

4 Public Safety

Fire is one of our biggest safety concerns on Bustins Island. Over the years, Bustins has experienced six house fires, with the most recent occurring during the summer of 2007. In all six cases, the building involved burned to the ground, fortunately with no personal injuries and with no spreading of the fire to other areas.

A typical medical emergency occurred during the summer of 2008 and involved rescuing from the water an islander with a broken leg and transporting him via the *Lilly B.* to South Freeport where an ambulance was waiting.

These situations serve to remind us how important it is to be safety-minded and to know what to do in a fire or medical emergency. In particular, all islanders should:



- Know who to call to report an emergency.
- Post your Cottage Number on the outside of your cottage where it is easily visible from the road. (The Cottage Number is the same as your lot number, for example, B22.)
- Know the locations and operation of the public fire alarms.
- Know the locations and operation of pump stations to refill fire trucks.
- Know where the First Aid Room is and what it contains.
- Know where the Defibrillator (AED) is kept and how to use it.
- Post emergency numbers where you can easily find them. A list of emergency contacts is included as an insert in the back pocket of this guide and is posted on the BIVC website (bivc.net).

Emergency Communications

The quickest way to get on-island help in any emergency is to **call 911. Tell the dispatcher that you are calling from Bustins Island in Freeport.** The call is routed first to Gray Public Safety Answering Point (PSAP) and then to Brunswick, which dispatches the call to Freeport. Freeport will immediately send the alert back to the island Emergency Response Coordinator (the Truck Driver) and the Superintendent. Each has an emergency radio on alert at all times. The island Truck Driver will take charge of coordinating the appropriate response and will serve as the point of contact until Freeport emergency response personnel arrive on the scene. If your cell phone has a location setting (GPS coordinates), please turn your phone on and leave it on because this will help speed the response.

If you don't have a cell phone for making an emergency call, there is an emergency radio in the First Aid Room that connects directly to a dispatcher.

For emergencies that require the assistance of a police officer, contact a member of the Board of Overseers. If the need is severe and immediate, call 911. Remember to say that you are calling from Bustins Island in Freeport.

Fire Emergencies

You should be able to respond to the following three fire scenarios:

- Your cottage is on fire
- You want to assist at a fire scene
- You need to evacuate the island because of a catastrophic fire

Responding to a Cottage Fire

Exact situations may require adapting your response, but generally you should follow these steps:

1. Use your home fire extinguisher to try to extinguish the fire. Pull the pin, aim low, squeeze the lever, and sweep side to side.
2. In the case of a grease fire, you have only a few moments to either put out the grease fire or escape the house. The easiest way to put out a grease fire is to smother it with a pan lid or a large amount of baking soda. Keep a large box next to the stove. *Do not* put water on a grease fire, because it will cause the burning oil to splash, spreading the fire around. *Do not* try to carry the fire outside in the pan; the grease will slosh around and splash the fire.
3. If you can't extinguish the fire *immediately*, evacuate the cottage or area. You may only have seconds to get everyone out. *Do not delay!* Stay back at least 500 feet if there is a propane gas tank in danger of exploding.
4. **Call 911, tell them that you are calling from Bustins Island in Freeport**, and give them the Cottage Number and the location of the nearest all-tide dock. Freeport will immediately contact the island Emergency Response Coordinator (Truck Driver), who will mobilize volunteers on the island. The Freeport Harbormaster's boat will leave Freeport as quickly as possible with a firefighter and a salt water fire pump and hose. It will take Freeport about an hour to fully mobilize all manpower and equipment on the *Lilly B*.
 - è There is an emergency radio in the First Aid Room that connects directly to a dispatcher. Directions for using the radio are posted next to it.
5. If you can do so safely, shut off the gas at the tanks. If you are knowledgeable and physically able, remove propane gas tanks from structures and out of the area.
6. Sound *all* six island fire alarms. (See step 9 in the section entitled "Fire Prevention.")

Assisting at the Scene of a Fire

There are many ways for all to assist personnel responding to a fire.

1. Help evacuate surrounding cottages.
2. Go to the Fire Barn and drive fire equipment to the scene.
3. Lay 2 ½-inch hose down to the ocean. Station people with flashlights (if the fire is at night) at the end of the hose at the shore. The Freeport Harbormaster's boat will be guided into position and connections made between their hose and the Bustins fire hose. This will provide an endless supply of water to the fire.

