistics from the United States Department of Labor indicate that firefighters are three

times more likely to die on the job than any other profession. Much of this is related to the dangerous conditions that many encounter regularly, but many of these deaths can be prevented. On-duty firefighter deaths in the United States reached an all-time low in 2010, but the number of deaths due to sudden cardiac arrest has remained constant.

According to the National Fire Protection Association, nearly half of on-duty firefighter deaths were a result of sudden cardiac arrest. We know that there are many things we can do to reduce our risk of heart disease, however, we often ignore these responsibilities because of life's other demands.

A healthy public safety community is essential to providing the highest quality service to Hoosiers. While physical fitness and training is a high priority during recruit school and training, the emphasis on health and wellness fades as the years go on. Many fire departments in Indiana, and throughout the United States, have instituted wellness programs, but the responders need to take the initiative to stay healthy on their own for these to succeed.



All public safety professionals are faced

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## MEDICATIONS MAY REQUIRE SPECIAL CARE DURING A DISASTER

In the event of a natural disaster, being prepared can not only help those affected avoid stress but save lives. Having your medications and or your pet's medications readily available is extremely important in being prepared. This includes having an adequate water and food supply especially for those with health concerns in the event of a power outage.

Keep an updated list of all medical prescriptions and make sure to include:

- Name of medication
- Dosage/strength of medication
- How often you take the medication
- Your doctor's name and telephone number

Keep a supply of plastic sandwich bags on hand so that in the event of flooding, you will be able to keep your medications safe

and dry. Also, if you take insulin, make sure to have an adequate supply of needles and syringes.

In the event of an evacuation, take your medications with you, even if it's an empty bottle. The information on the label will aid your pharmacist in refilling your prescription. Try to protect the bottles from harsh sunlight, humidity and extreme weather conditions, since this can reduce the effectiveness. If your medication comes in contact with flood waters, do not digest and refill at the nearest location.

If a power outage occurs, drugs that require refrigeration need extra precautions. If the power has been out for a significant amount of time, the drug should be discarded, unless it is a life sustaining drug, and then it may be used until a fresh supply is available. You should also have a cold storage container

full of icepacks or instant cold packs for storage of refrigerated medications. Be sure to avoid placing medications directly on ice packs, as freezing will cause ineffectiveness.

Whenever flooding takes place, unsafe waters become hazardous, especially to medications. Drugs that are exposed to unsafe waters may become contaminated and lead to diseases and serious health complications. Even if your medications are in containers, they must be discarded after contact. Lifesaving drugs can still be taken if the container is contaminated but the pills are dry and unharmed. However, if a pill is wet, it should be immediately discarded. Following these steps to safely store medications can help save future losses in the event of a potential disaster.

For more tips on how to prepare for disasters, visit [GetPrepared.in.gov](http://GetPrepared.in.gov). ■

## IDHS AWARDS PREPAREDNESS KITS TO CITIZENS FROM STATE FAIR QUIZ

Visitors at the IDHS tent at the Indiana State Fair were given the opportunity to take a quiz for a chance at a preparedness kit. The winners of the drawing at listed below.

**District 1-** Richard Minor-Kingsford Heights, Kathy Abretske-Porter, Nicklaus Reyes-Wanatah, Josph Rhoades-Highland

**District 2-** Brenda Baker-Plymouth, AM Schafer-Bremen, Joyce A Bailey Goble-Winamac, Pat Richard-Bremen

**District 3-** Jill Herndon-Bluffton, Gary

Huddleston-Wabash, Janet Corwin-Peru, Jean Heflin-Galveston

**District 4-** Charlene Blessing-Kingman, Samantha Merryman-Kingman, Mark Good-Flora, Dana Simanovich-Edwardsburg

**District 5-** Jeffra Jones-Lebanon, Scott Robinson-Mooresville, Natasha Berry-Indianapolis, Jessica Hyatt-Indianapolis,

**District 6-** George Perry-Anderson, William Beamer-Lapel, Lisa Trinoskey-Kokomo, Sheila Hovermale-South Marion

**District 7-** Lanessa Fagg-Brazil, Susan Yarnell Smith-Farmersburg, Jennifer M

Berardi-Spencer, Steven Hazard-Rockville

**District 8-** Jody Goddard-Ellettsville, Debbie Unversaw-Bloomington, David James Ferguson-Salem, Megan Reynolds-Bloomington

