

Health & Fitness

MCD at CFTC

VOLUME 3, ISSUE 2

FEBRUARY 2013



Upcoming Events in the North State:

- Habitat Home Run 5K
Feb 16th, 0900
Bidwell Park
- Almond Blossom 5 & 10K
Feb 23, 0900
Durham High
- Bidwell Classic 5K & Half Marathon
Mar 2, 0800
Bidwell Park
- Gladiator Rock n Run
June 15, 0800
Mount Hamilton,
San Jose

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Meth in a Can

Keith M. Graves, Crossfit Journal



Irritability. Heart arrhythmia. Osteoporosis. Withdrawal pains. The huge quantities of stimulants in energy drinks can make them as risky as "real" drugs.

It's hard for longtime CrossFitters to forget the article "Getting off the Crack," which ran in the October 2005 edition of the Journal. Part of the reason is the striking photo of author Nicole Carroll's beautiful abs, but mostly it's her revelation that food can be much like the very addictive drug, crack. She relates how certain foods are bad for our health and performance, why we crave them, and why we need to stop eating them now. It got me thinking about a related and insidious problem: the influx of energy drinks on the U.S. market.

Many people have come to accept and use Red Bull and its clones on a daily basis. I want you to walk away from reading this by remembering one thing: energy drinks are simply meth in a can. Yes, meth—methamphetamine, a highly addictive central nervous system stimulant. The more meth you take, the more you crave it and the more you need it. The same thing applies to energy drinks.

Some people might think that this is just hyperbole. Some think there is no way that you can compare energy drinks and supplements to meth. But the fact is that some of the more common ingredients in energy drinks are serious stimulants, including caffeine, taurine, guarana, ginseng, and L-carnitine. (The sidebar to the left details the effect each ingredient has on the body.) On top of that, one can by itself often contains these stimulants in amazing quantities—as much as three to four times the amount of caffeine in one cup of coffee. And caffeine is typically just one of several stimulants present.

Most energy drink supplement companies often use the extreme amount

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Slow Cooker Recipe

Jamaican Beef Pepper Pot

Ingredients:

- 2 Sweet Potatoes
- 1 tbsp Coconut or Macadamia Oil
- 2 lb stewing beef cubes
- 8 slices of Bacon, chopped
- 2 Onions, chopped
- 4 cloves Garlic, minced
- 6 cups Beef Stock
- 1/4 cup Tomato Paste
- 1 tsp dried thyme
- 1/2 tsp salt
- 1 tsp pepper
- 1 sweet Red Pepper, chopped
- 1 Green Pepper, chopped
- 1 tbsp Lemon or Lime Juice
- 1 tbsp Hot Pepper Sauce

Preparation

Place sweet potatoes in slow cooker. In a large saucepan or Dutch oven, heat oil over high heat; brown beef in batches. Add to slow cooker. Add bacon to saucepan and fry over medium heat until crisp. Drain off fat. Add onions and garlic; cook, stirring occasionally until softened, about 5 minutes. Add stock, 1 1/2 cups of water, tomato paste, thyme, salt, and pepper; bring to a boil. Pour into slow cooker. Cover and cook on low for 8-10 hours or until the beef and sweet potatoes are tender. Add the red and green peppers. Cover and cook on high for 15 minutes. Stir in citrus juice and hot pepper sauce.



Great recipe to prepare in the morning and let it cook all day. It will fill the station with some good aromas and be ready for dinner time with minimal extra effort.

Recipe courtesy of:

Paleofood .com

Meth in a Can (cont. from Pg 1)

of these stimulants as a marketing tool. Names tell the story. One company sells their energy drink by the name "Cocaine." Other brand names include "Amp" and "Wired." But the charge they give you is fleeting and the negative after-effects linger far too long.

Energy-Drink DUI?

As these drinks began crowding the market, I began to wonder if someone could appear to be "under the influence" of these stimulants, much like being under the influence of meth. Sure enough, I was teaching a class of police officers recently about how to identify people who are high on drugs. During the class the students, all current police officers, were practicing their new skills by administering sobriety tests on one another. As they were practicing, one of the students was joking that his partner was high on meth.

