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## Snapshot Size-Up #128

### I.C.E - In Case of Emergency

A global initiative started in 2005, known as I.C.E. (In Case of Emergency).

How it works: I.C.E. is entered into the "contacts" of the user's cellular phone. Contained in the contact profile is the users emergency contact info. and other important information. E.g. "Mike is a diabetic". So if the cellular phone's owner is incapacitated, the hospital has a way to obtain important information.



Firefighters are always at great risk of injury. Whether it's during the response or during the operation, firefighters face countless dangers. In the unfortunate event that a firefighter must be transported to the hospital, they likely will not have their wallet or cell phone with important information—such as emergency contact information, allergies, medications, etc.—that is needed by hospital staff. Below are ways for firefighters in the field (and their departments) to utilize the I.C.E. method in order to make important information easily attainable.

- Departments should Maintain an easily accessible "Emergency Contact and Information" list of their members.
- If members do carry their cellular phones on runs (either on their person or left in the apparatus), make sure that they follow the I.C.E. program (and encourage them to have their family members do the same).
- Firefighters can carry emergency contacts and other important information with them and keep them in their turnout coat pocket, inside their protective helmet, on their radio strap, on their accountability tags, etc.

With the ease and convenience of cellular phones, and because we generally do not "dial" numbers any longer, people are less prone to memorize common phone numbers. So, just as firefighters are trained to "be prepared" to respond to various types of incidents to protect and assist others, we also need to take measures to protect and assist ourselves in the event of an emergency.

Stay Safe!

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Chief Donald Colarusso is a twenty five year fire service veteran. He is also the President of All Hands Fire Equipment and a Level-II Fire Instructor in New Jersey. Don has been a fire instructor for more than 15-years and is one of only a few instructors in the United States who is authorized to teach on all of the leading Firefighter Escape Systems. For additional information or to contact Chief Colarusso, please visit [www.AllHandsFire.com](http://www.AllHandsFire.com)