**District 9-** Anita Narwold-Batesville, Debra Trowbridge-Elizabethtown, Dennis Horan-Greensburg, Tony Rose-Vevay

**District 10-** Laura Rexing-Evansville, Chris Wagener-Evansville, Amy Belcher-Evansville, Lori Gene Wade-Huntingburg ■

### EMS SPOTLIGHT: EMS Commission Member Melanie "Jane" Craigin

Melanie "Jane" Craigin RN MHA is the Chief Executive Officer of St. Vincent Williamsport Hospital and currently serves on the Indiana Emergency Medical Services Commission as a Hospital Ambulance Service representative. Craigin was appointed to the commission in 2003 by Governor Frank O'Bannon. She received her Nursing



Degree from St. Elizabeth School of Nursing and a Bachelor's Degree from Purdue University. Craigin also earned a Masters Degree in Hospital Administration from Saint Joseph's College and also holds an Indiana Paramedic certification. Her nursing career primarily has been in Emergency Medicine while devoting much of her efforts towards

patient safety and clinical excellence.

Craigin was first appointed by the governor in 2003 to serve on the Indiana Emergency Medical Services Commission and continues to provide her knowledge and expertise to improve the quality of emergency medical services in our state. ■

### FCC TO PERFORM NATIONAL TEST OF EMERGENCY ALERT SYSTEM

On November 9<sup>th</sup>, the Federal Communications Commission (FCC) will perform the first nationwide test of the emergency alert system (EAS). The test, which will take place at 2:00pm Eastern Standard Time and last approximately 3 minutes, is designed to assess the reliability and effectiveness of the EAS as a public alert mechanism.

President of the United States the capability to address the American public during a national emergency. This system must be available under all conditions. The system is also used by state and local authorities to deliver important emergency information, such as AMBER alerts.



Created in 1994, the EAS is a public alert and warning system that leverages the communications assets of terrestrial broadcasters, cable television systems, wireless cable systems, satellite digital audio radio service providers, direct broadcast satellite services and wireline video service providers to allow the

Many states, including Indiana, require a monthly test of the system as well as local tests on a weekly basis. However, this is the first time the FCC has attempted to test the entire nationwide system at once. The test will be conducted jointly by the United States Department of Homeland Security

through FEMA, FCC, and the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service.

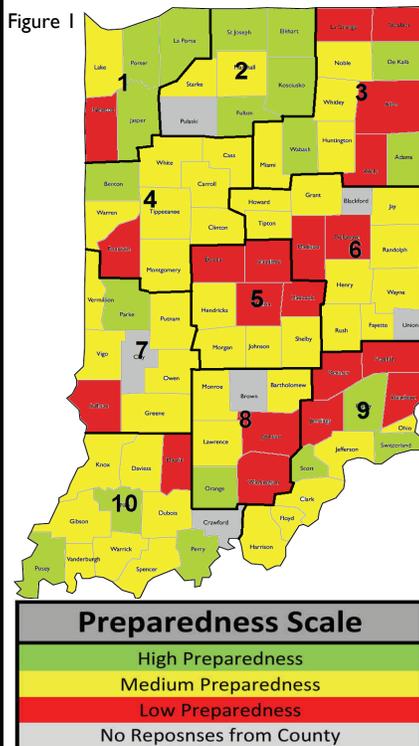
For more information about the emergency alert system, visit <http://transition.fcc.gov/pshs/services/eas/>.

### PREPAREDNESS SURVEY (CONTINUED)

responses rural areas were nearly 12% more prepared than those from urban areas. One of the largest differences between urban and rural populations was in regard to home emergency evacuation plans. Based on the results, residents in rural areas are 28% more likely to have a home evacuation plan than those in urban areas. The only question where urban residents scored higher than their rural counterparts was concerning preparedness kits; urban residents

reported owning a preparedness kit 2% more than rural residents.

Another compelling discovery from the data showed the regional differences in overall preparedness levels. Three of the four highest scoring districts, based on IDHS districts, were in the northwest portion of Indiana. Figure 1 shows a map of Indiana separated by counties and district. More than half of the counties that scored in the "high preparedness" categories were located in districts one, two, and three, with district 2 receiving the highest overall score. Additionally, a pattern of clustering is clearly evident in multiple areas of the state; the Interstate 69 corridor from Marion to Allen County shows a relative low level of preparedness.



Urban areas were shown to have a lower level of preparedness compared to rural areas. Figure 1 shows that many of the most populous counties came in with some of the least prepared. Four of the five most populous counties in Indiana (Marion, Lake, Allen, and Hamilton) scored in the "low preparedness" category. The populous counties that did not follow the trend (St. Joseph, Elkhart, Vanderburgh, Porter, and Tippecanoe) are located along large rivers (Wabash, St Joseph, Ohio, and Kankakee) which have the potential for major flooding.

