



Ron D. Myers
Fire Chief

North County Fire Authority Health & Wellness Newsletter

Volume 2, Issue 1

January 2013

Topics:

- **Happy New Year**
- **Healthy Habits**
- **Healthy Recipe**

Safety Tip

Remember to don P100 particulate mask when performing treatments causing aerosolization.

Workout Tip

To increase the efficiency of your workout, remember to warm up, exercise, cool down and stretch.

Happy New Year!

New Year's resolutions are made by many but yet not completely followed through. As we move into 2013 with increased work demands, an uncertain economy, taking care of ourselves and each other appear to be more of a priority for some. Other than lowering weight, the North County Fire Authority would like to recommend the following suggestions to a healthier and happier life.



Healthy Habits

Sleep prioritization

Getting a good nights' rest, at least 7 hours is just as important as exercise, diet and other fresh air. Many times we think that to increase work production, sleep can be sacrificed. Over time, lack of proper sleep can lead to decreased alertness, high blood pressure, stroke and obesity.

Vacation

Many American lose vacation time due to lack of planning. Planning a trip has shown a positive attitude in the workplace knowing a relaxing time ahead away from daily stressors will occur.



Healthy Habits Cont.

Breathing

Slow relaxed breathing techniques increase oxygen to the brain allowing cerebral relaxation. We think more clearly and decrease our risk of anger and potential panic attacks.

Alternative exercise

Take a walk or bike to work, school or to shop once a week. Alternative means of transportation to perform daily activities will provide exercise and decrease stress plus you will not have to find a parking space.

Reward yourself

Make yourself the priority and do something you want to do to change up your life such as going to a movie, attending social activities to remain connected to friends and relationships.

Healthy Recipe

Grilled Chicken Sandwiches with Garlic-Basil Aioli

Yields 4 servings

Ingredients

For aioli:

Zest from 1 lemon
2 bunches fresh basil,
4 whole cloves garlic, finely chopped
3/4 c. mayonnaise
Juice from 1/2 a lemon
1 tsp. red wine vinegar
Pinch of salt & pepper

For chicken marinade:

1/4 c. olive oil
2 tsp. red wine vinegar
1 tbs. Italian seasoning
Juice from 1/2 a lemon
Pinch of salt & pepper

For sandwiches

4 thinly sliced, skinless chicken breasts
4 sliced rolls

8 slices of tomato
8 slices fresh mozzarella
1 bag of mixed greens

Directions

1. Begin by making the aioli — blanch the basil for 1-2 minutes and cool; tear off the leaves and mince together with the garlic in a food processor. Spoon into bowl and add the mayonnaise and remaining ingredients. Fold ingredients together.

2. Prepare the chicken by combining all the marinade ingredients together. Then place chicken breast in marinade for a few minutes. Grill chicken 5-8 minutes until cooked through.

3. To prepare sandwiches, toast the rolls, then spread on the aioli on both halves. Place the cooked

chicken on the rolls. Then layer each sandwich with two slices of tomato & mozzarella. Top off with mixed greens drizzled with a little red wine vinegar, then top with the other half of the roll.

Recipe provided by
Healthy-firefighter.org



(U//FOUO) Worldwide: IED Targeting of First Response Personnel - Tactics & Indicators

Key Findings

(U//FOUO) Although most terrorist IED attacked outside war zones target civilians or symbols of authority and usually involve a single device, some are designed specifically to target emergency response personnel. The most common tactics involve using secondary or tertiary devices in tiered or sequential attacks intended to kill or maim response personnel after they arrive on the scene of an initial IED incident.

Homeland IED Incidents , 2004-2010

(U//FOUO) From 2004 to 2010, first responders were called on to deal with an average of 800 attempted or actual explosive and incendiary bombings very year, according to the ATF and US Bomb Data Center statistics. Very few incidents were terrorist related; most involved other criminal activity such as murder, revenge, extortion, hate crimes or pranks. Many of the incidents lack full documentation because of the voluntary nature of data submission for many US law enforcement agencies.

The majority of the 1,041 explosive incidents reported in 2010 involved pipe bombs with simple non-electric initiation systems. Electric blasting caps, electric matches, fireworks devices, and at least one incident involving an initiation system using a modified Christmas tree bulb—a technique commonly encountered by Coalition forces in Afghanistan and Iraq—accounted for the remaining incidents.

First Responder Considerations

(U//FOUO) Information about tactics for targeting first responders can help develop effective countermeasures—especially when the measures eliminate predictable patterns of behavior that terrorists look for during preoperational surveillance. Interagency training and planning to enhance coordination and ensure availability of adequate resources in the event of an incident is critical. Responders must be vigilant in recognizing and reporting signs of pre-attack surveillance as well as indicators that terrorists may be acquiring material to support an operation and possibly rehearsing attack scenarios. Responders should at a minimum:

- Avoid announcing key command and control locations on unsecure communications networks and maintain situational awareness during operations.
- Secure the perimeter around an incident site and limit access to essential personnel. Examine all command posts, triage, and emergency vehicle parking areas. Be on the lookout for individuals or objects that appear out of place and be alert for secondary devices.

To see the full report, go to <http://info.publicintelligence.net/NCTC-FirstResponderIEDs.pdf>