



OAEVT Newsletter

EDITOR ~ ROBERT SANDERS

JULY 2010

CHECK OUT OUR NEXT MEETING AND CLINIC

NEXT MEETING

When—

July 16th, 2010

Clinic 9:00 am to 12:00 pm

LUNCH: PROVIDED

OAEVT MEETING 1:00 pm

Location:

Oklahoma City Fire Training Center
800 N. Portland
Oklahoma City, OK 73107

COME FOR THE CLINIC
STAY FOR THE MEETING

CLINIC

Presents

Mark Brochtrup

WITH

Fleet Maintenance Manager
COPPELL, TEXAS

L1 Law Enforcement Equipment Installations

The class is fast paced and a refresher for those who wish to brush up on the EVTCC L1 Law Enforcement Equipment Installation prior to testing. We will cover definition and terms, basic electrical and installation of typical equipment found in the Law Enforcement vehicles that can also be applied to any and all other equipment installations. Proper installation techniques for everything from lighting, radios, sirens to GPS as well as how not to install will be covered. Some brief discussions on minor maintenance and failure diagnosis is also included in this presentation.

SEE FLYER FOR MORE INFORMATION

OAEVT MEETING

April 16, 2010

Sand Springs, OK

9:00 am – Meeting called to order by John Horton
We had a good turn out with new members and guest.
Introduction of Richard Biby of Richard Biby Inc.

9:10 am -Richard led us through the history of fuels, the EPA mandates, and the problems they can cause. He covered what happens when fuels are burned and how different engine manufactures are handling the emissions.
Richard also explained how to diagnose different problems and the importance of using the right tools.

12:00 pm- lunch and prize drawings. Thanks to Richard everyone received something to take back.

1:00 pm - OAEVT meeting
We did not have a quorum of officers so we did not officially resolve any business. Discussed officer elections and decided to table all discussions until next meeting.

Officers will have to be in place at next meeting.

EDITORIAL

I have worked in the private and public sector for over 40 years and not seen such bad economic times. With Lay offs, down sizing, and prices going up it makes a person wonder what is happening.
As you look around it makes some step back and not make waves or get involved for fear they may be next.
The proverb, "if life gives you lemons make lemonade", sounds good but if you can not afford sugar it still taste bitter.
Some may worry so much they can get depressed and withdraw even more causing them to go into a depression. *This not something that happens to others, it can sneak up on the best.*

What to do; don't withdraw step forward.
Have more interaction with family, friends, and neighbors. Get more involved at work make it a good place to go.
Do not take to drinking alcohol, comfort eating, or drugs; this is only a temporary fix and will cost you dearly later.
Talk to your doctor, family, and your spiritual leader tell them if you feel depressed. Watch other that are close to you for similar signs.

BE PROACTIVE IN YOUR HEALTH

PRESIDENT'S COMMENTS AND HELPFUL HINTS

HELPFUL HINTS

HEAT RELATED PROBLEMS

When the body becomes overheated, a condition of heat stress exists. Heat stress can lead to a number of problems, including heat exhaustion, heat stroke, heat cramps, fainting, or heat rash. Many people confuse these disorders, but it is important to be able to recognize each one and know what to do when it happens. Each of these heat stress disorders is described below.

Heat exhaustion

Although not the most serious health problem, heat exhaustion is the most common heat-related ailment at Princeton University. Heat exhaustion happens when a worker sweats a lot and does not drink enough fluids or take in enough salt or both. The simple way to describe the worker is wet, white and weak.

Signs and symptoms

Sweaty
Weak or tired, possibly giddy
Nausea
Normal or slightly higher body temperature
Pale, clammy skin (sometimes flushed)

What to do

Rest in a cool place

Drink an electrolyte solution, such as Gatorade or another sports drink. Avoid caffeinated beverages such as colas, iced tea, alcohol or coffee.

In severe cases involving vomiting or fainting, call 911 or whatever the emergency number is in your area.

Heat stroke

Heat stroke is the most serious health problem for people working in the heat, but is not very common. It is caused by the failure of the body to regulate its core temperature. Sweating stops and the body can not get rid of excess heat. Victims will die unless they receive proper treatment promptly.

Signs and symptoms

Mental confusion, delirium, fainting, or seizures
Body temperature of 106°F or higher
Hot, dry skin, usually red or bluish color

What to do:

Call 9-1-1 immediately and request an ambulance

Move victim to a cool area

Soak the victim with cool water

Fan the victim vigorously to increase cooling

Remember when working or playing; drink plenty of liquids, take frequent breaks, avoid alcohol and be aware of those around you. Use lots of sunscreen and reapply regularly.

Watch children as they do not know when to slow down and can be affected quickly. Be aware of the elderly and those taking medications that are affected by sunlight and heat.

HAVE A SAFE – FUN FILLED SUMMER

SPONSORS AND SPECIAL ANNOUNCEMENTS

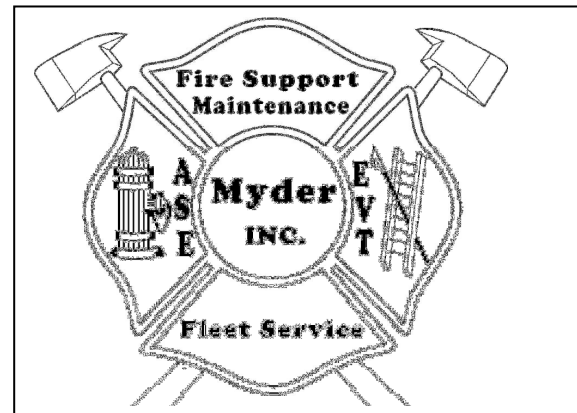
Nominations Now Open **Elections Are Comming**

Now Is The Time To Step-Up And Nominate Someone Or Yourself For Officer. Contact Any Officer Or Robert Sanders For Details On How To Be Involved Or Make Nominations.

OPEN ENROLLMENT **Enrollment for 2010 - 2011** **Now Open**

Use OAEVT Application Form To Enroll
The Forms Need To Be In By April 2010

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