A second survey was administered for members of Indiana's public safety

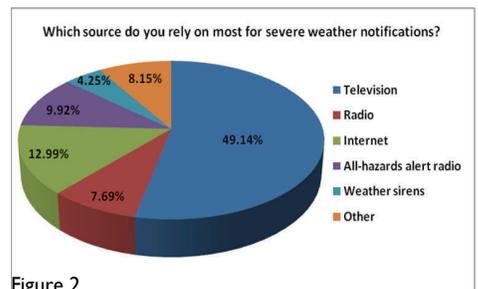


Figure 2

community. Respondents represented a wide variety of public safety fields, including fire, police, emergency management, emergency medical services, government, and military. This survey provided a contrast to the survey for the general public by assessing how public safety officials perceive the preparedness of the citizens in their community.

According to the responses, only 24% of public safety officials believe their community is adequately prepared for a major disaster. When asked if they believed citizens were aware of all potential disasters that could occur in the area, only 23% of public safety officials said citizens were aware. More than a quarter of the officials surveyed had been involved in a large scale disaster response where residents were forced to evacuate their home.

More information about the results of the survey can be found by visiting [GetPrepared.in.gov](http://GetPrepared.in.gov) and clicking on the "IDHS Preparedness Survey Results" link.

## TRAINING OPPORTUNITIES LISTED ON IDHS ONLINE TRAINING CALENDAR

Providing training opportunities to emergency responders throughout Indiana is a priority for the Indiana Department of Homeland Security (IDHS). These courses are listed on the IDHS Consolidated Training Calendar which is continuously updated as new courses become available.

### Damage Assessment

October 19, 2011

Town of Fishers Auditorium

1 Municipality Dr., Fishers, IN 46038

Local emergency management agencies and respective damage assessment staff (highway department, public works, EMA volunteers responsible for damage assessment) as well as the local auditor and elected/ appointed officials should attend this course.

This 1 day (8 hour) workshop addresses

the requirements of conducting an accurate assessment of disaster damages to your community. Both public assistance and individual assistance processes will be covered. The course uses the Emergency Support Function (ESF) concept. Participants will be involved in practical exercises using FEMA damage assessment criteria.

### PREREQUISITES:

None

### Homeland Security Exercise Evaluation Program (HSEEP)

October 25-27, 2011

Lynnville Fire Dept.

314 W. SR 68, Lynnville, IN 47619

Individuals involved in emergency management exercise programs and /or exercise design, development, conduct, control, evaluation, and improvement

planning are encouraged to attend including: exercise program managers; exercise planning team members; controllers/facilitators; evaluators; and senior officials.

HSEEP is a capabilities based exercise program that includes a cycle, mix, and range of exercise activities of varying degrees of complexity and interaction. The purpose of HSEEP is to build self-sustaining exercise programs and provide a standardized methodology for designing, developing, conducting and evaluating all exercises.

### PREREQUISITES:

IS-120.a An Introduction to Exercises

To access this calendar visit the IDHS Training Division webpage and click the Consolidated Training Calendar link at [www.in.gov/dhs/tngbranch.htm](http://www.in.gov/dhs/tngbranch.htm). ■

## FIRE PREVENTION WEEK IS OCTOBER 9-15

October 9<sup>th</sup> through the 15<sup>th</sup> is Fire Prevention Week, and this year is all about protecting you, your family and your community from fires. Fire Prevention Week was first established in 1920 and occurs during the week of October 9<sup>th</sup> to commemorate the Great Chicago Fire in 1871 that killed 250 people, left 100,000 homeless, and destroyed more than 17,400 structures over an area of 2,000 acres.

On average, a home fire is reported in the United States every 87 seconds resulting in roughly seven deaths each day. The annual Fire Prevention Week serves as a great opportunity to take steps to prevent home fires and protect your loved ones.

Many home fires are preventable, so taking a few moments to identify and correct fire risks in your home can help keep you and your family safe.

- Cooking equipment is the leading cause of home fires and injuries. Never leave the room while cooking and keep all flammable items away from the heat source.
- Colder temperatures mean more people will rely on alternative heating methods for warmth. Make sure chimneys are clean and clear of creosote and keep all space heaters away from flammable items such as upholstered furniture, clothing, mattresses, or bedding.
- Each day, 35 home fires are caused by candles. Keep things that can burn a safe distance from the flame and never leave a candle lit when you leave the room.