Everyone in the class was a police officer, so you would hope they weren't actually using meth. But,



I did notice that the young, laughing student was actually drinking a nice, tall can of Rockstar, a popular energy drink, just before the exercise.

I noticed that he did show some signs of drug influence, so I asked this young officer what energy drinks he'd taken that day. The answer was alarming. That morning he had already downed a 16-oz. can of "Rock Star Energy Shot," a packet of "Zip Fizz," and two other "energy supplements" to help him stay awake and provide energy for his morning workouts.

I decided to do a drug influence evaluation on the officer, since the consumption of the energy products had been fairly recent. I wanted to see what effect the energy drinks and supplements would have and to see how it compared to someone under the influence of meth.

I found that the student had the signs and symptoms of drug influence. His pupils were dilated and his pulse elevated, and I saw muscle tremors. These are signs of methamphetamine influence. The only thing missing was the massive euphoria that meth users feel when they

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THE BEST WORKOUTS TO RELIEVE STRESS

By: Scott Quill

Chances are, nobody has to tell you that exercise is a great stress reliever. But here's the thing: You can reduce stress even more—and make that reduction last longer—if you tailor your workout specifically to your personality type.

"The psychological boost of adhering to a program that you enjoy doing is much greater than the reward you get from any single session," says Steve Edwards, Ph.D., a professor of sports psychology at Oklahoma State University.

Edwards has identified six distinct exercise personalities. Find the one that best describes you, then follow our tips. You'll end up ripped and relaxed.

The Aesthete

You thrive on the artistry of sports and exercise.

Check Yourself Out

The mirrors in a weight room help you notice when your form starts to fail, but you can also see what you do well. And for you, that's tension-taming. "Some suggest that vanity is at work here, but it could just as easily be a more profound appreciation of the capability of one's body," says Edwards.

Master a Skill Sport

"Get involved in any sport you think is well executed," says Edwards. The sweet sound of a 5-iron meeting a Titleist, the crack of a big-barreled Louisville, or the plunk of an aced first serve satisfies your senses and leads to less stress.

The Deathphobe

You exercise to stay healthy, but wish there were an easier way.

Don't Go Too Hard

The more comfortable exercise is for you, the more you enjoy it—and high satisfaction equals high stress relief. So use moderate weights and do a moderate number of repetitions. Just keep your rest periods short to maximize the muscle benefits, says Edwards.

Distract Yourself

Combine your workout with something you find relaxing, such as reading, watching TV, or listening to music, says Kevin Burke, Ph.D., a professor of sports psychology at Georgia Southern University. You'll focus more on what calms you (good tunes) and less on what you hate (the treadmill).

The Thrill-Seeker

You work out for the rush.

Add Risk to Your Runs

Try running up and down stadium steps to exhaustion. The stress release is in the danger: "It gets trickier the longer you go. If you mess up, there could be a nasty fall," says Edwards. Not a stadium in sight? Run outdoors over rugged terrain.

Aim Heavy

Stop doing three sets of 12 repetitions of every exercise; there's no challenge in that. Do fewer repetitions and more sets with weights that are near your one-rep max on compound exercises, such as deadlifts, squats, and bench presses. Then lighten the load for power moves, such as jump squats, which appear riskier.

The Fanatic

You like feeling committed to your exercise routine.

Shock Your Body

Given your loyalty to sweat, ensuring variety is a challenge. You can avoid irritating ruts and keep your muscles growing with a lottery approach, says Burke. Before you work out, grab a Men's Health workout poster and several slips of paper. Write down the names of the exercises for the target body part and then draw from a hat.

Avoid Rush Hour

Waiting in line for benches and squat racks interferes with your mission to get fit, so grab the always-available Swiss ball. On an upper-body day, do two or three sets of Swiss-ball pushups to failure. On a lower-body day, do two or three sets of 20 Swiss-ball wall squats: Stand with the ball wedged between your back and a wall. Now squat, allowing the ball to roll with your back as you go down.

The Social Activist

You like the camaraderie of exercising with others.

Join a Team

For you, going it alone is misery—and that only adds to your anxiety. So build your program around group activities and team sports. "Join a jogging or cycling club," says Edwards. Or, if you spend your time in the gym, create an exercise schedule that's workable for your similarly stressed buddies.

