First Responders Train For Crude Oil Rail Disaster

The quiet of a clear summer evening was suddenly shattered by an air horn blast last Thursday. Within moments, Rockland’s emergency radio frequencies came to life and first responders rushed to a staged event involving a collision between a vehicle and a CSX tanker train carrying volatile Bakken crude oil, at the Highview freight rail crossing near Route 303 in Orangeburg. Firefighters on tower ladders aimed hoses at the smoldering rail cars, while others extricated trapped victims. Police evacuated the area, closed roads, and directed traffic. EMS workers tended to the wounded and covered the dead.

The July 23 full-scale disaster exercise was conducted with the cooperation and assistance of CSX Railroad. Dozens of Rockland’s police, fire, EMS, Hazardous Materials agencies, town utilities, state and local health, environmental and emergency services organizations convened for a specially-designed simulation of a grade crossing accident and fire, using a CSX-provided “safety train.”

Trained volunteers played the roles of injured drivers and bystanders, with realistic wounds and reactions. Fire and EMS professionals and volunteers, and police brass, took on roles at incident command posts, to keep all the county’s assets working together efficiently and safely.

About 30 tanker trains filled with more than one million gallons each of volatile light crude roll through Rockland County every week. There have been at least twelve derailments of such trains, including several explosions and fires, since the increase in oil train traffic in 2013. The explosion of a runaway crude oil train in Lac Megantic in Quebec in July 2013 destroyed the town center and caused 47 fatalities. The most recent oil train mishap occurred in Montana on July 16, where 22 cars derailed, spilling 35,000 gallons of Bakken crude. It was traveling within the speed limit on tracks that are inspected four times a week, according to freight line owner BNSF Rail.

With densely populated areas like the Village of Haverstraw, Orangeburg condominium developments and the Palisades Mall in close proximity to CSX rail tracks that carry Bakken crude, crews drilled to be prepared in case the unthinkable ever happens. Homeland Security funds helped underwrite the exercise, the aim of which, according to a county press release, was “to evaluate and enhance capabilities for response to a coordinated, multi-jurisdiction, multi-disciplinary incident.”

Ambulances and other first responders from outside Orangetown were pre-positioned near the exercise for safety’s sake. Patients from the drill were, however, actually transported to area hospitals. Ambulances then returned to the exercise staging area, in order to test the EMS Mass Casualty Incident dispatch system, and to determine real-time turnaround and availability of rigs and crews. This also allowed area hospitals to test their disaster plans and capacity.

Those near the simulated accident would have been soaked with highly flammable Bakken crude oil. Patients transported to Nyack Hospital were taken first to an outdoor decontamination shower station, where workers in yellow HAZMAT suits “deconned” them and turned them over to the ER for treatment.

continued on page 3
Nyack Community Ambulance Corps
2015
Administration and Officers

President & Safety Officer -
William McDowell
Vice President - Administration -
Steve Borton
Vice President - Operations (Captain) -
Paul Morer
Secretary - Susan Hellauer
Board Members at Large -
Jeremy Griffel
Geraldine Dupiton
Pamela Brown-Thompson
Training Officer- Willie White
Lieutenants -
1st: Ivan Guerra
2nd: Jeremy Griffel
3rd: Willie White
Legal Counsel - Duncan Lee, esq.
Medical Director - Dr. Mark Papish