The Indiana Department of Homeland Security offers a wide variety of information to help prevent accidental fires in your home. Visit [GetPrepared.in.gov](http://GetPrepared.in.gov) for fire safety and other preparedness information. For more information about Fire Prevention Week, visit [www.FirePreventionWeek.org](http://www.FirePreventionWeek.org). ■

## SBA TO PROVIDE DISASTER LOANS TO ASSIST HOOSIERS RECOVERING FROM SPRING FLOODING

Citizens in Decatur, Gibson, Monroe, Posey, Vanderburgh and contiguous counties who have been turned down for a U.S. Small Business Administration (SBA) disaster loan may be eligible for a grant of up to \$5,000 from the Indiana State Disaster Relief Fund.

Those eligible to apply for the grant will be contacted by the Indiana Department of Homeland Security from a list that SBA will provide.

The SBA loan application can be completed in the following ways:

- Call the SBA's Customer Service Center at 800-659-2955 (800-877-8339 for people with speech or hearing disabilities), Monday through Friday from 8 a.m. to 6 p.m. ET.

- Visit SBA's secure website at <https://disasterloan.sba.gov/ela/>.
- Download a paper application at [www.sba.gov](http://www.sba.gov). Completed applications should be mailed to: U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The filing deadline to return applications for physical property damage is November 14, 2011. The deadline to return economic injury applications is June 12, 2012. Completing a loan application is not an obligation to accept the loan if approved.

For questions or concerns about the State Disaster Relief Fund process, please

contact IDHS Individual Assistance Program Director, Bob Lagrange, at 317.233.0939 or [blagrange@dhs.in.gov](mailto:blagrange@dhs.in.gov).

The State Disaster Relief Fund was created in 2006 to provide grants to disaster affected individuals and governments when federal relief funds are unavailable. The fund is replenished through a 5 percent public safety fee attached to the sale of certain types of fireworks. ■

## FIRE SPOTLIGHT: FISHERS FIRE DEPARTMENT 2011 IERC PARAMEDIC PROVIDER OF THE YEAR

The 2011 Indiana Emergency Response Conference held in Indianapolis recognized many Hoosier emergency responders for their tireless efforts to keep our state safe. During the awards ceremony, the IERC recognized the Fishers Fire Department with the 2011 Paramedic Provider of the Year award.

The award recognizes a department that demonstrates a commitment not only to its personnel and patients but the community it serves. The Provider of the Year should possess unique qualities that serve to elevate the standard of professionalism and the quality of patient care throughout the EMS industry.

As the only fire department in Indiana with accreditation in fire and emergency medical services, the Fishers Fire Department was well deserving of this award. One of the many successes of the department includes their quick response and

transport of heart attack victims. The national standard for the amount of time it takes a department to receive a call and arrive at a hospital is 90 minutes; the Fishers Fire Department has averaged 81 minutes.

"Good patient care is about more than just delivering a person to the hospital alive, it's also about giving them the best chance possible to resume a normal life after their recovery", said Steve Orusa, Fire Chief of the Fishers Fire Department. "I'm proud of the work that our people have done to



**Dan Sink (left) of the Indiana Fire Chiefs Association, presents the Paramedic Provider Award to Fisher Fire Department Division Chief Steve Davison and Firefighter/Paramedics Robert Mayfield and Mike Zajdel.**

bring our department to this level of care." ■

**DIRECTORS COLUMN (CONTINUED)**

with stressful and physically demanding situations regularly. However, firefighters are routinely expected to endure extreme conditions that can take a toll on the body. Studies of the body mass index (BMI) of firefighters have shown that more than half were overweight and nearly 40% were obese. It is important to note that BMI is a valuable tool, but it has limitations; more muscular individuals may score a high BMI with a low body fat due to the higher density of muscle compared to fat. Considering the weight of equipment carried by firefighters (often more than fifty pounds), we can expect that some of this excess weight can be attributed to higher amounts of muscle.

The presence of cardiovascular risk factors, most notably obesity, is known to hinder the performance of responders. Excess fat causes increased strain on the heart, shortness of breath, and hinders heat dissipation throughout the body. The physical and mental stress of emergency situations added to cardiovascular risk factors can push anyone to the limit, and often cause cardiac arrest, which can sometimes occur well after leaving the accident scene.

