

Serving Those Who Protect Our Cities, Homes, and Lives



303 N. Alabama, Suite 110  
Indianapolis, IN 46204

Try not to become a man of success but rather try to become a man of value.  
**Albert Einstein**

**Our Mission**

Public Safety Medical Services seeks to provide public safety agencies and municipalities with expert medical, psychological, and fitness evaluations.

We inspire healthier and more productive lives through innovative programs delivered with pride, integrity, and dedication.

**We're on the Web at**  
[www.publicsafetymed.com](http://www.publicsafetymed.com)

**Public Safety Health and Wellness** is a bi-monthly publication of Public Safety Medical Services committed to enhancing the well-being of public safety professionals.

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**What's Happening**

**Public Safety Calendar of Events**

**Happy New Year!**

**February 6-8**

Indiana Association of Chiefs of Police Mid-Winter Conference

**Location:** Marriott Hotel, Indianapolis

**Contact:** IACP

**Phone:** 317.816.1619

**March 8, 9 and 10**

Public Safety education seminar

**Location:** Wayne Twp. FD Conference Center

**Contact:** Div. Chief Jerry Neal

**Phone:** 317.247.8501

**Ground Zero Firefighter Sculpture**

Speedway, Indiana firefighter, Mike Cheney, created a sculpture entitled "Lest We Forget" as his way of expressing the emotions and frustrations that all of us are feeling. The sculpture is available in cold cast white marble or bronze. All proceeds from sales will be sent to the New York Firefighters 911 Disaster Relief Fund. For more information and other artwork, visit [www.swiftsite.com/cheneystudios/](http://www.swiftsite.com/cheneystudios/) or call 800.811.8861.



**New Clients**

Public Safety Medical Services is proud to welcome the following departments:

- ◆ Batesville FD
- ◆ Clinton FD
- ◆ Plainfield FD



Public Safety Medical Services

**By the numbers...**

**16**

Annual percentage of deaths in the U.S. due to smoking

**60,000**

Average pounds of food you'll eat in a lifetime

**12.4**

Gallons of water an average American uses to shower

**10,000**

Average number of steps you'll take in a day

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**Public Safety Health and Wellness**

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**Department of the Month**

**Carmel Police and Fire Partner for Good Health**

by Christopher M. Costlow, M.S.

**Carmel, Indiana -**

Eighteen months ago, Carmel Police Chief Mike Fogarty thought he'd be the last guy to have a medical problem. But, on a memorable day in May 2000, he was diagnosed with prostate cancer after his annual physical at Public Safety Medical Services. Several months of intense treatment later, he progressively improved and the cancer is now undetectable. Fogarty is resolved, now more than ever, to do what he can to protect the health of his department. In fact, he and Carmel Fire Chief Doug Callahan, each serving since 1996, see themselves as the public safety team for the Carmel community.

**A Partnership is Formed**

Chief Fogarty gained his appreciation for wellness programs when he was a Deputy Chief with the Indianapolis Police Department where he served for 27 years. There, he was involved with the development and administration of the IPD wellness program. Over the years, he saw its value and wanted to establish a similar program in Carmel. "Every police chief wants to see his officers go home at the end of the day" says Fogarty. "More officers, however, die or require medical disability due to unhealthy lifestyles than from



Police Chief Fogarty

being killed in the line of duty."

**Chief Callahan**

created a safety committee in 1996 and learned from NIOSH that more than 50% of firefighter fatalities were the result of cardiovascular disease—a preventable condition. A wellness program made sense. "I want to see my firefighters maintain good physical fitness throughout their career" states Callahan. Both chiefs agreed that nearly 95% of their employees' time is typically spent in physically undemanding work, but state that it is critical that they be capable of performing the physically-demanding 5% when necessary.