Disguise Your Exercise

Make all of your activities more active and you'll find yourself sweating in solitude less often. "Try doing business on the golf course. Or join a Big Brother program and take the kid with you to the gym," says Edwards.

The Energized Animal

You hit the gym to release energy.

Add Iron to Your Lunch

The longer you go without exercise, the more stressed you feel, says Edwards. Try to fit a workout into your workday. If you can, go to the gym around 2 p.m., just after the lunch crowd dissipates, so you can finish faster.

Keep a Racket Close By

By stowing your gym bag and other sporting goods in your car or under your desk at work, you can exercise whenever you feel the urge. "This also encourages variety in activities," says Edwards. "If you're driving by a park and it occurs to you that a quick run would be fun, you can grab your shoes and go for it."

IAPS Data from January 2013

Reportable Injuries: 0

Record Only Injuries: 2

Injury by Activity:

PT:

Incident: 1

Training:

Station Duties: 1

Injury by Body Part:

Head:

Torso/Back: 1

Extremities: 1

Heat Illness:

Exposure:

"SAFETY CORNER"

- 1/3/13, Green Sheet, 12CARRU0126832– MVA
- 1/4/13, TGST, Hazard Zones
- 1/26/13, IIPP Ergonomics Plan Update

15 Ways to Be an Awesome EMT in 2013

<http://theemtpot.com>

It's time. The New Year is upon us. I started last year by telling you about 17 Ways to Be an Awesome EMT in 2012. Yes, all of those suggestions still apply. Now, here are 15 more to help you achieve your personal pinnacle of EMS awesomeness in 2013.

Don't try to do all of these tomorrow. Pick one or two that resonate with you and start there. Then come back next month and pick a few more. If you choose to adopt only one of these suggestions for each of the coming months, you'll be guaranteed a fantastic 2013. (If I'm wrong you can return 2013 for a full and complete refund.) Now let's get started.

1) Explore Other job Opportunities

Even if you aren't planning on making a career change, knowing what else is available to you is liberating. Often, even when times are good (or worse... just not bad enough) we fail to consider all the other options available to us. This can lead to that stuck feeling. The feeling that we are committed to this one path whether we like it or not. When you open yourself to the possibility of doing other things, it allows you to feel confident that you are doing what you are doing because you want to, not because you have to. You always have choices.

A good friend of mine took a year of leave from his EMS job to accept an overseas contract in Afghanistan. Accepting the opportunity (even temporarily) opened his mind to a world he never knew existed. He spent time with a community of temporary contract workers who were growing wealthy while traveling the world as they moved from one contract job to the next. After his year of service, he returned to his job with new skills and experiences. More importantly, he returned with the knowledge that he could live a completely different life at the moment of his choosing. He now works with the confidence of knowing that he does his job by choice. That's a powerful thing.

2) Leave The Rig Better Than You Received It

When you show up to work on your next shift, begin by opening the back doors of your rig. Don't climb in yet... just look. If it's trashed, don't get angry. Regardless of the condition of the rig, decide that you will leave it better for the next crew. I don't care how you do it. It can be something simple. Wipe down the cabinet doors. Do a detailed inventory on the jump-kit. Set the pram up perfectly. Just decide that, at the end of this shift, you will do one thing to leave the rig better for the next crew.

One nice thing about the leave-it-better commitment is this; the worse the rig is when you get it, the easier it is to leave it better. It doesn't have to be perfect. Just a little better each time. The more you do this, the more you'll see others do the same. You can't always control how you receive the rig. But you can control how you leave it. It may not cure all of the trashed-rig-in-the-morning problems, but it's a start.

3) Master The BVM

It's one of our most vital skills and we frequently do it poorly. When the time comes to use the BVM on a real apneic patient, we leave the head



in neutral position, mash the bag down on the patient's face and start squeezing. Then we look around nervously for the paramedic to intubate. Knowing that our efforts are sloppy, we hope for a successful tube to save us from our sloppy skills. If I sound frustrated it's because I am. I witness sloppy BVM technique in the prehospital setting again and again and again.