Officer Contact Information

<table>
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<tr>
<th>Rank</th>
<th>Name</th>
<th>Radio</th>
<th>Cell #</th>
<th>Email</th>
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<tbody>
<tr>
<td>Captain</td>
<td>Paul Morer</td>
<td>1</td>
<td>917-817-1867</td>
<td><a href="mailto:Paul.Morer@NyackEMS.org">Paul.Morer@NyackEMS.org</a></td>
<td></td>
</tr>
<tr>
<td>Lieutenant</td>
<td>Ivan Guerra</td>
<td>2</td>
<td>845 304 0246</td>
<td><a href="mailto:Ivan.Guerra@NyackEMS.org">Ivan.Guerra@NyackEMS.org</a></td>
<td>supplies</td>
</tr>
<tr>
<td>Lieutenant</td>
<td>Jeremy Griffel</td>
<td>3</td>
<td>845 558 7103</td>
<td><a href="mailto:jeremy.griffel@nyackEMS.org">jeremy.griffel@nyackEMS.org</a></td>
<td>communications</td>
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<tr>
<td>Lieutenant</td>
<td>Gerri Dupiton</td>
<td>4</td>
<td>845-313-1941</td>
<td><a href="mailto:gerribazard@yahoo.com">gerribazard@yahoo.com</a></td>
<td>rigs</td>
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THANKS to
Capt. Paul Morer,
Lieut. Ivan Guerra,
Board Member Sue Hellauer
for participating in the
Orangetown Full-Scale
Oil Train Disaster Drill

Note: There will be NO August
General Membership meeting.
See you on Thursday, September 10
at 7:00 pm
for our the next meeting.

General Membership Meeting
second Thursday of every month,
7:00 pm at the NCAC building.
Come and make your voice heard!
continued from page 1

Nyack Hospital decontamination shower. Photo courtesy Nyack Hospital

At a pre-exercise press conference on Thursday, Rob Doolittle, Communications Director for CSX Railroad, said that “our goal is zero accidents,” and that CSX is pushing hard for safer and better rail tanker cars. The tankers that carry Bakken crude are usually owned or leased by the company shipping the oil, and not by CSX, according to Doolittle. Most of the recent oil train explosions have involved the upgraded, “safer” CPC-1232 tanker cars.

The U.S. Department of Transportation recently ordered new speed restrictions on oil trains, and safer tanker cars to be phased in gradually, with complete replacement by 2020. Local lawmakers, as well as environmental groups, have blasted this schedule as far too slow. Oil companies have now filed lawsuits to overturn these new safety requirements altogether.

Orangetown Supervisor Andy Stewart said that an explosion and fire anywhere on the “virtual pipeline of oil and other materials” that runs through Rockland would be “the single most disastrous event that could happen.”

“It can happen here,” said Rockland County Executive Ed Day, referencing the Lac Megantic disaster. “Pre-planning and being prepared in the event of an emergency is important to each and every citizen. Today’s drill will go a long way toward making Rockland County a safer, stronger community.

Thanks to Captain Paul Morer, Lieutenant Ivan Guerra and Board Member Sue Hellauer for participating in this disaster drill.

Read this and other stories about the Bakken Crude oil trains that roll through Rockland every day at Nyack News and Views.

CSX safety train, just before the drill. Photo: Susan Hellauer

Capt. Paul Morer and Lt. Ivan Guerra with 24B3 just before the drill. Photo: Susan Hellauer
**Powerful Synthetic Drug on the Rise**

Flakka, or “gravel” is picking up where bath salts left off. It is cheap, and causing major problems in Florida.

The Broward County human services department says, “is a potent, highly addictive stimulant drug. In a small amount the drug provides euphoria, stimulation, and hallucinations. However, just a little bit more can trigger heart problems, agitation, aggressiveness, psychosis, paranoia and excited delirium.”

Read more about it in the [Washington Post](http://nydn.us/1eq6mDE) and be on the lookout for it here at any time.

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**Young EMT dies in crash on her last shift**

Due to start graduate school this Fall, EMT Hinal Patel, riding for the Spotswood (N.J.) Ambulance Corps was killed when her ambulance was t-boned by a car.

[http://nydn.us/teq6mDE](http://nydn.us/teq6mDE)

Please, always be careful out there.

*Pres. William McDowell*

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**The First Responder Guidance for Improving Survivability in Improvised Explosive Device and/or Active Shooter Incidents**

The First Responder Guidance for Improving Survivability in Improvised Explosive Device and/or Active Shooter Incidents translates evidence-based response strategies from the U.S. military’s vast experience in responding to and managing casualties from IED and/or active shooter incidents into the civilian first responder environment. This guidance also incorporates civilian best practices and lessons learned from similar incidents, both in the United States and abroad.

