



International Rescuer

Summer 2002 Newsletter

The Official Voice of the International Rescue & Emergency Care Association

Emergency Expo 2002

Time sure flies when your having fun. The conference committee for Emergency Expo has been working hard to make sure this will be an experience to remember. Events and classes are scheduled from Monday to Saturday, so make sure to attend as much as you can.

Registration will be in the second floor commons area and opens on Sunday, August 18th. Make sure you register when you arrive to receive your participant book and conference schedule, as well as some local information. Shuttles are available from the hotel to the Mall of America and from the airport. Keep the hotel number handy for arrival at Mpls/St. Paul International Airport (952-854-3411)

Most activities will take place at the conference site. The parking lot will be set up for the Extrication competition and exhibitor area. There will be plenty to see and do during the day outside. Inside there will be classes and other exhibitors set up by registration. EMS competitions will take place around the hotel on various days and Rescue competition will be off-site with directions available at the registration desk. Watch for daily bulletins to find out what's going on and where.

While daytime includes many educational opportunities, the evenings are scheduled for fun. Each night will include music, food and socializing. Be sure to bring your favorite western and MASH wear for the theme nights.

If you have any questions about the upcoming conference, check the website www.ireca.org and email anyone on the conference committee. Competition questions can be directed to the competition chairs listed.

Travel safe and we will see you soon in Minnesota!!

Membership News

Check the websites below for the latest details on this year's conference in Bloomington, MN.

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Websites for Information

www.ireca.org

Link to: [conference items](#)
[bookstores](#)
[enstees](#)

www.terc.org

rescuer@ireca.org

All Together – All Challenges
One Place – One Time



Rescue Thoughts...

By: Reggie Nalley, IRECA Technical Rescue Coordinator/Instructor

Since prehistoric times and up thru the stone age, Ancient Egypt, Europe, and to the modern times of the America's, man has been tying knots into ropes. In all probability, the simple overhand knot was the first of many knots to be tied by man. From the simple overhand knot evolved the Figure of 8 knot, which was used by the Native American Indians to tie stone heads to the shafts of their hammers, axes, and arrows. And, probably from those first days in prehistoric times up till this very day, there has been controversy over which knots are the better knots for strength and integrity. In technical rescue, there are many knots to choose from that make the tying of knots easier, quicker, and easy to untie after being 'loaded up'. IRECA has chosen several knots that we recommend using, and one of those knots that have come under controversy is the bowline. Since IRECA uses this knot as a 'lifeline' knot, it's very important that this knot meets certain criteria.

First of all, we must understand that whenever a knot is tied into a rope, the strength of the rope is reduced, to some degree, within that knot. Some knots reduce the strength more than others. The strength of the rope is reduced within knots because the stress is greater on the outside of the bend (curve) in the rope. The sharper the bend (curve), the more the strength is lessened. Some of the common knots used and the percent lost of strength are the 'Figure of 8 on a bight' - 20%, 'Figure of 8 follow thru' - 20%, Butterfly - 25%, and the Bowline - 33%.

In technical rescue, "static kernmantle rope is used. This rope has a tensile strength of 8500 lbs. to 9000lbs., according to the manufacturing company used. When a 'Figure of 8 on a bight' is tied in a " 9000 lbs rescue rope, the tensile strength within that knot is reduced 20% or to 7200 lbs. When a Bowline is tied into the same rope, the tensile strength is reduced 33% or to 6030 lbs. Even with the greater reduction in tensile strength, the Bowline still has a 20:1 safety factor ratio, considering that by NFPA 1983 standards, each person weights 300 lbs.

The use of the Bowline instead of the 'Figure of 8' family of knots is just a preference that IRECA has adopted as the knot we choose to teach and use. There are several reasons for this decision. The Bowline is easier to tie and untie after being 'loaded up'. The Bowline can be centered on a stokes basket head tie easier and quicker. Also, most rescuers that IRECA train admit that the Bowline can be recognized easier by the captain of the team before he commits the patient to be lowered or raised in the rescue.

All in all, both the Figure of 8 family of knots and the Bowline are excellent knots. They both have good features as to being easy to tie and untie. They both exceed the recommended safety factor ratio of 15:1 set forth by the NFPA 1983 standard. However, the Bowline fits into the IRECA concept of rescue by making things easier, simpler, and more efficient, using less equipment.