It's as if we never learned any better. But we did learn better, didn't we? Move the head to a proper angle. Make a firm seal around the mouth and nose. Wrap the middle, fourth and pinky finger under the angle of the jaw. Press firmly with the thumb and index finger to make a tight seal. Squeeze the bag gently. Now go find a mannequin and practice. Practice until you are good at it. Practice frequently. It's a bread and butter lifesaving skill. Make 2013 the year you commit to doing it right.

4) Learn From The Exceptional

Just about everyone you work with is exceptional at something. I think one key to developing yourself professionally is being good at figuring out what people are exceptional at and then figuring out how to learn from them. This requires several steps. You need to be able to engage people in a way that builds their trust. That allows us to figure out what it is that a given person does exceptionally. Then we need to interact with

them in a way that makes them want to teach us.

For the most part, people enjoy sharing things about themselves. (Especially the things that hint at their talents.) One great way to tap into a person's talents is to simply figure out what they like to talk about. When you find a subject that they enjoy, chances are, you are close to a hidden talent.

It's a powerful thing to get over the paradigm that we need to find exceptional people and then get them to mentor us in all the things we want to learn. Instead, find each person's unique talent and let them teach you to be better at that one thing.

5) Listen to Lung Sounds

If you are like many EMS providers, you don't listen to them at all. If you are one of the rare individuals that listens to lung sounds as part of your assessment, you probably don't do it often enough. The reason people who are good at identifying abnormal lung sounds are good at it is not because they've heard lots of abnormal lung sounds. The reason they are good at picking out *abnormal* sounds is because they've listened to many, many *normal* lung sounds. The more practiced you are at listening to normal lung sounds, the easier it will be to hear abnormal sounds.

Start listening to lung sounds as part of your standard head-to-toe assessment. Even when you anticipate that they will be normal. ... Strike that. *Especially* when you anticipate that they will be normal.

6) Exceed Your Knowledge Expectations

Not in everything. Just one thing. Pick one subject in the EMS arena and learn it with a far greater depth than anyone would possibly expect you to know. Chose anything. It could be the human clotting cascade or the use of the King Airway. Learn all about the effects of electrolyte imbalances on cardiac function



ingest their drug.

When I sit in briefings, I notice that a number of officers are drinking energy drinks. When I go to the gym, I notice that a lot of people are drinking energy drinks during their workout. The final straw: watching a Little League coach give his 12-year-olds Red Bull just before the game. That's just what you want, isn't it? A bunch of 7th graders hopped up on caffeine, and not able to function after it wears off one hour later!

The general population does not understand the growing dangers that these drinks and supplements pose. And I do mean growing. With energy drink sales up 55% a year and annual sales exceeding \$5.4 billion dollars (yes, billion) in 2006 (source: USA Today, 2008), the energy drink makers can afford a hefty annual marketing budget.

So why are energy drinks so bad for you? Let's compare:

A normal cup of coffee has 80 mg of caffeine, a can of Coca Cola has 34 mg, and a Pepsi 37.5 mg. That's nothing compared to energy drinks. 8.3 ounces of Red Bull has 80 mg; comparable 16-oz. cans of Rockstar, Monster, and Full Throttle have 160mg. Starbucks Grande coffee has 330 mg; Wired 344 mg. And this is without counting the other stimulants in the drinks.

Revvng You Up and Wearing You Out

It is important to understand what so much stimulant does to your body. Intake of more than 400 mg of these stimulants can lead to a number of nasty side-effects:

nervousness, irritability, problems concentrating, sleeplessness, muscle tremors, increased urination, abnormal heart rhythms (arrhythmia), decreased bone density, and an upset stomach.

These stimulants may also slow the body's ability to absorb water, leading to dehydration.

There is no requirement from the FDA to list the amount of caffeine in these drinks, so you may or may not know how much you are getting. As a rule of thumb, no one should drink more than one energy drink per day. However, I recently saw an energy drink with 2 grams of stimulant blend—that's 2,000 milligrams (mg)! Compared that to 80 mg in a cup of coffee!

What's Inside a Can

Caffeine

Caffeine is a central nervous system stimulant discovered by a German chemist in 1819. It can be found in beans, leaves and the fruit of some plants, where it acts as a pesticide by killing certain insects feeding on the plants. It takes less than one hour for the stimulant effects to take hold in the human body and can last up to four hours.

