

# For Truro Firerfighters PRACTICE MAKES PERFECT

By Lawrence Nicoll

Practice Makes Perfect is a motto often used in the Fire Service to exemplify that the best way to prepare for the unknown is to practice your skills. On Oct 13th and 17th Fire Service fire fighters were supplied cars by McNutt's Scrap Metal of Truro to do just that. New approaches to extrication were tried: Tunnelling as a means of gaining entry to a pile-up through the trunk, creating a third door on a two door car to open up the back area and techniques attempted to more quickly open the sides of a vehicle. Over the course of the two days all of the permanent personnel were given an opportunity to participate and evolve through trial and error improved and new techniques.

On Sunday December the 4th the Fire Brigade volunteers were able to join the full time Fire Service fire fighters as McNutt's provided a discarded school bus, certainly any emergency service's worst nightmare. The bus was flipped on its side and the work began.

First the rear window was removed. This would allow first contact with the many

children who sit at the back of the bus. They would now be able to gain entry and let the children know what all the noise of extrication was (and it is noisy). At the same time a crew peeled out the front window allowing further contact, and a means for the walking wounded to exit.

The back door was removed and then the entire back section cut out. Three rows of seats were quickly removed to allow patient transport and EHS staging. The roof section was cut to create a door for entry/exit, then the opening enlarged to create a larger door for triage and EHS to transport the victims.

Thank heavens all of the above was only practice and not for real, but now these fire fighters have real time experience that will shorten the times and increase their efficiency should the practice become a reality. Many thanks to McNutt's Scrap Metal for the opportunity to improve life-saving skills.

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## Stay Alert, Slow Down, and Stay in Control!

### The Three Key Elements of Safe Winter Driving.

Drive according to highway and weather conditions. Keep a safe distance between you and the vehicle in front of you to avoid situations where you may have to brake suddenly on a slippery surface. Get your vehicle winter-ready with a maintenance check-up. Don't wait for winter to have your battery, belts, hoses, radiator, oil, lights, brakes, tires, exhaust system, heater/defroster, wipers, and ignition system checked. Make sure your vehicle is mechanically ready for the rigours of winter. Keep your fuel tank sufficiently full - at least half a tank is recommended. Make sure you have sufficient windshield washer fluid in the reservoir that is rated a minimum of -40°C temperature range. Keep an extra jug in the vehicle. Clear snow and ice from all windows, lights, mirrors, and the roof. After starting your vehicle, wait for the fog to clear from the interior of the windows so you will have good visibility all around. Have your tires checked before winter begins. Remember to check tire air pressure frequently, as it decreases in cold weather.

**The Truro Fire service wish's everyone a safe and Happy Holiday Season**