The DHS Office of Health Affairs led the development of this document at the request of the National Security Council’s working group on improvised explosive device situations and in response to first responders who have encountered mass casualties from IEDs and/or active shooter incidents.

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**The First Responder Guidance for Improving Survivability in Improvised Explosive Device and/or Active Shooter Incidents**
CME and training opportunities in the area

Following are local training and CME opportunities. For more complete information, changes and additions, check the training board at the NCAC building frequently for postings of CMEs and required training for corps members.

You can also log on to www hvremsco org and click on CME for last minute changes and additions to area training. Also consult www wremsco org/ for Westchester area CMEs, training classes and conference notices.

If you know of any training opportunities that are not listed here, or on the training board, please bring them to the attention of training officer Willie White.

NOTE: CHECK THE TRAINING BOARD AT THE BUILDING FREQUENTLY FOR NEW TRAINING CLASSES.

SAFETY UPDATE:

The Department of Homeland Security’s Science and Technology Directorate (S&T) released two ambulance safety resources (http://www.dhs.gov/science-and-technology/news/2015/04/10/dhs-st-releases-safety-resources-ambulances), all with the goal of saving the lives of both patients and providers.
Members Discounts!

We are compiling a list of local merchants who offer discounts to NCAC members. Merchants currently offering discounts are listed here, and on our website in the “Members” area.

Please ask the local merchants whom you patronize if they would be willing to offer a discount to their local EMS volunteers. We will list them in our newsletters, on our website, and encourage our members to do business with them.

Supporting our local merchants will also help keep Nyack (and the other river villages) from turning into chain store wastelands.

Charlie’s Cleaners,
10% off dry cleaning
2 S. Highland Ave (9W)
Nyack, NY
Account Name: Nyack Community Ambulance Corps
Contact phone: 358 4824
Members be sure to put your own name on store receipt to avoid pickup mixups.

Nyack Barber Shop
69 Main Street
Nyack, NY
$2 off haircut

Johnny Cakes
84 Main Street
Nyack, NY
10% off eat-in or carry-out orders

Pet Nutrition Center
115 Route 59
Nanuet, NY
5% off pet food and supplies

Dapper Dog
37 Route 59
Nyack, NY
5% off pet food and supplies

Temptations
80 1/2 Main Street
Nyack, NY
15% off all purchases

Turiello’s
76 Main Street,
Nyack, NY
10% off eat-in or carry-out orders

Tarantella’s
128 Main Street
Nyack, NY
10% off eat-in or carry-out orders

Walgreens
16 Rt 59 (corner of 9W)
Nyack, NY 10960
15% off regular items; 20% off Walgreens and photo

See full Participating Merchant List on the Bulletin Board at the NCAC corps building

and for NEW Plum Benefits go to www.plumbenefits.com
and use code NCAC845
Contact TO Willie White for more information.
September 24, 25, 26, 27-2015
BE A PART OF IT.,
PULSE CHECK 2015
JOIN US AT...
Crowne plaza - SUFFERN NEW YORK

PULSE CHECK 2015

You will find:
• Course/speakers information
• Conference registration information hotel registration information, scholarship & special awards applications
• Sponsorship forms
• Vendor applications
• Trophy sponsor forms
• Drill competition information & registration

Register Now

Or contact us:
pulsecheck@nysvara.org
(we look forward to seeing you all there)
Pocket Guide: Identifying Elder Abuse

First responders often find themselves in a position where they can identify signs of abuse. The forms that most quickly come to mind are child or spouse, but elder abuse affects hundreds of thousands every year by family members or “trusted others.” A new national pocket guide helps first responders identify the seven types of abuse while providing backup information to help.

“Legal Issues Related to Elder Abuse” (http://www.americanbar.org/groups/law_aging/resources/elder_abuse/legal_issues_related_to_elder_abuse_guides.html) states physical, sexual, or psychological abuse; neglect; and financial exploitation all qualify as reportable elder abuse. It covers risk factors to consider; legal topics such as consent, decision-making capacity, and undue influence; abusers; and how a variety of circumstances can be related or relevant to elder abuse issues.