Taurine

Taurine is an organic acid found in the lower intestine and in small amounts in the tissue of animals and humans. The average intake of taurine in a person's daily diet is approximately 100 mg. Energy drinks provide anywhere between 250 mg and 4000 mg of taurine. Not a stimulant itself per se, taurine is a vital, naturally occurring compound in the body that in energy drinks is often paired with stimulants (like caffeine) because it helps to keep a stimulated body under control. It reduces muscular fatigue, aids thermoregulation (stabilize body temperature in physical activity), improves concentration, and relaxes the brain.

Guarana

Guarana is a plant found in the Amazon Basin that produces flowers and fruit in clusters. One seed from the fruit of this plant contains as much as five times the amount of caffeine as a coffee bean.

Ginseng

Ginseng is a slow-growing perennial found in Asia. It is often used as a stimulant, much like caffeine.

L-carnitine

An amino acid produced by your liver and kidneys, L-carnitine assists with increasing your metabolism and energy levels. Supplements of this substance are not allowed to be imported into Canada.

Do you need to worry that it will affect your athletic performance or your health? Absolutely! In France, the legislature outlawed energy drinks after the death of 18-year-old Irish basketball player Ross Cooney just after he finished a game. He had consumed four Red Bull drinks prior to starting time.

There has been an increase in emergency room visits due to intoxication from energy drinks. And more importantly, a California man was recently arrested for DUI. What was his intoxicant of choice? Five energy drinks in an hour and a half.

Looking at the side-effects of some of these drinks, I am still shocked at the number of athletes and warriors (my fellow police) who will tell me that they use the energy drinks to help them stay awake and alert.

Ironically, it does not actually accomplish this. It really has the opposite affect—and could be detrimental to them when danger comes their way.

The stimulant that you take is not getting you the 'boost' that you are seeking and it hurts you in the long run. When you take caffeine or another stimulant into your body, it activates your adrenal glands and

releases hormones in your body like adrenalin, norepinephrine, and cortisol.

If you take these stimulants, they are addictive and you will build a tolerance to them. Soon, you will need to take more and more of the stimulant to achieve the desired effect, such as getting your 'boost.' As you take these stimulants on a daily basis, you will cause adrenal fatigue or, simply put, exhaustion. Therefore, the energy drink you are taking now is basically making matters worse for you. Over time, it will burn you out and make matters still worse. On top of that, there has been an increase of metabolic syndrome, insulin resistance and diabetes. This increase can be attributed, at least in part, to adrenal overstimulation.

Normally, your body doesn't get stimulated until you're put into a stressful situation, at which time it will release adrenalin from your adrenal glands. This gives you the 'boost' you need at that particular moment. Examples would be running from a car about to hit you, reacting to gunfire or defending yourself from an attack. If you're not a cop, think of the moment that a

police officer pulled in behind you when you were speeding. Even a single cup of coffee can cause the release of these hormones. Continuing this release puts stress on the adrenal gland. Your adrenal gland just is not meant to release so much of the hormones over time.

No Compromises: Get Off the Meth

Many of you who use these products may already have a basic understanding that these drinks and supplements are bad for you. You may have experienced some of the unpleasant side-effects I listed earlier. But now that you are more informed, it is time to get off the meth. It is not going to be easy. Just like meth, these substances are addictive and habit-forming.

What can you expect when stopping the use of these drugs? Answer: Caffeine Withdrawal Syndrome (CWS).

According to a recent Johns Hopkins study, CWS may be listed in the next edition of the DSM (the Diagnostic and Statistical Manual of Mental Disorders), which is considered the bible of mental disorders. According to the same study, as little as one cup of coffee a day is enough to cause CWS.

You may experience fatigue, problems with concentrating, and irritability and headaches. Just like other stimulant drugs, cessation of use will cause withdrawal symptoms and a craving for more of the stimulant. Withdrawal symptoms should subside within two weeks.

Energy drinks have become a part of our culture and have become widely accepted. CrossFitters live a healthy lifestyle and pride themselves on their level of fitness. They don't want to be told that they have been duped and have been hurting their bodies. However, this stuff is poison and can lead to a whole slew of health problems.