*Have techniques changed??
Photo taken at the 31st annual conference and competition.*



*More competition in Rescue:
Do you recognize this Technical Rescue team? This photo was taken at the 31st annual conference and competition. This year, the IRECA Technical Rescue committee anticipates approximately 10 teams to compete in the Technical Rescue Competition on Friday, August 23rd.*



IRECA 54th Annual
Conference &
Competition
August 19-24, 2002
Bloomington, MN
Adjacent to World Famous
Mall of America!



During the Emergency Expo 2002 you might want to visit a few of the over 400 stores across the street at the MOA!
Explore the wide varieties of restaurants and entertainment!

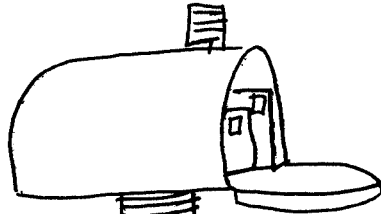
IRECA needs YOU!!!

Annual elections will take place at the end of the week during the conference in Bloomington, MN. If you are interested in getting involved, information on board positions will be available at the registration desk, at the general business meeting on Wednesday and from any current board member.



You've Got Mail!

If you or anyone you know is not receiving mail from IRECA please let us know. Several mailings have come back to the central office. Let the central office know of any address or name changes.



Member News...

Steve Zabriskie was hospitalized on June 20, at Howard County General Hospital in Maryland.

He had a blood clot in his right leg. He is back home now but on complete bed rest. He will be seeing a vascular surgeon soon and know better what the prognosis is. Cards can be sent to his home or the IRECA office.



Charlotte Zeidman was also recently in the hospital overnight for a procedure.

Hopefully everyone will have quick recoveries!

Region List

President	Randy Tanner	Texas
President Elect	Willard Jones	South Carolina
1st Vice President	Leona Rowe	Maryland
2nd Vice President	Sol Zidman	Maryland
Region 1 VP	Cathy Herbst	New York
Region 2 VP	Tracy Horan	New Jersey
Region 3 VP	Sherrie Zabriske	Maryland
Region 4 VP	Angelique Hernandez	Louisiana
Region 5 VP	Tom Massena	Ontario, Canada
Region 6 VP	Kim Bemenderfer	Minnesota
Region 7 VP	Reggie Nalley	Texas
Region 8 VP	Vacant	

Appointments:

Secretary	Judy Jones	South Carolina
Treasurer	Char Zeidman	Maryland

Should you attend International Rescue and Emergency Care Association's Conference and Competitions?

Submitted by Tom Massena, Region 5 VP, Canada

Why should YOU attend the annual IRECA Conference and Competition? There is no reason for YOU to attend the annual conference. Nothing is going to change because YOU are there. YOU are only one person. YOU have only one vote at the business meetings. All the decisions have been made by the officers long before the annual IRECA conference and competition, so why should YOU attend?

If everyone felt the way expressed above, then those statements would be correct. EVERYONE has a voice in IRECA.

YOU are IRECA. The officers are only working for YOU and at YOUR direction and YOUR discretion.

YOUR vote does count. YOUR vote is a voice. If YOUR vote is not one of the deciding votes on an issue, YOUR vote is counted and YOUR vote of dissent will be heard and registered.

YOU have a chance to change the policies of IRECA as YOU see fit. All that has been done in the past YOU can help strengthen, YOU can help amend, as YOU deem necessary. Things that YOU would like done by YOUR officers, YOU can direct them to do.

The officers make recommendations for the future direction of IRECA. It takes YOUR vote to approve or deny their inception or adoption. If YOU have ideas or know someone who would like to be more involved YOU can nominate them to become an officer.

Sometimes the most important reason to attend is YOU meeting with YOUR old friends whom YOU have not seen for awhile. YOU get to meet with new members. YOU hear and share new ideas, gather new materials. YOU can participate in educational opportunities, learn new skills, and improve existing ones. YOU are the future of IRECA.

