

The BurnNet News

March 2019, Volume 38, No. 3

BURNNET SURVIVORS MEETING

Thursday, **March 7**, 7:30-9:30pm

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. The BurnNet Survivors meetings are held on the 7th floor of the Davis Tower, Room 7705. For more information, call Deb Jones RN at (916) 734-5596 or debjones@ucdavis.edu



SURVIVOR PSALM

I have been victimized.
I was in a fight... that was not a fair fight.
I did not ask for the fight... I lost.
There is no shame in losing such fights... only winning.
I have reached the stage of survivor.
I am no longer a slave of victim status.
I look back with sadness rather than hate.
I look forward with hope rather than despair.
I may never forget.
But I need not constantly remember that I was a victim.
Because ... I AM NOW A SURVIVOR!!!
~Dennis J. Gardin



Would you like to receive The BurnNet News every month?
Email Deb Jones RN at debjones@ucdavis.edu
You can also find The BurnNet News at our website:
www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html



BEYOND SURVIVING
BURN SURVIVOR RETREAT

2019

May 3rd - May 5th

Granlibakken Resort
Adult Burn Survivor Retreat

**Safe Beautiful
Setting**

Beyond Surviving

The Firefighters Burn Institute offers adults who have been affected by the emotional and physical pain of a serious burn injury, a unique opportunity to meet others who have gone through similar experiences and build a network of support. Nestled in the beautiful Lake Tahoe area, the Granlibakken Resort provides a scenic and relaxing environment for sharing feelings and healing from the inside out. Program facilitators are licensed and trained professionals whose mission is to help burn survivors go "beyond surviving" their burn injuries.

Thanks to generous donations, the Firefighters Burn Institute is able to offer this retreat free of charge to burn survivors. A refundable deposit is required.

Apply TODAY!

Download application at www.ffburn.org

Application Deadline: March 1, 2019

Questions? Contact Kara Garrett at (916) 739-8525 or kara@ffburn.org

UPCOMING EVENTS



MARCH 2 ANNUAL FIREFIGHTERS MARDI GRAS CRABFEED

Hosted by the Firefighters Burn Institute in partnership with the Sacramento Fire Reserves Association! We're bringing Mardi Gras to you with festive decorations, all you can eat Cajun boil and crab dinner, live DJ and dancing. Tickets on sale NOW: \$65/ person. Contact Lisa@ffburn.org or 916-739-8525 for details!



MAY 3-5 FFBI ADULT BURN SURVIVOR WEEKEND RETREAT –SIGN UP NOW!

Returning to Granlibakken Resort, Tahoe City. Thanks to generous donations, the Firefighters Burn Institute is able to offer this retreat free of charge to burn survivors (a refundable deposit is required). For information or to apply, please visit <https://ffburn.org/adult-retreat> or call (916) 739-8525. Application Deadline: March 1, 2019

MARCH 27 FIREFIGHTERS BURN INSTITUTE COMMUNITY CONNECTIONS AMBASSADOR (CCA) TRAINING

Consider expanding your opportunity to give your time and talents to a great cause, and have fun in the process. Whether your interest is in helping at fun events, attending educational tabling events or leader roles, FFBI has a place for you on their team. Pre-register to attend the training! 10-11:00AM or 6:30-7:30PM If you have questions or to register for this training, email Peri at peri@ffburn.org.



OTHER SUPPORT OPTIONS



Phoenix Society for Burn Survivors

Find support and connection whenever you need it, wherever you are through Phoenix Society's active online community.

Phoenix Society
for burn survivors

- **Peer Support Chat:** This weekly, moderated chat gives burn survivors a place to connect and discuss lifelong burn recovery.
- **Online Learning:** These free online courses are designed to empower burn survivors and their families with tools to handle social situations after a burn injury.
- **Resource Library:** Browse the resource library for burn survivor stories, information, and articles about the physical, emotional, and social aspects of recovery.
- **Blog:** Stories and tips by the burn community, for the burn community.



CLIFF HASKELL PERPETUAL SCHOLARSHIP

In 2005, the Firefighters Burn Institute started a scholarship program for burn survivors who have participated in programs, events and/or services offered by the Firefighters Burn Institute and who were treated as an inpatient at a medical burn facility for twenty-four hours or more.

Up to four \$2,000 scholarships will be awarded each year to burn survivors. Applications must be postmarked by **July 1st, 2019**.

CHOOSING AND USING FIRE EXTINGUISHERS

With proper training and education, fire extinguishers can save lives and property. Many adults might not know how or when to use fire extinguishers. Contact your fire department if you would like fire extinguisher training or have any questions. Tips for using and maintaining fire extinguishers:

There are five primary types of fire extinguishers, each designed to put out different kinds of fires.



For use with **ordinary materials like cloth, wood and paper.**
Often found in homes and businesses



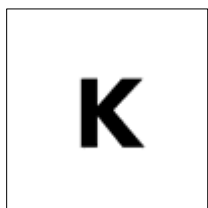
For use with **combustible and flammable liquids like grease, gasoline, oil and oil-based paints.**
Often found in homes and businesses



For use with **electrical equipment like appliances, tools, or other equipment that is plugged in.**
Often found in homes and businesses



For use with **flammable metals**
Often found in factories



For use with **vegetable oils, animal oils and fats in cooking appliances.**
Often found in commercial kitchens (restaurants, cafeterias, catering businesses)

*There are also multipurpose fire extinguishers that might be labeled "B-C" or "A-B-C." Most home improvement stores carry multipurpose fire extinguishers that cover Class A through Class C.

Fire extinguishers can be helpful on a small fire. Consider this checklist to help prepare to use a fire extinguisher on a potential fire.

- Have I alerted others in the building that there's a fire?
- Has someone called the fire department?
- Am I physically able to use a fire extinguisher?
- Is the fire small and contained in a single object (like a pan or a wastebasket)?
- Am I safe from the fire's toxic smoke?
- Do I have a clear escape route?

Use a fire extinguisher when all of these questions are answered **“yes.”**

If you're unsure about whether or not it's safe to use a fire extinguisher, and for all other situations, alert others, leave the building, and call 911 from a mobile or neighbor's phone. It is not recommended that children use fire extinguishers.

PASS

When operating a fire extinguisher, tell residents to remember the word **PASS**:

- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
- **A**im low. Point the extinguisher at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side-to-side.

FIRE EXTINGUISHER MAINTENANCE

- **Easy access in an emergency**
 - Be sure nothing is blocking or limiting your ability to reach it.
- **The recommended pressure level**
 - Many extinguishers have gauges that show when pressure is too high or too low.
- **Working parts**
 - Make sure the can, hoses and nozzles aren't damaged, dented, or rusted
- **Cleanliness**
 - Remove any dust, oil, or grease that might be on the outside of the extinguisher.
- **Guidelines and instructions**
 - Some extinguishers need to be shaken monthly, others need to be pressure tested every few years.

Additional resources for choosing and using fire extinguishers

- **National Fire Protection Association (NFPA): Fire extinguishers**
- **NFPA Educational Messages Desk Reference** – These messages provide fire and life safety educators with accurate and consistent language for use when offering safety information to the public.