I have seen too much to condone halfway measures on this issue. People using energy drinks are killing their health and should stop immediately. I

Be a Better EMT (cont. from Pg 4)

or the functions of the autonomic nervous system.

Don't get to caught up in how useful the information might be to you right now in your specific job function. The purpose of this exercise isn't to gain knowledge that will be specifically or immediately useful. (Read that last sentence, again because it's important.) The purpose of this exercise isn't to learn new information that will be immediately useful to you. You should actually look for information that you can see no specific need for you to know. Then dive in and learn as much as you can.

You aren't trying to make up for knowledge deficits or catch up on stuff you should know more about. What you are doing is freeing your mind from its knowledge cage. Here's what I mean. Most of us walk around with boxes around our learning.

We learn things that we are required to know. (Then we stop.) Or we learn things that we know that we are interested in knowing. (Then we stop.) Or we learn things that we can see are immediately useful to us. (Then we stop.) This is an exercise in pushing the boundaries of our knowledge simply because we can. Once you stop letting the world define the parameters of your learning and just start exploring without purpose, you learn that there are no boundaries on your knowledge except the ones that you create.



7) Bring the Coffee

At the beginning of last year, we lost Sparky Truax. He was my partner for a good part of the last year of his life. I consider myself lucky because I got to spend a lot of time with Sparky in his last months here on earth. Neither of us had any idea how valuable that time would turn out to be.

One of my fondest memories of Sparky is his love for coffee. Each morning Sparky would show up with coffee and want to sit down and talk. I think he liked the sharing and socializing that went along with the coffee more than the coffee itself. And he secured your time by showing up with a coffee for you and then asking how your days off had been. Sparky liked to bring the coffee be-

cause he liked everything that came with it.

Coffee is cheap. Sharing coffee with a coworker really is priceless. Bring the coffee.

8) Talk to the Receiving Facility About Your Patient

Often we drop off our patient and then rush out of the ER to get back to whatever we were doing before the call dropped. "I have to get back to that article I was reading from The EMT Spot!" I understand. Life beckons. It always does. But, in 2013, I'd suggest adopting the habit of staying around for a while, whenever possible. Wait for the doctor and nurses to finish their initial exam and put in their orders. Then ask some questions about the patient.

Ask the nurses and the doctor what they think is going on with the patient. Ask if there was anything you could have done better of anything else you should have considered in your assessment. You don't have to take all of their advice as gospel, but it's always worthy of consideration. Sometimes, the best EMS practitioners are the ones that have asked the best questions throughout their career.

9) Become The Partner Everyone Wants to Work With

Everyone wants to have the best partner. If you want to expand your choices, try to be the best partner. You already know the recipe, but you could still write it down if you like. Take out a piece of paper and write down everything you want in a partner. Everything that makes a good EMS partner. Then strive to be each of those things.

10) Press Hard and Fast (Then Defibrillate)

The data is clear. If we want to improve our cardiac arrest outcomes, nothing beats good compressions. Yet, most of us are still reluctant to correct poor compression performance when we see it. We may make a half-enthusiastic comment about depth or rate, but we don't really dive in and coach it. I know. It's uncomfortable to tell people that they are doing it wrong. But this isn't about how best to clean the oven. This is about restarting a human beings heart.

Get aggressive about demanding strong, fast, uninterrupted compressions. And then, once you get that heart primed, don't forget to defibrillate. Maybe you'll be shaking your next cardiac arrest patient's hand instead of talking about how we should do better CPR.

11) Give Something Valuable Away For Free

Something happens when we make a choice to give away our time, money, possessions, creative energy or anything else that is valuable, for free. It's liberating. Our brains are wired for generosity. Those who don't ever experience giving don't always understand that. It's a unique dynamic that you can't explain until you do it.

Our habit is to barter everything we have for some type of monetary reward. Society tries hard to reinforce this paradigm. (After all, capitalism hinges on this very concept.) But a couple of interesting things happen when we give away something valuable for free. First, we become the master of our talents as well as our possessions. We send ourselves a message that, while outside forces may set the price of things, we always set the value.

Another thing that happens is that we learn the immense pleasure of giving. And, often, when we give without concern for receiving, we receive gifts that were impossible to realize from inside of our bartering mindset.



