



### MONTHLY ALARM TESTS—2nd reminder

As we think it is important that you have peace of mind on how to test your alarms—we have left this info here for the second month running.

To test the alarms just follow these simple steps:-

1. Phone Knight Support on 2760087-9
2. Ask to speak to the Control Room Manager.
3. Advise him that you wish to test your alarms.
4. He will then advise you what to do.
5. To test the fire and ambulance button he will arrange a test for these as they need reset keys.
6. The Control Room Manager will be able to confirm all buttons are working and which button you have pressed.

**PLEASE NEVER TEST OUR ALARMS WITHOUT PHONING THE CONTROL ROOM FIRST!**

If you wish further information on this contact Rhona on Rpotgieter@knightsupport.com

Thank you !

*Rhona*

# KNIGHT SUPPORT NEWS



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## UK PARAMEDICS RETURN TO KNIGHT SUPPORT

**K**night Support are delighted to welcome back in March Alan Arm and Samantha McLaren.

Alan and Sam are the Clinical assessment Paramedic Team from the UK Ambulance department.

In October last year they assessed every member of Knight Support's Ambulance Department.

They also trained three new Tanzanian paramedics and five new Tanzanian Advanced Emergency Medical Technicians.



Alan With New PM Robert Okala

They were also part of a joint Pass Out Parade with the Knight Support Fire Crews under their UK Instructors from ISAR (featured last month).



Alan & Sam with the AEMT CLASS OF OCT 2009

Alan & Sam put the Ambulance Teams through their paces, demonstrating confined space rescue in a two car pile up.

This Pass Out Parade was attended by **VIP Guest the Honorable Lawrence Masha, Minister of Home Affairs.** What an honor for Knight Support and the Crews to have Hon. Masha present.



Sam, Alan & Hon Masha

Knight Support have never done things by halves—and this time was no exception.

The Fire & Paramedic Crews from the UK wanted the demonstration to be as life like as possible. We had three

'volunteers' one of whom, Joshua Cecchetti the son of a Knight Support Client, met Hon Masha once Josh was successfully recovered from the car wreckage.



Alan, Josh & Hon Masha

Josh had trauma moulage done by another Knight Support Client, Katy England.

The Knight Support Ambulance crews from both Dar & Arusha are looking forward to the upcoming assessments and training.



Alan & Sam on a Medi-Vac to Lindi

**EMERGENCY NO's 0754 777100 or 0784 555911**



# Security Alerts .....

**K**night Support is still providing our clients with **First Aid & Fire Awareness Training.**

Contact Sophie on 0754 777073 or sbuckman@knightsupport.com

Who for ???  
**Everyone!**— send

- Your Ayahs
- Your House staff
- Your Gardeners
- Your private Guards
- Your Kids
- Your wife/Husband
- Your Parents!

**EVERYONE SHOULD KNOW THE BASICS ON HOW TO SAVE A LIFE.**

Its as easy as ....

**A  
B  
C**

Look forward to hearing from you,

*Sophie*



## Rainy Season

As the long rains start in Tanzania it is the time for us all to be extra vigilant.

Crime tends to increase when the rains arrive, thieves feel more secure about going about their business as the rains tends to send all guards into shelter and the noise of the rain tends to blot out or mask their activities.



## Crime Syndicate

Information has been passed to us as follows:-



A syndicate of criminals presenting themselves as sales promoters giving free key rings/holders at petrol stations or parking lots. The gifts have tracking chips on them and they are targeting affluent persons.

**DON'T ACCEPT THEM—  
Be safe not Sorry!**



## Mugger Alert!

A lady has kindly forwarded info about her ordeal at Shrijee Corner at Haile Selassie.

Day time - a man grabbed her handbag from inside her car as she was loading her shopping. He took of in a Silver Saloon Sedan Toyota (mark 2 or Chaser) Reg started with T517.

