



Contact info

Contact LifeGuard through your local dispatch or by calling (800)223-6627

Preferred frequencies to use when speaking with LifeGuard are:

- 155.340 VMED 28 (State EMS)
- 155.475 VLAW 31 (Law Mutual Aid)

Identify who will be speaking with LifeGuard

LifeGuard Outreach

The LifeGuard Outreach schedule is posted on our Facebook page. If you'd like more information or would like to host an Outreach event, call 319-369-8995.



Dr. Josh Pruitt



UnityPoint Health
St. Luke's Hospital

Temperature

As I am writing this, the weather has gone from being cold and rainy to hot and sunny and back again. It's difficult to know how to dress each day and if you should turn the heat or the air-conditioning on in the house. The flight crew has put the space heater in the aircraft, and the next day we've opened the windows to keep the temperature down. Our aircraft is like a greenhouse in the warmer weather, but in the cooler temperatures it has no insulation.

When we are on calls *temperature* is one of the vital signs. Was the patient in a car with the windows rolled up and the temperature outside is 70 degrees? If so, remember that the temperatures inside a vehicle, whether the windows are rolled up or down, increases 20 degrees within 10 minutes. Within 30 minutes the temperature increases 35 degrees. "When the temperatures outside range from 80-100 degrees, the temperature inside a car parked in direct sunlight can quickly climb to between 130 to 172 degrees."¹

Be aware of the temperature changes at all times. Be aware of your surroundings. When you are out and about, notice what is going on. Did you remember to look in your backseat for your child when you were running late? Do you have a system set up to remind you to do this? There have been cases of children dying, inside vehicles, on days as cool as 70 degrees.²

Never leave your pet in a parked car when the outside temperature is above 70 degrees. Not even with the windows partially down, not even in the shade, not even for a quick errand. Dogs and cats cannot sweat like humans, so they pant to lower their body temperatures. If they're inside a car, recycling hot air, panting gives no relief and heat stroke can occur quickly.³

We live in a state that is agricultural. In the middle of summer, when the crops are growing, they are also increasing the humidity in the surrounding areas. At its peak, corn pumps out 49-56 billion gallons of water into the atmosphere each day. This can add 5-10 degrees to the dew point (measure of humidity in the air on a summer day).^{4/5}

We look forward to summer, the sun and the warmer temperatures. We tend to forget that there can be dangers with those. So, while enjoying the warmer weather (if it ever returns), and all of your activities, remember to stay safe and take measures to keep the loved ones in your lives safe also.

1. Centers for Disease Control and Prevention
2. Stanford University 2005
3. Best Friends Animal Society
4. National Center for Atmospheric Research
5. U.S Geological Society

Director's Corner

Finally! Old Man Winter has been pushed out by Lady Spring and we are able to be back outside again, enjoying all the activities Iowa has to offer. For better or worse, that also means the rest of Iowa is outside as well, sometimes doing some pretty dumb things.

So, today, we salute you who take care of your communities ... when they are at their best or at their worst. We stand ready to assist you at any time should you need us.

Thank you for what you do, and always remember that what you do matters. Please contact me if you have any questions or concerns.

I can be reached by email at joshua.pruitt@unitypoint.org.



Call LifeGuard dispatch 24 hours a day. 800-223-6627

Eastern Iowa's **only not for profit** Air Medical Service

Welcome Chad Carpenter, LifeGuard Pilot

Meet Chad Carpenter, our newest pilot. Chad was born and raised in Hays, Kansas. Following high school, he entered the Army. He'd always known that he wanted to be in the military, to be a soldier. Upon joining the Army, he spent 11 years at Fort Benning, Georgia as an Airborne Ranger. In 2005, he decided to go to Flight school, and then the fun began! He spent the next 8 years flying and instructing in the Kiowa Warrior (which is essentially the same as the Bell 407, he says). He then headed to Fort Rucker, Alabama to fly the UH-72A. After 22 years, 7 months, and 20 days, Chad decided to retire from the service. He and his wife Amber decided to move closer to home and family. And that is how he ended up here!

Chad was hired by Med-Trans (they know a good pilot when they see one!) and Amber was hired by The Homestead in Hiawatha as a Board Certified Behavioral Analyst. Amber and Chad have been married for 13 years and have 3 children; Calix, 12, Caelyn, 10 and Nicholas, 9, a dog and 2 turtles. They keep their parents very busy. In his spare time, Chad likes to run and ride his motorcycle.

Chad thinks the best part of this job is the crew. He believes that even though he loves to fly, if the crew wasn't so good to work with, it would not be nearly as satisfying. The worst part of the job is having to turn down a flight. Having moved to Iowa, he's looking forward to being able to finally spend time with his family after being away for so much time during his military career.

Chad is excited to be here and hopes to stay for many years. He's excited to hear the pages for flights and working with the crews. We are excited to have Chad join the crew of LifeGuard.



Chad Carpenter

To contact LifeGuard for a **Safety Training or PR event**, call (319) 369-8995 and ask to speak to a member of the flight crew.

LifeGuard Safety Training—Please call 319-369-8995 to schedule your Safety Training class today. We recommend these every year as there are always changes being made to the aviation industry and EMS membership is rapidly changing.

You can follow LifeGuard: <https://www.facebook.com/LifeGuardAirAmbulance>

Educational Opportunities

5/18-7/20	Paramedic III	NICC/Peosta
7/10	PALS	EMSLRC
7/12	ACLS	EMSLRC
7/31-8/9	Critical Care Paramedic	EMSLRC
7/31	CCP Refresher	EMSLRC
8/4	Health 411	Kirkwood College
8/21-5/11/2018	Paramedic Program	EMSLRC
8/24-8/25	Emergency Skills	St Louis University, MO
8/28-1/2018	EMT Program	NIACC
9/6-1/2018	Advanced EMT	NIACC
9/22	Trends in Trauma Conference	Hawkeye Comm Coll
9/29-9/30	Mechanical Ventilation/Crit Care	Cox College
10/20-10/21	Tri-State Emergency Responder Conference	NICC/Dubuque
10/30	GEMS	EMSLRC

Did you know...

July is National Blueberry, National Cellphone Courtesy and National Ice Cream Month. July 24 is Amelia Earhart Day, the 30th is Father-in-law Day and July 31 is Mutt's Day.

August is National Eye Exam, Water Quality, and National Golf Month. August 5 is Work like A Dog Day, August 10 is National S'Mores Day, and August 19 is Aviation Day.

September is Better Breakfast, Little League and Baby Safety Month. September 4 is Newspaper Carrier Day, the 10th is National Pet Memorial Day and September 11 is 9/11 Remembrance Day.

Requesting LifeGuard:

Remember if you are unsure you'll need LifeGuard, you may tell dispatch that you would like to place LifeGuard on "stand-by". The crew will prepare for lift-off while awaiting the "go-mission" call. This saves minutes on lift-off time because the crew is already at the helicopter, and ready for lift-off.

You can also request LifeGuard to be an "in air" standby. This is a good option for when calls are a distance away.

There is no charge if LifeGuard is cancelled.

UnityPoint Health
LifeGuard
Air Ambulance



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