The most important words in this article are YOU and YOURS. The most important thing to remember about IRECA is that it is YOURS ---- it's past, it's present, and it's future is YOURS. So now, why shouldn't YOU attend the annual International Rescue and Emergency Care Association Conference and Competition???

What's new where you are???



International **Rescuer** Newsletter
The Official Voice of the International Rescue & Emergency Care Association

Something exciting happening at your service? Learn about new techniques? Just have some news to pass on?

The Rescuer is your tool for sharing information with other members. We are looking for articles and stories of interest to volunteers and professionals in EMS and Rescue. Articles can be submitted at any time and will be added to the next quarterly newsletter. Articles may be any length but may be edited as necessary.

Email your contribution to rescuer@ireca.org or mail it to the central office.

A New Concept in Emergency

San Francisco, CA and New York, NY
— What happens if you are involved in an accident or medical emergency? How can emergency personnel quickly access your vital information, including medications or allergies, when you need it most – and still protect your privacy?

Vital ID provides the answers to these questions and more.

Until recently, the only way for emergency service providers to get important information from accident victims was by playing detective – either by asking questions of injured survivors or by sifting through their wallets or purses and hoping to find the answers there.

Vital ID.com provides a better solution for its members as well as emergency personnel:

- Members enter and store emergency information at the Vital ID website. Members control their own information, choosing what to store and keeping their own records up to date.
- Information is quickly accessible via the Internet or telephone to certified emergency personnel
- VitalID products show only a VitalID membership number, our telephone number, web address and a bar code. No personal information that could compromise member privacy is displayed on any Vital ID products.

Vital ID offers members the opportunity to take control of the information they need in an emergency and the chance to have that information safely gathered and available quickly to the professionals who come to their aid.

At Vital ID all emergency medical information is confidential.

Recognizing Vital ID Products

Vital ID identification products have been carefully designed to be both highly recognizable and easy to locate.

- All items carry the distinctive Vital ID logo.
- The member's unique identification number and the toll-free telephone number to our Emergency Response Center are on all products.

Vital ID uses ID Cards, Tags and Stickers that show only the membership number, web address and nationwide toll-free Emergency Response Center telephone number.

- **Identification Cards** can be found in the member's wallet or purse. Members are urged to place their identification cards next to their driver's license.
- **Identification Tags** can be found on key chains, on backpacks, jacket zipper pulls, or tied on the shoelace of a child or an athlete.
- **Identification Stickers** can be found on the inside window of a car or recreational vehicle (lower front windshield recommended), the windscreen of a boat, the windows or entrance to the home, as well as on bicycle and motorcycle helmets or other sporting equipment.

Information Storage and Retrieval

Upon locating one of the Vital ID products:

- Note the member number and toll-free telephone number
- Call the toll-free number to contact our Emergency Response Center. \ **(866) 698-4825**
(866 My Vital ID)
- You will be asked to identify your responding unit and provide contact information for your hospital destination for verification purposes before any information will be released.

Example:

First responders at the scene of a car accident locate the Vital ID sticker at the base of the vehicle's windshield, and call the toll-free number where they are asked for the Vital ID membership number and the destination information for the ER. Only after verification with the ER will any information be released.

For privacy and security reasons, Vital ID will not give out any information without complete verification.

After the verification process is completed, our Emergency Response Center will:

- Notify on-scene personnel of life-critical information
- Fax or email the member's complete information to the receiving ER.
- Notify the member's designated emergency contacts.



Please don't hesitate to contact us if you have any questions
(800) 558-6021



Conference Items For Sale

- Emergency Expo '02 Short Sleeve Denim Shirts M-XXL \$25.00
- Emergency Expo '02 T-shirts S-XXL \$13.00
- Emergency Expo '02 Hat \$15.00
- IRECA Henley Shirt M-XXL \$20.00
- IRECA Long Sleeve Denim Shirt M-XXL \$27.00
- Conference Video \$10.00
- Extrication Team Video \$10.00
- Team Competition Photo Package
 - A. First Responder — 1 8x10, 4 5x7 \$24.00
 - B. EMT — 1 8x10, 2 5x7 \$16.00
 - C. Paramedic — 1 8x10, 3 5x7 \$20.00
 - D. Technical Rescue — 1 8x10, 8 5x7 \$40.00
 - E. Extrication — 1 8x10, 6 5x7 \$32.00

All items available for Pre-conference ordering
Form available at www.ireca.org

Social Nights



MASH BASH

Tuesday, August 20th

Join a fun evening of dancing and K-rations.
Don't forget to dress for the occasion!