**PLEASE BE VIGILANT AND DON'T LEAVE YOUR VALUABLES FOR A SECOND!**

## Giving Back to the Community – Part 2

**CCBRT**, a Tanzanian non-governmental organisation, was established in 1994 in response to the needs of people with disabilities in and around Dar es Salaam and the lack of accessible services to them. CCBRT has grown rapidly into a large and comprehensive rehabilitation programme. Today it comprises two community-based rehabilitation (CBR) programmes in Dar es Salaam and Moshi, a disability hospital, and an active international training programme. CCBRT is the largest indigenous provider of disability and rehabilitation services in the country, providing quality rehabilitative services to 120,000 people with disabilities and their caregivers each year. This includes persons with:

- Physical impairments (cerebral palsy, congenital deformities)
- Visual impairments
- Hearing impairments
- Epilepsy
- Intellectual impairments
- Obstetric fistula



### Be a Friend - CCBRT

**W**e at Knight Support are delighted to be the Emergency response providers for our friends at CCBRT—but we can all do our bit to help out—pledge to become a friend by donating \$10 per month contact them on friends@ccbrrt.co.tz

For more information on this Hospital and the work it does— contact them on info@ccbrrt.co.tz or call them on 022 260 2192. Further information can be seen on their website www.ccbrrt.co.tz

## Examples of Co2 Extinguishers



# From the Fire Chief ...



Fires come in all types, from waste paper bin fires to chemical fires. It is important to that we all have a basic knowledge of fire safety and awareness. Best place to start is to explain the different type of Fire Classification and the different types Fire Extinguishers and their correct use.

**FOR FIRE AWARENESS TRAINING CONTACT ME ON** [cmottley@knightsupport.com](mailto:cmottley@knightsupport.com)

Stay safe,

*Chris*



### FIRE EXTINGUISHERS EXPLAINED

This Month we will talk about **Carbon Dioxide (Co2) fire extinguishers.**

A Carbon Dioxide fire extinguisher **will not work well for type 'A' fires.** The blast from a CO2 extinguisher is bound to spread pieces of flaming paper and slivers of wood across the area and cause it's spreading. While its use in 'D' type fires will only cause more damage by reacting to the combustible metals.

**A Co2 extinguisher is recommended for types 'B' and 'C' fires.** Type 'B' fire is caused by **flammable liquids**: diesel, petrol, oil, paint, solvents et al. Fire caused by **flammable gas** like propane and butane also fall under the CO2 extinguishers. Because of its non-damaging effects, experts advice the use of the CO2 on electrical fires. Using the CO2 on computers or appliances or any electrically dependent thing poses no damage and guarantees no short circuits.

The Carbon Dioxide Fire extinguisher is a liquid compound packed in its cylinder. Its dispersal in the air converts it from liquid form to a mist-like dry ice compound that spreads like a blanket over the flames. This cool compound neutralizes the oxygen that sustains the fire's combustions.

It is by removing one of the elements of fire that prevents the fire from igniting once more. When spraying on a type 'B' and 'C' flame calls for a spray aimed at the base of the fire a few feet away from the fire. Spraying should go from side to side with the base of the fire its main aim.

A common mistake is made when the flame is sprayed by a Co2 extinguisher from above, this would spread the fire and smoke in all directions, and at the same time pose great danger for the fire extinguisher operator. Another noted error in using the CO2 extinguisher is holding the nozzle by its horn for better aim. Doing this will only result to a frozen hand or 'cold burn'. Some fire extinguisher manufacturers have treated their nozzles in 'Frost Horn', unless indicated, only then can anyone touch the horn.

### FIRE CLASSIFICATION



#### Class A

Ordinary  
Combustible material



#### Class B

Flammable  
Liquids



#### Class C

Flammable  
Gases



#### Class D

Combustible  
Metals



#### Class E

Electrical  
Equipment



#### Class F

Cooking Oil or  
Fat

**REMEMBER SAFETY FIRST - GET OUT—STAY OUT!**