

Sterling Fire District Newsletter



Sterling Fire District

Volume 4, Issue 3

August/September/October, 2012

Note: This article has been submitted by Chris Sweigert, who was recently injured in a motorcycle crash. Chris was wearing his helmet, which likely prevented more severe injuries or worse, fatal injuries. We are thankful to Chris for sharing his story with us. Chris was a member of our department for 20 years, and remains like family to many who served with him.



Pictured to the left is the helmet Chris was wearing at the time of the crash.

conscious and ALIVE thanks to my helmet!

Seville Fire and EMS were on scene very quickly. They provided excellent care. They made the decision to have me transported to Akron City by helicopter. Even though I was conscious and talking with them I was repeating myself and they were concerned about possible brain injury. The flight to Akron was quick. I remember several of the doctors and nurses saying how lucky I was I had my helmet on. After their initial assessment, they took me for CAT scans and x-rays. I had four fractures in my humerus and a couple in my clavicle, a small fracture in my right elbow along with a couple cracked ribs. I had severe lacerations in my right elbow and right knee and

You might have heard it called a “skid lid”, “crash hat”, “bone dome”, or more commonly “brain bucket”. People who do not wear one are often referred to as “organ donors”. For me, my “shorty” without question saved me from severe head injury and maybe saved my life on June 28. I thank God I made the decision to wear the most important piece of safety equipment for a motorcycle rider, my helmet!

I was on my way home from work and it was a beautiful sunny day over 90°. As

I headed east on I-76 approaching the State Route 3 exit, something (it’s still under investigation) happened to cause me to lose control of my bike. I remember the rear end seemed to have locked up and I fishtailed off the edge of the exit ramp. The next thing I remember hearing is a voice that told me not to move. At that time I was face down and remember wiggling my fingers and toes and feeling excruciating pain in my right shoulder and elbow. Most importantly though, I was

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Mark your calendar...

- **August 4 - SFRA Annual Chicken BBQ 4-7 p.m. at the Sterling Fire Station**
- **November 3 - SFRA Annual Fish Fry 4-7 p.m. at the Sterling Fire Station**

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considerable road rash on my stomach and back. The most incredible part was I had only a very small scratch on my left cheek and a mild concussion. My helmet did a fantastic job at protecting my head!

I spent the next seven days in the trauma unit with a couple trips to the operating room. The result was 16 screws, 2 plates and 40 staples holding my shoulder together. Along with that, I got 12 stitches in my elbow and 6 more in my knee. I will need about three months of physical therapy on my shoulder and will hopefully get back to 90% range of motion. Had I not had my helmet on, I would have

likely been in ICU or worse... the morgue. There is little question my helmet did its job and saved my life!

In the past, I have worn my helmet 98% of the time and I ride over 7,500 mile per year. I ran with Sterling Fire and Rescue from 1987 to 2007. There is no way we would have thought about going into a burning building without a helmet. NASCAR drivers in a cage wear a helmet. Football players and baseball players wear helmets. They all do this to protect their most vital organ... their brain. Helmets save lives!

The Ohio helmet law allows most riders to have a choice to wear their helmet.

I'm a huge supporter of individual freedom and accountability. The choice is yours. I thank God I made my choice to wear my helmet on June 28th. Broken bones will mend and open wounds will heal. I am still able to wake up each day to see my beautiful wife and awesome children because I chose to wear my helmet!

If you are a rider, please think about my story the next time you get in the saddle. If you are not wearing your "brain bucket", please make the choice to put it on. Keep the shiny side up and rubber side down and enjoy your ride. God bless and remember helmets save lives!!

Over the past few years, we have responded to several accidents involving motorcycles. Two of the accidents we responded to were fatal. There was not a helmet used in both fatal accidents. Naturally, wearing a helmet doesn't mean a life may be saved, but it certainly will increase one's chances, should there be an accident. If you would like more information about Ohio's motorcycle laws, etc. please visit the Ohio Department of Public Safety at <http://publicsafety.ohio.gov/links/hsy7607.pdf>.



FF/EMT-I Jim Bischoff has proudly served the Sterling Fire District since 1975.

