

# The BurnNet

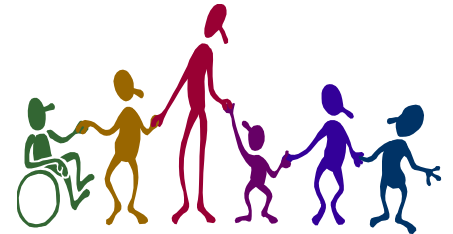
August 2016, Volume 35, No. 8

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## OUR GROUP MEETING

Thursday, **August 4**, 7:30-9:00pm  
Directors Conference Room  
First Floor, Main Hospital

The Burn Recovery Support Group is a monthly meeting where burn survivors, families and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.



## SURVIVOR

Beyond my burns  
Beyond my face  
Beyond my religion  
And beyond my race

I am in the talon of the phoenix  
I... am a survivor!  
I have flown to victory  
I bare my scars, I am not to be fixed

I awake each morning with gleeful eyes  
Forget the percentage, the remarks and lies  
Stand up and be heard  
SURVIVOR is the word!

~Neela Jarrott, burn survivor

## ARE YOU RECEIVING THE BURNNET VIA E-MAIL?



Would you like to be on the mailing list to receive The BurnNet every month?  
Email Deb Jones RN at [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)

## QUOTE

I set my eyes to the west, walking away from it all  
Reaching for what lies ahead, I got my eye on it  
I see my sweat hit the ground, I put my feet in the block  
This is the race of my life, and I can't wait for this shot  
I've got my eye on the prize, and I will not quit!

~Toby Mac



## UPCOMING EVENTS



### AUGUST 7 ZUMBATHON® BEAT THE HEAT

Orangevale Community Center, 6826 Hazel Ave., Orangevale. 12:00 PM-2:00 PM

Join some of the best ZUMBA® instructors and Sacramento's firefighters in supporting the FFBI. Event features: Photo shoot with firefighters, raffle prizes and more!

Tickets: <http://ffbi-zumbathon.eventbrite.com> \$20 presale, 2 for \$30, or \$25 at the door.



### AUGUST 12 BOGLE FRIDAY NIGHT ALFRESCO

Bogle Winery, 37783 County Road 144, Clarksburg. 5:00 PM-7:30 PM A summer evening to relax to live music, with wine and food available for purchase; or bring a picnic and pair with one of our featured bottles of wine. Proceeds from the event go directly to the FFBI. \$15/guest. Tickets are available at the door. No outside alcoholic beverages allowed. No pets.



### OCTOBER 7 3rd ALARM CHILI COOK-OFF

Chili tasting, beer tasting, raffle, silent auction, live music and much more!

California Auto Museum, 2200 Front Street, Sacramento, 6:00 PM - 11:00 PM

SAVE THE DATE! Keep an eye out for more information in the BurnNet and [www.ffburn.org](http://www.ffburn.org)

## OTHER SUPPORT OPTIONS

### Bothin Burn Center Burn Support Group, San Francisco

4<sup>th</sup> Thursday of each month, 11:30 am – 1:00 pm

Call 800-755-2876 for details and directions

### Santa Clara Burn Support Group, San Jose

1<sup>st</sup> Tuesday of each month, 7:30 pm – 9:00 pm

Call 408-885-6670 for details and directions

### Phoenix Society – Live Online Support at [www.phoenix-society.org](http://www.phoenix-society.org)

Peer Support

Every Wednesday 6:00 – 7:30PM PST

Facilitated Parent Support

2<sup>nd</sup> Monday of each month 6:00-7:30PM PST



Phoenix SOAR

### Phoenix SOAR (Survivors Offering Assistance in Recovery)

Do you feel you are ready to help others?

Volunteering through Phoenix SOAR is a powerful way to share what you have learned and inspire others on their path of burn recovery. As a peer supporter, you will share knowledge, compassion, and a listening ear to new burn survivors and their loved ones. Training is provided.

Learn more about becoming a peer supporter by looking online at [www.phoenix-society.org](http://www.phoenix-society.org) and contacting our SOAR Coordinator at UC Davis at (916) 734-5596.

## PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! In partnership with Target Solutions, Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

[www.phoenix-society.org/community/stayconnected/online-learning-community/](http://www.phoenix-society.org/community/stayconnected/online-learning-community/)





## QUESTION

Just finished watching another news clip on someone getting severely burned from a campfire. Why do we only learn to respect fire after it has injured us or taken lives?  
...just curious. :o)

## ANSWER

This may have been a rhetorical question, but I decided to answer it anyhow.

Despite how many people you and I know who are burn survivors, a horrific burn injury requiring intensive care in a burn center is relatively uncommon. In the United States, approximately 40,000 people are hospitalized in a burn center or ICU each year. For those 40,000 burn patients, that is a large number; however, it is a fraction of a percent of the current US population of 324,033,483. So, there really are people who have never met a burn survivor!

Because serious burns are uncommon, when it does happen, it can draw extra attention from the media and might help get some people to take appropriate safety measures where needed- but not everyone will follow safety warnings. When it comes to the perceived rarity of burns, experience teaches us the wrong lesson, leading some not to prepare and be safe.