4. Send people to pump stations and be prepared to start the pumps running. Fire trucks will run out of water in 5 to 10 minutes and require refilling. Trucks will use different pump stations to avoid traffic issues.
5. Gather Indian Pumps and fire extinguishers and bring them to the scene. Extinguish embers on the ground, and spray water on the edge of the fire, and especially on adjoining cottages and trees.
6. Bring wet towels and blankets to surrounding roofs to extinguish burning embers.
7. Bring wet towels into the surrounding woods to help stamp out burning embers.
8. Go to the First Aid Room and bring the AED, first aid kits, the orange trauma jump kit, blue oxygen bag, and a stretcher to the scene.
9. Bring bottled water for those fighting the fire.
10. Bring flashlights (if a night fire).

If you are not assisting in one of these ways, please do not go to the site.

Evacuating the Island

If evacuation is necessary (in the case of a catastrophic fire) and you have no way to leave the island on your own, go to the Public Dock if conditions permit. If the path is blocked, go to any public or private dock or accessible shore area where you can be picked up safely. If at night, be sure to bring flashlights so that you can signal your location.

Fire Prevention

Islanders should practice fire prevention at all times. To prevent fires on Bustins:

1. Do not leave a fireplace or wood stove, gas lights, oil lamps, or candles burning unattended. Because of the hazard of flare-ups, do not use Aladdin lamps unless you have removed the mantel.
2. The most important way to prevent grease fires is to remain in the kitchen whenever the gas stove is on.
3. Have your chimney swept regularly. The Public Safety Committee (PSC) recommends the use of a fireplace screen and having the chimney lined. At the beginning of the summer, check for animals and nests before using your fireplace or wood stove.
4. Do not start any outside fires.
5. Place an adequate number of smoke alarms in your cottage and replace batteries each spring. Test monthly. The PSC recommends a combination carbon monoxide and smoke detector. The Superintendent provides assistance with the installation of detectors at no charge.
6. Have your cottage inspected for fire safety hazards. The Code Enforcement Officer (CEO) provides safety inspections at no charge.
7. Know the locations of fire extinguishers in your cottage and the locations of fire extinguishers and Indian Pumps outside your house.
 - è When using a fire extinguisher, spray at the base of the fire. In the case of gas stove fires, turn off all burners before attempting to extinguish the fire.

8. Have your fire extinguishers examined annually. Know their locations in your cottage and be sure to put one in your shed. The PSC recommends ABC extinguishers with a gauge showing the condition. You can leave fire extinguishers at the Freeport Fire Department to be serviced (for a fee). It is also a good idea to check your cottage first aid kit at the same time and restock as necessary.
9. Learn the locations of fire alarms and pump stations on the island and know how to operate them in case of fire.

Fire alarms are located at:

- Community House
- Fire Barn
- Ryan Cottage (A26)
- Silver/Johnson Cottage (CA1)
- Hunziker Cottage (E27)
- Ewing/DeBruyn Cottage (C9)

Pump Stations are located at:

- Leland Dock
- Ewing/DeBruyn Ice Pond
- LaFleur's Well
- Leland Ice Pond

An island map is posted at the Community House and the Post Office, and is also provided in Appendix A.

10. Know your cottage number for identification purposes. Make sure that the number is posted on your cottage where it can easily be seen from the road.
11. Keep vegetation around your cottage well trimmed (following state guidelines).
12. For two-story cottages, keep an emergency escape ladder on the second floor.
13. For those with pressurized water systems, attach outside hoses when you first arrive for the summer. Outside hoses can be your first line of defense.
14. Have your refrigerator exhaust system cleaned regularly. It could produce poisonous carbon monoxide gas, which happens when carbon forms in the chimney flue, builds up, and then drops down onto the burner flame and re-burns. The gas is odorless and undetectable by human senses, which is why we recommend that everyone install a carbon monoxide detector in their cottage.

Medical Emergencies

The quickest way to get help in a medical emergency is to call **911 and inform the dispatcher that you are calling from Bustins Island in Freeport**. The Emergency Response Coordinator (Truck Driver) will be immediately alerted to come to your aid with help. Bustins is fortunate to have several residents who have medical training and have volunteered to be of service.

