

ESOs: Creative Protection

by Phyllis Rieger

Sometimes we all "wear more than one hat" when doing our jobs. But some PPPL employees literally have two hats to wear when doing theirs.

Emergency Services Officers (ESOs), part of the Department of Public Safety, are multipurpose public safety officers who perform the functions of both a security officer and a firefighter. In the event of an emergency, ESO personnel in effect take off their blue security hats and put on their firefighter helmets.

"These officers are unique," explained Allan Guyet, Managing Director of Public Safety for the Forrestal Campus. "An ESO is cross-trained in security and firefighting and, in many cases, is an emergency medical technician. It's a combination that is unusual."

The ESOs are assigned daily to security posts; however, when emergency conditions exist they respond and assume their emergency duties. They provide 365-day coverage for the Forrestal Campus and PPPL's College Road Offices. This Department of Public Safety consists of 5 fire captains, 5 drivers, 20 emergency service officers supported by 1 operations supervi-



(Photo by John Peoples)

Emergency Services Unit members, left to right, Tom Furman, Gregg Tompkins, and Tom Brophy stand by new PPPL fire truck.

sor, 3 sergeants and 5 communications officers.

Al said, "Essentially, the ESO position evolved as budgets became thinner and the Laboratory looked for creative ways to consolidate services."

According to Jack Anderson, Deputy Director of Public Safety, "Combining security and emergency functions into one job has proven cost-effective but maintaining on-going training is sometimes difficult."

He explained an ESO must successfully complete a mandatory training program that provides a firefighting certification prescribed by Standards of the Occupational Safety and Health Administration and the National Fire Protection Association. ESO personnel must also complete an initial 120-hour academy course for basic firefighter certification, 180 hours of emergency medical technician (EMT) training and 24 hours of hazardous material training. Additionally, officers must

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(Photo by John Peoples)

Cycle Club Says Thanks

PPPL employees Debbie Anastasio and Ronnie Koon, who collected toys and canned goods as part of a toy "run" sponsored by Breed MC, a motorcycle club, say thanks.

"We had 8 boxfuls of goods to deliver to the Delaware Valley Medical Center on December 17th," said Debbie who had been collecting contributions in a huge box outside of the Print Shop.

"It's a good feeling to know that you've helped others have happy holidays," she said. "PPPL employees have a generous spirit and it's very appreciated."

complete an annual EMT certification training, 100 hours of "hands-on" fire-fighting training and 16 hours of "hot training," simulating actual fire situations.

"We utilize the Mercer County fire grounds in the spring and the fall for training," said Jack who explained officers participate in rigorous training exercises, sometimes under the worst of conditions.

"Last November we were training and it was the coldest, windiest day of the year," said Jack. "Our firefighters, who were battling a simulated building fire had icicles hanging off their gear."

Security Functions

Regarding security functions, Al Guyet pointed out the officers have multiple responsibilities which employees may not know. Besides staffing the C-Site entrance security booth and the Communications Center, officers are assigned to patrol the Lab on foot and by car.

Al explained that we now have a crime prevention program in place, consisting of surveys, monthly announcements, etc. He also stressed that Public Safety has a policy of providing escorts to people during evening hours. He said if someone wants an escort to the parking lot, he/she needs only to call Security at Ext. 2536.