Common sense tells us that experience is the best teacher. The lessons from experience are powerful--and the more painful the stronger the lesson. If we face a risk frequently, and experience the painful consequences of bad decisions, we quickly learn and adapt to change our behavior. If we are burned every time we touch a hot pan, we quickly learn not to touch hot pans anymore, to use an oven mitt and be careful. The association of pain with hot pans is strong and lasting in our minds. But some risks happen only rarely, or we repeatedly have near misses that we escape from unharmed--that's when experience teaches us the wrong lesson! Experience then teaches us that a rare risk is not worth worrying about, that everything will be okay.

For decades educating on the risks of fires and burns and how to prevent them are shared at safety fairs, classroom settings and the news media; but also for decades, most people are lucky enough to miss being burned despite risky behaviors. Take for example the fella that every summer since he was 12 years old has started a campfire with "a little gasoline on a piece of newspaper-like my Dad taught me". The logs light (rather spectacularly) every time. One year there was a close call with eyebrows and mustache singed, but nothing he considered "serious". Another year he burned his hand and arm badly enough to see his doctor; and although very painful, "it healed in a couple weeks." That incident did change his behavior. Although he continued to start his campfires with a little gasoline on a piece of newspaper, he started hauling a bucket of water, a bucket of sand, a shovel and a fire extinguisher to his campfires that summer. But he got teased by his Dad for being over-cautious and never experienced another burn that summer; so he learned that it was embarrassing and a waste of time to haul all that protection to his campfires- so he stopped. Experience taught him that campfires are not really a threat.

Researchers call it a "normalcy bias". After many events (like campfires) go by without incident, people tend to keep thinking that everything is normal. It causes people to underestimate both the possibility of a disaster and its possible effects unless they can see it with their own eyes. And by that time, of course, it is too late. We have a hard time envisioning painful, scarring burns because we have never seen them, leading us to revert back to the common perspective that nothing bad ever happens to us. This belief based on the experience of many days before is usually correct--but when the day comes when that rare risk of a serious burn does happen, this leaves us completely vulnerable and sorely surprised. Like the man I described above. When I first met him, he had been admitted to our burn center for treatment of a very significant 22% TBSA burn to his face, chest, arms and knees he received while lighting his campfire with "a little gasoline on a piece of newspaper-like my Dad taught me".

~Deb Jones RN

Sources:

[www.ameriburn.org/resources\\_factsheet.php](http://www.ameriburn.org/resources_factsheet.php)

[www.worldometers.info/world-population/us-population/](http://www.worldometers.info/world-population/us-population/)

[www.wikipedia.org/wiki/Normalcy\\_bias](http://www.wikipedia.org/wiki/Normalcy_bias)

## SAFETY TIPS FOR CAMPFIRES

Campfires are the leading cause of camping injuries, and the primary cause of forest and wildfires. Campfire building can be safely done if you practice proper burning techniques and safety measures to protect yourself and your surroundings.



### Prepare Your Fire Site

- A safe burning site will be at least 15 feet away from power lines, overhanging limbs, tents, buildings, automobiles, shrubs, dry grass and leaves.
- The fire should have a vertical clearance at least three times the height of the woodpile, as heat from the fire extends far past the actual flames that you see.
- The ground around the fire or burn site should be surrounded by gravel or dirt for at least three feet from the fire ring in all directions.
- Take wind, and its direction, into account when choosing the site. Choose a spot that is protected from sudden gusts of wind, which could send sparks causing a wildfire.
- Whenever possible, keep the fire in a contained unit such as a burn barrel, BBQ unit, hibachi or a small pit with rocks around it.

### Safely Start The Fire

- When building a fire, start with dry twigs and small sticks, called *tinder*. Add larger sticks, called *kindling*, as the fire builds up. Put the largest pieces of wood, called *fuel* or *timber*, on last.
- Never use flammable liquids like gasoline, diesel fuel or other dangerous fuels to ignite or keep your fire burning.
- Keep campfires small and do not let them get out of hand. The suggested size is 2'X2'X2'.
- Stack extra firewood upwind, away from the fire.

### Stay Safe Around Campfires

- Do not allow children or pets too near the fire and never leave them unsupervised.
- Teach kids how to stop, drop and roll if their clothing catches fire.
- Keep a bucket of water nearby and have a shovel for throwing sand on the fire if it gets out of control.
- Have a fire extinguisher on hand for emergencies and know how to use it.
- Never leave a campfire unattended. Even a small breeze could quickly cause the fire to spread.
- When putting out the fire, drown it with water. Make sure all embers, coals, and sticks are wet. If you do not have water, use dirt. Mix plenty of soil and sand with the embers. Continue adding and stirring until all material is cooled. *If it's too hot to touch, it's too hot to leave!*
- Do not bury your coals, they can smolder and start to burn again.

Additional sources:

<https://smokeybear.com/en/prevention-how-tos>

<https://www.youtube.com/watch?v=mAuhoT-K5gl>

[https://www.youtube.com/watch?v=YY\\_1aBQZ2JM](https://www.youtube.com/watch?v=YY_1aBQZ2JM)

~Deb Jones RN