Self-neglect is not a crime; however it can still be reported. Most states have laws requiring people in authority to report abuse, and not reporting it is often a crime. Also, though many people think of abuse as only physical, financial exploitation is hardly rare. If something looks fishy but you are not sure, report it. As a responding officer or EMS provider, your voice may be the last chance an abused or neglected elder has to escape such a situation.

(Source: American Bar Association)

The INFOGRAM is distributed weekly to provide members of the Emergency Services Sector with information concerning the protection of their critical infrastructures. For further information, contact the Emergency Management and Response-Information Sharing and Analysis Center (EMR-ISAC) at (301) 447-1325 or by e-mail at emr-isac@dhs.gov.

http://www.usfa.fema.gov/fireservice/subjects/emr-isac/index.shtm
Chemical Suicides: Risks to First Responders

In the past three weeks, two chemical suicides sent first responders to the hospital. In New York (http://www.dailyfreeman.com/general-news/20150602/newburgh-woman-commits-chemical-suicide-in-her-car), two police officers collapsed and almost passed out after opening a car door; 5 officers were ultimately treated. In Massachusetts (http://hazmatnation.com/chemical-suicide-in-lowell-ma-injures-first-responders/?sthash.J0uSo4nx.mjjo), four police officers and three EMS workers were hospitalized for respiratory problems after responding to an apartment.

Chemical suicides, also known as detergent suicides, are a growing trend in part because the instructions are readily available on the internet. Mixing easily-attainable chemicals produces a toxic gas which kills quickly in an enclosed space like a vehicle. An article on FireRescue1 talks more about PPE required for response as well as scene decontamination and treatment of people exposed to the vapors (http://www.firerescue1.com/fire-products/hazmat-equipment/articles/968922-The-chemical-suicide-phenomenon).

In many chemical suicide incidents, the victim leaves a note for whoever will find them warning them of the danger. It is important to note this does not always happen or is not noticed. When faced with an unconscious person in a car, the first instinct is to open a door or break a window. This is what led to several officers being overcome by fumes in the New York case above. The suicide victim did leave a note taped to the passenger side window, but it was not seen.

It is important for first responders to take time to perform adequate scene safety and situational awareness, even if time is critical. Quickly walk around the vehicle to look for taped signs, look in the windows for chemical containers or chemical fog, and notice any faint chemical smell. Look for tape on the windows or vents. Review the Chemical Suicide Training Package (http://www.hazmatfc.com/Resources/Training-Packages/Chemical-Suicide-Package?EntryId=1605) at the National Hazardous Materials Fusion Center for more resources.


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http://www.usfa.fema.gov/fireservice/subjects/emr-isac/index.shtm
EMS Connections 2015
Committed to Education

SAVE the DATE

EMS CONFERENCE

SATURDAY, NOVEMBER 7, 2015
7 a.m.–4:30 p.m.
At Dutchess Community College
53 Pendell Rd, Poughkeepsie, NY
7 CME Credits Medical Control

For additional information, call:

Bernadette  845.790.3620
Sharon      845.483.5289
Guy         845.431.9456
This 4-hour course will also provide community leaders with an understanding of the necessary plans and tools needed in planning for natural disasters, and will help them to better understand and identify personnel best equipped to address response and recovery requirements in the case of an actual disaster. This course will assist community leaders to identify and define the roles and responsibilities they may be expected to assume in the event of a natural disaster given their leadership positions, as well as those of the first responders and support personnel in the response and recovery phase.

September 24, 2015
8:00 am - 12:00 pm
Valhalla, NY

LOCATION AND DETAILS:
Westchester County Department of Emergency Services - Room 4
4 Dana Road
Valhalla, NY 10595

REGISTER AT:
https://nyslearn.ny.gov/

FOR REGISTRATION ASSISTANCE CONTACT:
Mary Wrobel • mary.wrobel@dhes.ny.gov
518-242-5003

MODULAR
✓ Hazards Overview
✓ Community Preparedness and Mitigation
✓ Value of Partnerships
✓ Preparation of an Emergency Operations Plan