Fire Chief Callahan

**Health Risks Found**

Carmel police with 77 sworn officers and Carmel fire with 130, each provide annual physical exams for every employee, including a cardiovascular and muscular fitness evaluation to provide a thorough review of an individual's health and fitness. "These examinations have captured high blood pressures and high cholesterol, as well as, led to referrals to cardiologists for some of our firefighters" says Callahan. Fogarty believes that as a result of the program, his officers will feel better about themselves, have fewer sick days, and their insurance

costs will be less—ultimately spending less of the city's tax dollars. This year, each department will be providing additional fitness testing, nutrition consultations and programs to continue educating their employees on making healthy choices. "Our officers have begun to look forward to their annual physical and how they compare to the previous year", says Fogarty.

**An Innovative Approach**

Having two departments work together for the well-being of their employees is rare. Both chiefs attribute the success of their programs to the city of Carmel and Clay Township for making the services possible. They believe that working together provides the best service to the community. The police and fire departments routinely partner up personnel for arson investigations, emergency response teams, and even allow employees to use fitness equipment in each other's facilities. They encourage other departments to consider what they can do. "It doesn't take a lot of convincing [to a city or township] to put money into the budget to keep their public safety professionals in top condition", they assert.

**For more information, visit us online at [www.publicsafetymed.com](http://www.publicsafetymed.com).**

## Public Safety Psychology News

### Making Realistic Use of Psychological Test Results

by Jeffrey C. Savitsky, Ph.D., JD

The Institute for Public Safety Personnel, Inc. provides psychological evaluations and other testing services for well over 100 Indiana public safety departments. These services have become a routine part of the methods that many public safety departments use to evaluate the skills and abilities of current and future employees. Departments use these test to measure cognitive ability, social skills, physical fitness, and emotional self-control, among others.

**Testing Becoming Norm**  
During the last several decades, there has been a gradual transition toward the use of tests, and away from the use of political and friendship factors for making personnel decisions. Indeed, some surveys indicate that as many as 90+ percent of professional (paid) departments now use paper and pencil written aptitude tests as a required step in their recruit selection process. The pendulum swing away from "friendship factors" has been quite extreme and the standard of good practice for public safety employment or promotion decisions has now come to include psychological and personnel testing. A department that makes employment or promotion decisions using only traditional "friendship factors" risks criticism and lawsuits that allege bias, negligence, and favoritism.

**Proper Results Important**  
When a department uses testing, it must realize that test results are only helpful if used properly. Future columns will discuss consequences of using tests in a selection or promotion.

*“There has been a gradual transition toward the use of tests, and away from the use of political and friendship factors...”*



The BOD POD Body Composition System

## Your Health and Fitness

### The BOD POD Has Landed

by Jason Hammersley, M.A.

Public Safety Medical Services continues to strive for excellence in customer, medical, and fitness services. Since many public safety agencies have an established standard for body fat levels, Public Safety Medical Services has sought out and obtained the best in body fat testing equipment.

which can render it an unacceptable methodology by which to hold public safety personnel accountable. To increase the reliability and accuracy of this important measurement, we will introduce the BOD POD by February.

This new technology is accurate, fast, and safe. With this addition to our exercise testing equipment, public safety agencies will be able to participate in the latest, most advanced technology available in body composition assessment.

#### Not all Body Fat Tests are Equal

Currently, the skinfold calipers and bioelectrical impedance analysis are used to measure body composition. These methodologies are well established, quick, noninvasive, and provide a reasonably accurate assessment of body composition in most cases. However, the reliability and degree of accuracy can be affected by many variables,

#### BOD POD is Most Accurate

The BOD POD Body Composition System is built upon the same principles as hydrostatic (underwater) weighing — considered the gold standard in body composition measurement. It determines the amount of body fat by body density; only it does so by air displacement rather than water displacement. In addition, the BOD POD eliminates the potential for inter-technician error.

