



By Cory Soal  
R.H.A.D.

## ... Lend Me Your Ears

### COUNSELLING THE NEW HEARING AID USER

The following few tips, if followed correctly, will prolong the benefits and enjoyment of better hearing:

- Do not get the hearing aid wet
- Do not leave the instrument where it is too hot or cold
- Try not to drop the hearing aid
- Do not spray cleaning solution or hair spray on the instrument
- Keep the instrument and batteries out of the reach of small children and especially pets

If any of the above problems do occur, please don't hesitate to call.

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## NEWS

# WITH FULL GEAR, EVERY MOVEMENT IS A WORKOUT

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I clumsily flail the axe along the floor, but it's hard to even keep hold of the firefighter's jacket.

The training officers assure me, these are typical conditions in a real house fire, only the smoke would be darker and obviously the heat would be much more intense.

Firefighters are trained to stay low to the ground, where visibility is slightly better and temperatures are cooler, so we slide along the outer walls on one knee.

Without gear this would be tough, but in full gear, weighing around 75 pounds, including the 45-pound air tank on our back, every movement is a workout.

When my training partner gets too far ahead of me, I lunge into the abyss, hoping to see his familiar firefighter-issued jacket.

It's hard to get a sense of distance in the house, one moment we're in a bathroom, but we go out a door I don't think we came

in, and then we're in a living room.

My partner sweeps his hand over the fabric of a couch in the room searching for one of the "victims" we're looking for. When he's sure it's empty he heaves the furniture out of our way and into the middle of the room.

After what seems like either five or 45 minutes, we're back at a familiar doorway, the one we came in through. There's little room for discussion and the breathing apparatus whooshes in my mask with every inhale, but we slide toward a staircase.

With all the gear, the house feels a lot smaller, our shoulders scrape through every door frame and on the stairway fire hoses carried in by another team take up the majority of each step.

We find the child dummy in one of the upstairs bedrooms, and it's my responsibility to carry our first subject to safety. We clumsily feel our way back down the stairs.

When we get back to the door we came in by, I try the knob and

it turns and turns, and even though this is all an illusion, it's panic-inducing.

I pull on the knob and the door still doesn't move. In the chaos, the fridge next to the door has been bumped over the frame, blocking us in. I shove it out of the way, and we step out into what should be fresh air, but now, blood pumping, heavy breathing, my insulated suit is insulating me from the cooler fall weather.

That's it, I think, we've done it, but we need to go back for the other target, a man.

Physically, going back in is more demanding the second time around, and while navigating through the smoke isn't any easier, it's at least familiar.

We retrace our steps, up the narrow stairs, and feel our way through the rooms, finding the man in the last place we need to look.

My partner grabs the torso and I grab the legs but my grip is weak and my arms are heavy, and the prospect of dragging this 150-pound sack down the stairs

seems impossible.

"Leave your axe," my partner advises, "the person is more important."

Axe-free, I still can't get a good grip.

Thankfully, the firefighter in training offers to carry the dummy single-handedly.

We make it back out, and I'm exhausted, the entire drill has taken at most fifteen minutes, but I'm frantic to get a fresh, cool, breath of air.

In fifteen minutes, we've saved two people, and in reality, a firefighter might repeat this process over and over and over for hours, with only a few minutes to rest between treks.

My partner, of course, goes back into the house to retrieve my abandoned axe.

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**CBI HEALTH CENTRE**

**Q: My pain comes and goes for no apparent reason, what can be done to figure it out?**

**A:** Physiotherapists are expert detectives when it comes to figuring out pain patterns. It is common for pain from postures or activities to go unnoticed when the individual is concentrating on something else (like data on a computer, conversation or sports). In other cases the painful tissue may lie deep within the body and therefore may not have the pain receptor density that is required to give instant feedback, but is sufficiently sensitive to react to inflammatory chemicals once they have had time to accumulate, often long after the aggravating activity has stopped. This produces a time lapse between the cause and effect making self assessment very difficult. Your physiotherapist is very skilled at identifying these subtle sources of aggravation.



**Gerry Ross**  
H.B.Sc. PT, MCPA, FCAMT

318 GUELPH ST., GEORGETOWN • T: 905.873.7677  
[cbi.ca/web/physiotherapy-georgetown](http://cbi.ca/web/physiotherapy-georgetown)