12) Learn One New Home Medication Every Shift

Every shift you will encounter medications prescribed to your patients that you don't recognize or understand. Start making a list. Then, each shift, pick one and learn it. With the help of a smart phone, you'll have everything you need to learn about the chosen medication right from the front seat of your medic unit. Commit to this and, by the end of 2013, you will be able to recognize a patient's entire medical history just by glancing at their medication list.

13) Bring The Team Together

EMS is a team endeavor. That happens to be one of the greatest things about this job. On every scene there are three types of individuals.

There are those who do what they are told, but do nothing to enhance the unity of the team. They don't really contribute anything beyond the performance of their delegated task. They move in coordination with the team. They are useful and essential to

Meth in a Can (cont. from Pg 5)

know I sound militant, but this stuff is harmful and is doing us no favors.

Bottom line: These drinks are meth in a can.

If you see someone using these products, help them get off the meth. If you use them yourself, get off the meth. After all, if you're sipping the Kool-Aid of CrossFit, you don't need more stimulation.



About The Author

Keith Graves is a certified Level 1 CrossFit Trainer at MMCrossFit in Livermore, CA. A police officer assigned to both the Narcotics Unit and the SWAT Team, Graves is a certified Drug Recognition Expert Instructor (#3292), a court-certified expert in stimulant influence, and a teacher of drug influence courses for the California Narcotics Officers Association since 2000. He often contributes under the pseudonym "12bravo" on the CrossFit blog.

Be a Better EMT (cont. from Pg 6) ac-

complishing all that needs to be done. But they are also easy to replace. They are a dime a dozen.

Then there are those who break the team apart. These individuals tend to be ego driven. They like to be at the center of the action and dictate what needs to be done. They rarely take advice and they frequently end up in minor conflicts and squabbles. These individuals place a high priority on authority, command structure, job / title designations and agency affiliation. If they are not in a position of authority they tend to become do-what-they're-told type responders. (Only, they sulk while they do it.)

Finally, there are responders who bring the team together. They perform tasks with a positive attitude. They always look for ways to make things run smoother. They attempt to do more than is expected of them and they anticipate what needs to happen next, before they are asked. When these individuals are in charge of running the scene, they seek advice and request ideas. They recognize their resources and include everyone. They delegate tasks based on talent and interest. Even in the middle of the most stressful situations, everything they do helps to bring the team together in a calm and efficient way. Be that responder.

14) Find Your Unique Contribution

Sometimes when we enter the field of EMS, we are overwhelmed with the things we need to learn just to get up to speed with our basic skill set. Our minds race with questions like, "How will I ever learn everything I need to know?" or "Am I good enough at this

medicine stuff to really do this job?" Those are great questions and they are entirely appropriate. However, at some point, we have to make a transition.

At some point we have to ask ourselves, "What am I here to contribute?" Or, even better, "What is the unique contribution that only I can make to the world of emergency service?" That's a bold question. It's easier to deny yourself the possibility that you may have something unique within you that only you can contribute. Believe it. It's true. And 2013 is your year to make the transition. This is your year to find your contribution and make it.

My career changed one day when I read through a popular EMS magazine and noticed that there were a bunch of interesting stories about EMS that weren't being told. I developed a sense that, part of what I was supposed to be doing in this field was telling those stories. Since that day EMS has never looked the same to me. I'm no longer just doing my job. I'm on my path. Find your path.

15) Dream Big

Forget about your goals and your resolutions for a minute. Those things should always be secondary to your dreams. What is it that you dream of doing? What is your dream job? What is your dream life? Dream that dream until it is vivid and clear. Then set your goals and make your resolutions. Without a dream to follow, all of your goals are just shots in the dark. You have to make a target before you can take aim.

Don't forget to make it a good dream. Make it a big one.

Right now, you are probably overestimating what you can accomplish in the next month. But you are also underestimating what you can accomplish in the next year. Pick one or two of these goals and set off in a new direction. By the time 2014 rolls around, you might not even recognize yourself. And...I'll have a whole new list for you to start on. Happy New Year.



View from Humboldt Summit



For Suggestions or Comments:

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"Let No Man's Ghost Say His Training Let Him Down!" -Unknown Author