Should emergency transport be necessary, the ERC will arrange for the *Lilly B.* or a suitable private boat to be waiting at the Public Dock. The decision to transport will be made in conjunction with the ERC, medical personnel on the scene, and Freeport Fire and Rescue.

Emergency Care

The following emergency rooms are located within the local Freeport area:

Parkview Adventist Medical Center 329 Maine Street Brunswick, ME 04011	207-373-2220	13 miles
Mercy Hospital 144 State Street Portland, ME 04101	207-879-3265	16 miles
Mercy Yarmouth 385 Route 1 Yarmouth, ME 04096	207-535-1200	5 miles
Maine Medical Center 22 Bramhall Street Portland, ME 04102	207-662-2381	16 miles
Mid Coast Hospital 123 Medical Center Drive Brunswick, ME 04011	207-729-0181	17 miles

Urgent Care

To handle medical cases involving minor illnesses and injuries (those that are not limb- or life-threatening), there are several Urgent Care facilities within easy driving distance of Freeport. It is a good idea to call ahead of time.

Parkview Adventist Medical Center	see listing above	
Freeport Medical Center 42 Mallet Drive Freeport, ME 04032	207-865-3491 Hours: 8:00 am to 6:00 pm Monday - Friday 10:00 am to 12:00 pm Saturday	
Maine Medical Center's Brighton First Care 335 Brighton Avenue Portland, ME 04102	207-662-8111 Hours: 9:00 am to 8:00 pm daily	17 miles
Concentra Medical Center 1600 Congress Street Portland, ME 04102	207-774-7751 Hours: 7:30 am to 5:00 pm Monday-Friday	17 miles
Concentra Medical Center 59 East Avenue Lewiston, ME 04240	207-784-1680 Hours: 7:30 am to 5:00 pm Monday-Friday	23 miles
Mercy Westbrook Express Care 40 Park Road Westbrook, ME 04092	207-857-8174 Hours: 8:00 am to 8:00 pm daily	23 miles
Mercy Yarmouth Express Care 385 Route 1 Yarmouth, ME 04096	207-535-1200 Hours: 8:00 am to 8:00 pm daily	5 miles

Treatment for Pets

If you require emergency or urgent care for your pets during regular business hours, the following veterinary hospitals are close by:

Freeport Veterinary Hospital 4 Post Road Freeport, ME 04032	207-865-3673
Yarmouth Veterinary Center 75 Willow Street Yarmouth, ME 04096	207-846-6515
Cumberland Animal Clinic 212 Greely Road Cumberland, ME 04021	207-829-5078
Pownal Veterinary Hospital 191 Hallowell Road Pownal, ME 04069	207-688-4843

After regular business hours, call one of the following:

Animal Emergency Clinic of Mid-Maine 37 Strawberry Avenue Lewiston, ME 04240	207-777-1110
Animal Emergency Clinic 739 Warren Avenue Portland, ME 04103	207-878-3121
Maine Veterinary Referral Center 1500 Technology Way Scarborough, ME 04074	207-885-1290 (Open 24/7)

First Aid Room

The First Aid Room is located beneath the Ships Inn Museum, near the path to the Public Dock. The room is always unlocked. You are encouraged to stop by the room and familiarize yourself with its contents, which include:

- Emergency Radio
- Defibrillator (AED)
- Crutches
- First Aid Kits
- Orange Trauma Jump Kit (for fractures)
- Oxygen
- Stretcher
- Bee Sting Kit



Defibrillator (AED)

The island owns an automatic external defibrillator (AED), which is located in the First Aid Room.

Non-medically trained individuals can use this defibrillator to restore normal rhythm to a heart that has gone into cardiac arrest by delivering an electrical shock to the heart. You need only turn on the defibrillator, attach the pads to the patient's chest, and follow the directions that are given verbally by the machine. The machine itself determines if a shock is necessary, and if so, the appropriate level of shock.

The defibrillator is demonstrated yearly on Public Safety Day.

Emergency Numbers

See the insert in the back pocket of this guide (or the BIVC web site, bivc.net) for a list of emergency numbers and other contact information. It is a good idea to post emergency numbers in your cottage where they are easily accessible.