Methods for Estimating Body Fat		
Method	Precision	Time
Electrical Impedance	+/- 3.5-4%	~1 min.
Skinfolds	+/- 3.5-4%	10-15 min.
BOD POD	+/- 1%	5-8 min.
Under Water Weighing	+/- 1%	1 hour

*“The BOD POD body composition system is built upon the same principles as underwater weighing”.*

## Public Safety Medical News

### Health Update on Hepatitis C

by Steven M. Moffatt, M.D.

The Public Safety profession is, and always has been, a hazardous occupation. Over the past few years an infectious agent, called Hepatitis C, has risen in occurrence.

**Hepatitis C on the Rise**  
Firefighters and emergency medical personnel are “first responders” to emergencies. Therefore, they are the first to make contact with possible contaminated blood—the chief way for transmitting the hepatitis C virus. In the fire service, one out of every 32 firefighters has an exposure to an unspecified infectious disease. The incidence of Hepatitis C in the fire service is believed to be on the increase. Though, the numbers in law enforcement aren’t well known, officers are expected to have greater exposure and incidence than the general public.

**What is hepatitis C?**  
Hepatitis C is a liver disease caused by the hepatitis C virus (HCV), which is found in the blood of persons who have this disease. HCV is spread by contact with the blood of an infected person. The hepatitis A or B vaccine does not protect against hepatitis C. Hepatitis C is typically mild in its early stages and rarely recognized until it has caused serious harm to the liver.

**How are you exposed to hepatitis C?**  
Through contaminated blood and/or body fluids. It can be contracted at a fire, accident or crime scene, through broken glass, jagged metal, inserting an IV, or performing other life-saving procedures.

**What blood tests check for hepatitis C?**  
An anti-HCV (antibody to HCV) is performed with an EIA (enzyme immunoassay). This test is usually done first.

If positive, it should be confirmed by another test.

**Can you have a “false positive” anti-HVC test?**  
Yes. A false positive test means the results look as if they are positive (virus present), but are really negative. This happens more often in persons who have a low risk for the disease for which they are being tested. This is why follow-up tests are important.

**How long after exposure does it take to test positive for anti-HCV?**  
Anti-HCV can be found in 7 out of 10 persons when symptoms begin and 9 out of 10 persons within 3 months after symptoms begin. However, many people who have hepatitis C have no symptoms.

**For more information on Hepatitis C, visit the Education section of [www.publicsafetymed.com](http://www.publicsafetymed.com).**

#### Who Should Get Tested for Hepatitis C?

- ◆ Those who have injected illegal drugs
- ◆ Persons treated for clotting problems
- ◆ Persons notified they received blood from a positive donor
- ◆ Persons who received a blood transfusion or organ before July 1992
- ◆ Healthcare or emergency workers exposed to HCV-positive blood

*“One out of every 32 firefighters has an exposure to an unspecified infectious disease.”*

## Odds and Ends

### American Heart Month is Good Time for Prevention

American Heart Month is in February. You can reduce your risk of stroke or heart disease by following some simple guidelines.

#### Stroke Symptoms

Stroke is caused by a blockage of arteries in the brain and can result in a variety of symptoms requiring immediate medical attention.

- ◆ Sudden numbness
- ◆ Weakness

- ◆ Double vision
- ◆ Severe dizziness/headache
- ◆ Loss of vision or speech
- ◆ Loss of ability to move

#### Reduce Stroke Risk

- ◆ Don’t smoke-smokers are 4-5 times more likely to have a stroke
- ◆ Keep fit-regular exercise

is effective for prevention

- ◆ Watch your diet-keep fat and red meat intake <30% of total calories
- ◆ Take your vitamins-green, leafy vegetables provide Vitamin B6 and B12 which may lower your risk

**Visit the Education section of our Web site for other prevention strategies.**

#### Exercise Factoid

- ◆ Cardiovascular disease risk is **more than doubled** in the absence of regular exercise.
- ◆ Even low intensity activities, when done for as little as **30 minutes a day**, can bring health benefits. Try pleasure walking, yard work, climbing stairs, and other related activities.

Source: American Heart Association