

**Accident Prevention** While it is rewarding to serve our town as EMS, there are difficulties. One of the hardest aspects of being an EMT in our hometown is seeing the long-term impact of major accidents on our patients and their families, many of whom we know well. We know that one fall can be the difference between a couple having a happy, independent retirement in their dream home and a very different and difficult future. We know that the time it takes to glance at a text message while driving is enough time with eyes off the road to end a life. Not all accidents can be prevented. However, because falls and motor vehicle accidents are consistently the #1 and #2 reasons for our dispatches, and because of the human cost and heartache they cause, we wish to raise awareness and offer some tips that could possibly prevent some accidents.

**10 Simple Tips for Fall Prevention from the National Safety Council & Other Resources**

1

Remove tripping hazards such as books and papers, shoes, and boxes from stairs and hallways. Also secure rugs.

2

Install grab-bars in the bathroom, both around the toilet and in the shower

3

Keep frequently used items within easy reach so you don't have to climb or strain for them

4

Make sure that both inside and outside the home has adequate lighting so you can see your path while walking

5

Check and repair any damages to walkways or steps regularly

6

Wear sensible shoes with nonskid soles and a proper fit

7

Poor vision is a major factor in falls. Get an eye exam at least once a year to keep prescriptions current and eyes functioning their best

8

Consider adding extra personal security. Use a mobile alert system with GPS to access help in any emergency

9

Medication errors are one of the main catalysts for falls. Keep an updated medication list. Talk to your Doctor or Pharmacist about side effects.

10

Stay active! Even gentle exercise can increase strength and balance, helping to reduce the risk of falls

Unless you want us to respond to your text...



PLEASE DON'T TEXT & DRIVE!



**Our needs in 2019** We've been able to fill in some gaps with upgrades to everyday medical equipment but we still have more we need to purchase. After years of use, equipment is prone to wear and tear so it needs to be replaced. A1 needs a new backup camera system and upgraded EKG/monitor. Ambulances need communication upgrades including new portable radios and Wi-Fi routers. We hope to raise funds toward a LUCAS chest compression system for A1. We also need winter gear to keep our responders safe and warm.

**How you can help us** Washington Ambulance Association is a non-profit 501(c)(3). Your donation is tax deductible to the extent allowable by law. We have a variety of recognition levels and greatly appreciate any financial support you can provide during this annual fund drive. You may choose to make a donation in memory of a loved one or in honor of a community member. Donations gladly accepted by check or you may visit our website to make a donation by credit card. Your contributions will make a difference.



Want to live a greener life? Please join our email list. We can send our annual appeal and newsletters to your inbox. Contact us [info@washingtonambulance.org](mailto:info@washingtonambulance.org)



Thank you for taking the time to read our report and learn more about us!



# Washington Ambulance Association

## Annual Report

2018

109 Bee Brook Road - P.O. Box 294 - Washington Depot, CT 06794 - (860)868-7913 - [www.washingtonambulance.org](http://www.washingtonambulance.org)



**Dear Friends and Neighbors,**  
When you call 911, we will respond with the training, equipment and heart to deliver on a promise that has been good for over 76 years: to serve our community with emergency medical services that are professional, compassionate, and free of charge.

### HOW WELL DO YOU KNOW WASHINGTON AMBULANCE ASSOCIATION?

Our volunteer Emergency Medical Technicians and Responders are highly trained and adhere to the same quality standards as professional, paid EMS. We follow protocols established by the state's Office of Emergency Medical Services and work under the direction of Medical Control. We are required to review mandated training annually and renew our certification every three years.



**We have made some major investments** in our service over the past two years. We upgraded to a two ambulance service at the start of 2017. The second ambulance has given everyone greater peace of mind as we are able to handle simultaneous emergencies, and calls with multiple patients, without having to hope neighboring services are available to respond. We have purchased a new Stryker Power Stretcher and Power Load for A1. This makes transfers in and out of the ambulance much safer for our patients and crew. Just these three items total \$300,000.



**We are your Emergency Medical Services and so much more!**  
We are overseeing your safety and well-being behind the scenes too. We provide standby medical coverage at several events a year. Look for us at local trail races, regattas, and gatherings.



**We provide free CPR and First Aid Courses.** Are you ready to help save a life? Please contact us to take a class! This autumn we had some fun promoting classes and raising awareness at the Fall Harvest Festival. Thank you to everyone who stopped by and said hello. We are excited to announce we repeated this year as Champions in the Annual Scarecrow Competition.

**Team work makes the Dream work!** We train and work cooperatively with Washington Volunteer Fire Department, our regional paramedic program -- Champion Ambulance Medic 4, and Hartford Hospital's Life Star Aero-Medical Helicopter. Don't be fooled by the small town or the volunteer service. We want you to know we are EMS Strong and ready to respond!





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