The Firefighter Health & Safety Research program at the Indiana University School of Health provides valuable information to provide a better understanding of the

physiological and psychological demands of firefighting. In a recent report, the program concluded that the only way to reduce on-duty deaths from heart attacks is to implement sound physical training programs. We, at IDHS, echo this statement. Having physically fit responders not only improves the ability to respond to emergencies, it also helps responders to have a long and enjoyable life to spend with friends, family, and other loved ones. ■

**RETIRED USCG ADMIRAL SPEAKS IN INDIANAPOLIS ABOUT INTEROPERABLE COMMUNICATIONS**

On September 21, Retired Admiral Thad Allen spoke to a large group at the Indiana Interoperable Communications Conference in Indianapolis. Allen is a retired United States Coast Guard Admiral who is best known for his role in the response to Hurricanes Katrina and Rita along the Gulf Coast in



2005.

During his speech, Admiral Allen discussed many of the challenges he faced during the Hurricane Katrina and Rita response. He

stressed the importance of being able to communicate with all levels and branches

during an emergency response. The experience he gained during this response, as well as many other responses and incidents in his thirty year military career, was invaluable to improving communication and response plans for military, government and private agencies throughout the nation.

Admiral Allen retired from the United States Coast Guard in 2010. ■

**FIRE DEPARTMENT USES DEMOGRAPHIC ANALYSIS TO FIGHT FIRES BEFORE THEY START**

Fire departments across the country are continuously looking for ways to increase efficiency while maintaining the highest level of service possible to their community. Most often, this is achieved through training and education or new technology in firefighting equipment. However, the best way to fight fires is to prevent them from ever starting. One fire department has decided to use demographic analysis to determine which homes have a greater risk of fire and focus fire prevention efforts in those areas.

With the support of a customer analytics firm, the Philadelphia Fire Department created a fire vulnerability index and used this to score each household in the city based on the likelihood that a fire would occur in that home. By using data

compiled in the city of Philadelphia with hundreds of other databases consisting of information on roughly 113 million households in the United States, firefighters were provided with the information needed to prevent fires from ever starting.

According to Joseph Fackel, Senior Vice President of Buxton Analytics, "Nearly 60% of the residential fires in the city of Philadelphia occur in household types that represent only 26% of the population."

The department used this information to focus fire prevention efforts on areas where large amounts of high fire risk households are located. The department then targeted these areas by providing free smoke alarms and flyers

about fire safety to residents.

To identify these high risk households, a wide variety of variables were examined, such as the number of people in the home, economic conditions, and where children went to school. By cross referencing this data with information about where fires have occurred in the past, the fire vulnerability index was created and put into use in the city.

Since instituting this program, the PFD has shown a 43% drop in fire deaths, according to Philadelphia Fire Commissioner Lloyd Ayers. "We have the opportunity to spend more time on education so we can chase the fire out of the city," he said. "Freedom from fire is what we want in the city." ■

### HUNDREDS HONOR FALLEN LAW ENFORCEMENT OFFICERS AND FIREFIGHTERS

On September 23, hundreds of Hoosiers congregated at the Indiana Law Enforcement and Firefighters Memorial just of the Statehouse to honor the more than 600 police and firefighters who have lost their



Photo by John M. Buckman III

lives in the line of duty. During the event, many shared stories of loved ones who lost their lives doing what they loved and expressed gratitude for all police and firefighters who routinely put their lives on the line to keep Hoosiers safe. ■



Photo by John M. Buckman III



Photo by John M. Buckman III

### IDHS OFFERING WORKSHOPS FOR LOCAL PUBLIC INFORMATION OFFICERS

The Indiana Department of Homeland Security is offering workshops for Public Information Officers in Indiana's public safety community. These workshops will cover topics about media relations, crisis communications, writing effective press releases, using social media, and others.

To register for any of the following workshops, please email [pio@dhs.in.gov](mailto:pio@dhs.in.gov) with your name, agency, contact information, and the workshop you would like to attend.

**Decatur County**  
October 28, 8:00am-noon EST  
315 S Ireland Street  
Greensburg, IN

**Porter County**  
November 4, 8:00am-noon CST  
Greg Phillips Emergency Services Center  
1995 S State Road 2  
Valparaiso, IN

**Marion County**  
November 30, 8:00am-noon EST  
IN Government Center  
302 W Washington St  
Indianapolis, IN

**Tiptecanoe County**  
December 16, 8:00am-noon  
Lafayette National Guard Armory  
5218 Haggerty Lane  
Lafayette, IN

**Delaware County**  
January 13, 8:00am-noon EST  
Delaware County EMA  
210 South Jefferson St  
Muncie, IN ■



## Indiana Department of Homeland Security



Leadership for a Safe and Secure Indiana

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The Hoosier Responder is a publication of the Indiana Department of Homeland Security. Please direct any questions or comments to the IDHS Public Information Office at 317.234.4214 or [pio@dhs.in.gov](mailto:pio@dhs.in.gov).