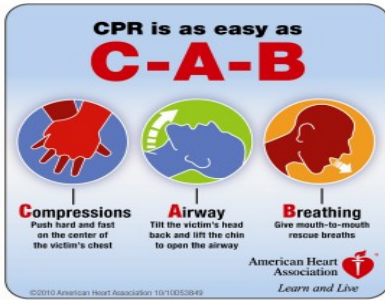


# Mid-Columbia Fire & Rescue

## Tuesday Evening Training Schedule

January 2014



For the month of January, we will focus on CPR. There really are not major changes as we are mid-cycle for American Heart Association (AHA) Recommended Changes, but the AHA has implemented a compression rate change from “at least 100” to “110”. Everything else is the same.

### January 7, 2014

- 19:00 Hours—Volunteer Business Meeting
- 20:00 Hours—CPR Updates, Knowledge Refresher (Classroom Only)

### January 14, 2014

- 19:00 Hours—CPR Classroom and Hands-On

### January 21, 2014

- 19:00 Hours—CPR Classroom and Hands-On—Evaluation Time

### January 28, 2014

- 19:00 Hours—CPR Classroom and Hands-On—Make up for those who miss previous week(s).

## DRIVING: Trains Always Win

When responding to an emergency we always want to get there as soon as possible. We must always resist the temptation to continue through train tracks without stopping. Remember, a train is heavier and requires longer stopping distance than fire apparatus. The risks in this situation definitely are not worth the rewards we gain from a few minutes saved by violating safe procedures! We can't help if we don't get here!

### DISCUSSION

- Do you always stop before attempting to cross railroad tracks, how far away do you stop?
- Have you been tempted to cross when there are no signs of the train?
- Have you had or witnessed a near miss involving a railroad crossing?
- Have you read about near misses involving trains and apparatus?
- What can be done to eliminate this type of accident?
- Do you believe collisions with trains are one of those high severity, low frequency situations that need continuous reinforcement?