Wild, Wild West Night

Wednesday, August 21st

IRECA Presidents Reception

Bring your boots and hat and be ready for a
fun night of western dancing to live band.



Swap Night

Thursday, August 22nd

Bring your best trinkets for trading. Shirts,
patches, pins, anything goes.

MnScu IRECA TERC
Present
1st annual
Fire Explorer Extrication
Competition



Saturday, August 17th Education
Symposium
1100-1600

Sunday, August 18th Competition
1100-1600

Awards Ceremony to follow Registration and
information at www.ireca.org

2002 Conference Schedule

Sat/Sun

Explorer Extrication Symposium and Competition
1st time Competitor – Technical Rescue

Monday

Pediatric Emergency Care Course
Basic Trauma Life Support
Extrication Courses
Opening Ceremonies

Tuesday

EMS Classes provided by Hennepin County Medical Center
Rapelling for EMS
Extrication Courses
Extrication Judges Clinic
Social Event – MASH Bash

Wednesday

EMS Classes provided by North EMS Education
Rescue/Extrication Courses
Extrication Competition
EMT-B Competition
Social Event – IRECA President's Reception

Thursday

EMS Classes provided by Allina Transportation
Rescue/Extrication Courses
Extrication Competition
First Responder Competition
Social Event – Swap Night

Friday

EMS/Rescue/Extrication Courses
Extrication Competition
REAL Competition
Technical Rescue Competition
International Extrication Banquet and Awards

Saturday

EMS/Rescue Courses
Paramedic Competition
IRECA Banquet and Awards

*International Rescue and Emergency Care Association
2002 Past Presidents Education Scholarship*

Call the International Rescue & Emergency Care Association Central Office Today to receive your application form by mail or download rules and application at www.ireca.org.
1-800-221-3435

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Check the IRECA website for updates on details and registration



Blast from the Past – Can anyone beat these First Responder competition uniforms?? This picture was taken at the 32nd annual conference and competition. Anyone know the competitors??

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**INTERNATIONAL RESCUE AND
EMERGENCY CARE ASSOCIATION**

PO Box 13527
Charleston, SC 29422
1-800-221-3435

COMING SOON!



- **August 19-24, 2002**
Thunderbird Hotel, Bloomington, MN
www.hojo.com for reservations
- Special flight deals through
Northwest Airlines – check IRECA
website for more details
- Check the website for up to date
conference information – www.ireca.org

Things to do in Minnesota

Welcome to Minnesota, the land of 10,000 lakes, hot dish and, ya-sure-you-betcha the Mall of America!

But if you ask us it's not only the land of 10,000 (actually there are more), but also the land of 10,000 things to do. Just an idea of some of the things going on during the week of August 18th is:

- Are you a Baseball fan? The Twins are playing Boston on the afternoon of the 18th, and our Minor League team, the Saint Paul Saints (along with the famous pig) is playing Duluth Superior.
- Interested in stepping back in time? The Renaissance Festival is a great place for you medieval lovers (Saturdays and Sundays).

- The Great Minnesota Get Together (Minnesota State Fair) starts the 22nd with concerts that include Doc Severnsen and the MN Orchestra, Alicia Keys, Vince Gill and Trisha Yearwood, Nelly and the St. Lunatics. August 23rd at the State Fair is Fire Prevention Day.
- Valley Fair Amusement Park is another fun family outing with great rides like Power Tower and Wild Thing roller coaster.
- Play the horses or Gamble? We are not far from Mystic Lake Casino and Canterbury Downs Horse Racing facilities.
- We also have a variety of Museums and a couple of really cool Zoos to visit.

These are just a few of the things I have been working on for your week in Minnesota. Information will be available for you at the conference registration desk in the hotel. If there is anything else that you would like information on that I haven't touched on please contact the conference committee or email rescuer@ireca.org and I will have information as soon as I can for you.

Can't wait to see you in Bloomington!

Julie, your cruise director
(AKA – Caren Keeler)