Firefighting

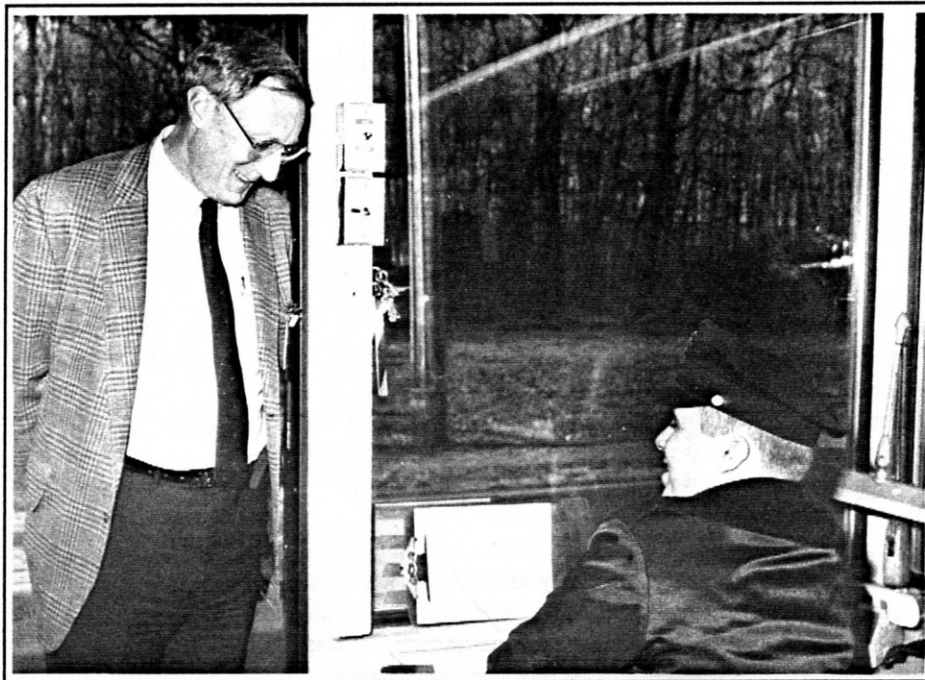
Firefighting responsibilities include 305 and 307 College Road as well as C and D Sites. As a community service, PPPL has a mutual aid agreement with the Plainsboro Township Volunteer Fire Department and Volunteer First Aid Squad and often responds to emergencies on Route 1 and surrounding areas. The Public Safety Unit also coordinates emergency preparedness activities including reviewing and updating the Laboratory's plan(s).

The ESOs respond to about 40 fire calls, 30 first aid cases and about 5 hazardous material incidents per year. Members of Emergency Services issue about 1300 flame permits and, on an average, about 90 fire wall penetration permits yearly.

Other tasks performed by this unit include fire safety walk-throughs including testing and inspecting of the fire detection and protection systems. The Unit also provides training and certification programs for PPPL personnel including training in CPR, fire extinguisher safety and handling, and basic first aid.

On the Move to C-Site

During January 1989 the Department of Public Safety—Forrestal Division will be relocating into the C-Site Firehouse, second floor, formerly occupied by the Occupational Safety Branch Office. Employees will now go to this site for photo identification badges and parking decals instead of the Chem Sci Bldg at B-Site.



(Photo by John Peoples)

Jack Anderson, Deputy Director of Public Safety, checks at C-Site entrance security booth with Emergency Services Unit officer, Bert Allen, III.

Begin Spring with EMT

The Princeton Emergency Medical Technician Association will be conducting its Spring 1989 basic course at PPPL beginning Wednesday, January 25. The course is intensive and extensive and covers several subjects ranging from soft tissue injuries to hazardous materials and environmental emergencies. Registration is Monday, January 9 at 7:30 p.m. and questions about course content, fees, etc. can be answered by Gregg Tompkins at Ext. 3166.



Joyce Comes Home

Jack Joyce is back. Well, not quite back to the Lab yet, but back in New Jersey. Jack, who was seriously injured in a car accident in Wyoming during the Thanksgiving holidays, arrived home December 13th. By all accounts he is doing well—he may even be able to return to the Laboratory sometime early in the calendar year. According to his wife, Ann, he is in good humor and, in fact, has never lost his sense of humor during the entire ordeal.

Ann said Jack was overcome by the volume of cards, notes, and letters he has received. They both wish to express their thanks for everyone's support and their gratitude for all the good thoughts and prayers sent in Jack's direction. They helped. ✨

U.S. and Japan—Thinking Together

by Phyllis Rieger

The New Year begins at PPPL with another in the series of U.S.-Japan Workshops on Fusion Theory which will be held from January 9-13 in the Melvin B. Gottlieb Auditorium. Several dozen of these workshops have been held in the past, with the locations evenly divided between the U.S. and Japan.

Sponsored by the Joint Institute for Fusion Theory, the workshop focuses on kinetic modifications of MHD modes, second stability and alpha particles in toroidal systems. PPPL will welcome a delegation of five Japanese scholars as well as other physicists from throughout the United States.

PPPL workshop organizers include physicists Gregory Rewoldt and C.Z. (Frank) Cheng and assistant, Barbara Sarfaty. *



(Photo by Dietmar Krause)

U.S.-Japan Workshop on Fusion Theory organizers are, left to right, Fank Cheng, Barbara Sarfaty, and Greg Rewoldt.

Cafeteria to Increase Prices

For the first time in over five years, an across-the-board increase in the C-Site cafeteria price structure is necessary. It is scheduled to take place early in January.