Member Spotlight: Jim Bischoff

The Sterling Fire District has been blessed for many years with dedicated members serving the community, one of those being Jim Bischoff. Jim has served the district since 1975. That is 37 years of service!

Jim most recently served as Captain, vacating his position at the end of May to become involved in other

interests. He was responsible for handling the EMS operations while serving as Captain. Jim has had the opportunity to see and be a part of many changes in the fire service over the years. He has had the opportunity to serve on the department with his brother and nephews.

Jim is employed by Norwayne Local Schools and has

Submitted by Jeff Stump

been a lifelong resident of Sterling.

One of Jim's interests, coming from his love of Sterling's railroad history, is helping to restore the depot building near the Rails to Trails in Sterling. His dedication to the Fire District is a fitting example of life-long service to the community he loves.

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Jeff Stump—Captain
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Vice President—Josh Bischoff
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Treasurer—Jim Bischoff
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Sterling Fire District Board

Ben Imhoff
Dennis Hartzler
Rex Gasser
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Community Safety Day...

Submitted by Josh Glessner

Success! Our first ever Community Safety Day was simply that...Success! Last year we began tossing around the idea of having an event that would allow folks to look at our equipment, see demonstrations, and basically see what we are about. In May, this became a reality with our Community Safety Day.

Much planning and organization took place in the months prior; and without the dedicated members we have, this event would not have been possible.

Safety day was an opportunity for us to educate folks, young and old, on the importance of working smoke detectors in homes. We were able to do this by utilizing the Fire Safety Trailer from the Wayne County Fire & Rescue Association Regional

Training Facility. We were also able to provide and actually allow our guests to put out a fire using a fire extinguisher training prop that we borrowed from the Rittman Fire Department.

Our EMTs were on hand to provide tours of our squad and show the equipment we carry on it. Other EMTs were available to check blood pressures for those who wished.

Local Sterling resident John Harding also assisted us with a display and railroad safety information from Operation Life Saver.

Firefighters gave a demonstration on our extrication tools. They removed the roof of one vehicle simulating what would happen, should we need to do such a maneuver to remove victims from inside a vehicle.

Cleveland Metro Life Flight also paid a visit to Safety Day. Their presence is always enjoyed by many who enjoy looking at the medical helicopter, time and time again.

We like to make most of our events family friendly. Many children enjoyed having their face painted and also receiving a balloon.

The Sterling Fire & Rescue Association made sure there were ample door prizes for those who visited. We also received donations of door prizes and food from area businesses.

We hope those that visited us this year had an enjoyable time. It was nice to use the newly acquired park property as well, for a fun, community event. Thank you for your support and we hope to see you all again next year!

To Save Lives and Protect Property

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Chief's Corner: Dick Glessner, Fire Chief



Sterling Fire District Chief
Dick Glessner.

I hope this newsletter finds you all enjoying a wonderful summer. The Sterling Fire District hosted a successful Community Safety Day at the new Park in the area (site of the former Sterling Elementary School) this past May. The next few months bring our Chicken B-B-Q in August, Fire Prevention Week and community trick or treat in October, followed by the annual Fish Fry in November.

We will continue with the last newsletter article on "Civilian Defense in Sterling, Ohio" issued by the Sterling Defense Council in March, 1943.

"Rules for Householdors"

- Don't get excited.
- DON'T TELEPHONE. Prompt aid is dependent upon use of the telephone system by your air raid wardens.
- Stay home. Keep off the streets.
- Put out the lights. Stay away from windows.
- If bombs fall, a good place for refuge is under a table or a strong couch turned upside down.

"Incendiary Bomb Precautions"

- See that all parts of the house are readily accessible.
- Attics should be thoroughly

cleaned of combustible material.

- Obtain the necessary fire-fighting equipment and place where handy.

Equipment Needed

- Water is the first requirement. Every available container should be filled.
- A pump with hose.
- A long handled flat shovel.
- An axe.
- Several buckets of dry sand.
- Heavy gloves, flashlight, goggles and heavy blanket.

We will finish these instructions at a later date. Keep safe.