According to Stefano Bernabei, Chairperson of the Cafeteria Advisory Committee, the increases are due to higher food prices, increased operating expenses, and, to a lesser degree, "stock piling" by PPPL employees of condiments, packages of sugar and creamer, plastic utensils, and paper goods. He said, "The cafeteria is subsidized by the Laboratory and the prices are generally lower than that of other local eateries. Over the last few months, we [the Cafeteria Advisory Committee] have explored many options with Brock and Company [the vendor which runs the cafeteria] in trying to find ways to economize without affecting operations. In the end we found it necessary to raise prices."

The Cafeteria Advisory Committee members are Stefano, Tim Bennett, Olga Bennett, Barry Cohen, Tony DeMeo, Jerry Hart, and Dottie Pulyer. Victor Gambino, from Procurement, also attends meetings offering expertise when needed. In the near

future a survey of PPPL staff will be taken regarding all cafeteria operations. Remember, this is *your* cafeteria. If you want to have a say in how it operates, it is essential *you* take part in the survey. *

For Holiday Parties:

Designate a Driver

During this holiday season, there will be many parties offering celebrations of good cheer. As public transportation is not often available for getting to and from a party, driving becomes the only alternative. AAA [Automobile Association of America] recommends that a designated driver be chosen from among those who plan to drive to a party where alcohol will be served.

The designated driver concept is catching on in many areas of the country, and choosing one person in each group to remain sober for the entire party and drive others home makes sense. It allows everyone to have a good time without worrying about the journey home.

AAA offers the following suggestions for choosing a designated driver and promoting the concept:

- *Request that local bars and restaurants support a designated driver program.* Community reinforcement is

very important in starting a program and keeping enthusiasm alive.

- *Support a designated driver program in establishments you patronize.*
- *Make certain that a designated driver arrangement is made at every party you host.* Award a small gift to the individual in a group who decides not to drink and thereby assures a safe ride home for the other guests.
- *Respect the designated driver's decision.* Don't try to convince that person to drink alcohol.

Not to drive after drinking must be a conscious decision and requires conscientious effort whatever the circumstances. There will always be other parties, but each of us has only one life. The designated driver program is one way to preserve life. Let's all have a safe holiday.

[Reprinted courtesy of the AAA Automobile Club of Central New Jersey.] *

Site Roads Closed

As of December 8th, roads leading to the A-Site area were closed to all motor traffic. Posts and chains with reflectors were placed across all access roads to the site. In case of an emergency, keys are at the Princeton University Security Department and PPPL Maintenance. *

Enjoy Partying

(Without Gaining Weight)

There's more to the holiday season than chestnut stuffing, marzipan cookies, roast goose, little chocolate bells wrapped in foil, and candy canes.

'Tis the season to be jolly, but not necessarily to stuff your face. In other words, it IS possible to have a fun and memorable holiday season without gaining 15 pounds by the time New Year's Day rolls around.

While few people would suggest the month of December as the ideal time to begin a diet, there's no need to sabotage a diet in progress or to be forced to go on one next month simply because of damage done now. All it takes is a commitment to good nutrition and a few suggestions:

- **Increase your exercise.** If you burn up more calories, you can sneak that extra helping of gravy onto your plate. Promise yourself that for the month of December you will skip the elevator and hike up the steps; park in the last row of the parking lot and walk briskly to your office. Even little adjustments help.
- **Focus on other aspects of the holiday besides food.** Promise yourself, for example, a new outfit to wear to the company Christmas party; but also promise yourself you'll be good at the party!
- **Eat before you go.** Have dinner before the party so you won't be tempted by high-calorie treats.
- **Hang out by the raw vegetable platter.** Instead of planting yourself in front of a buffet table or next to a platter of pizza appetizers, stand near the vegetable tray and snack to your heart's content on raw veggies. A word of caution, however; go easy on that tasty dip. It's probably laden with calories.
- **Stick to wine spritzers, diet soda, or mineral water.** This not only makes sense, calorie wise, but also makes for safe advice if you have to drive home.
- **Reduce portion sizes.** If you can't say no to that mince meat pie or fruit cake, then the next best thing is to eat just a sliver. But, dieter: Know thyself! Some people can't eat just a little piece, and if you're one of those, then it's better not to take even a taste!

But, perhaps, the best advice of all is to focus on the spirit of the holiday season—not the food that goes with it. ✨



Have a good holiday. Best wishes for 1989!