



Fireline

Dedicated to the Community We Serve

A Publication of King County Fire Protection District #40

Summer 2013

Fireline Chatter

Ham Radios Still Relevant

Is amateur (ham) radio relevant in the day of the smart phone? The words amateur radio may conjure up the vision of someone hovering over a hissing box listening for the crackling of a distant voice. These hobbyists still exist and have contributed greatly to the advancement of radio technology but there is another motivation for the use of ham radio.

As recent events have shown us, an emergency or disaster can disrupt normal communication systems, including telephones and two-way public safety radios. Amateur radio has been proven to work when other systems break down. Renton Emergency Management has incorporated amateur radio into its emergency plans by working in cooperation with the Renton Emergency Communication Service (RECS).

RECS is a non-profit team of amateur radio operators who volunteer their time and skills to support the City of Renton and its service area, including Fire District 40. RECS (under the direction of Renton Emergency Management) provides alternate communication resources by operating from various amateur radio stations located throughout the Renton Fire service areas, including the newly remodeled Station 17 on Petrovitsky Road. For more information about RECS or amateur radio visit www.RentonECS.net.

In This Issue...

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Voters Approve Benefit Charge

On April 23 voters overwhelmingly supported the reauthorization of the Fire District #40 Fire Benefit Charge. Voter results reflect the continued support of the Fire Benefit

Charge, which provides the district with a stable funding source to protect citizens and property within the district. The fire district coverage area includes the Fairwood and Lake Desire area.

Thanks to the voters, Fire District 40 will be able to continue to provide a consistent level of funding and services to the fire district for the next six years. Election results show



the measure passed with 87% of voters favoring continuation of the Fire Benefit Charge.

Reauthorization of this charge will help Fire District 40 to maintain

consistent staffing of our fire engine and aid unit response, and to provide safe and well-maintained modern apparatus to serve the community.

The original benefit charge was first authorized in 1990 when the citizens of Fire District 40 voted to approve the use of the benefit charge method of funding. Voters have consistently reauthorized its use in 1995, 2001, 2007, and now in 2013.

Station 17 Open House June 22

The remodel of Station 17 is nearly complete and final details are being ironed out for an open house and station dedication to be held June 22 from 10 a.m. to 3 p.m. The new layout of the station includes seismic upgrades, a new fire sprinkler system, a conference/training room, a dedicated ham radio room, and improved livability and dorm rooms for firefighters.



Further details about the event will be posted on the district website at fd40.com as they become available.



Fire District 40 Commissioners are elected officials who represent the concerns and interests of you, the citizens of the community. The Commissioners oversee finances, equipment, capital improvements, and general fire department operations.

The Commissioners meet at 5 p.m. on the second and last Thursday of each month at Station 13, located at 18002 108th Ave SE.

The Commissioners are always interested in what you have to say, so please feel free to attend the meetings to learn more about what is going on in your fire department. There is an opportunity at the end of the meeting to ask questions or share your ideas and concerns. If you are unable to attend the meetings, feel free to e-mail or write to us.

Fire District 40 Commissioners:
Linda Sartnurak, Position #1
Charlotte Ryan, Position #2
Michael R. Warfel, Position #3
Steve Parsons, Position #4/Chair
Ronnie Little, Position #5/Vice Chair

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Visit fd40.com for more information.

A Note From Chief Peterson

On behalf of the dedicated men and women who serve you, thank you for the overwhelming support to continue the Fire Benefit Charge. We sincerely appreciate your commitment and trust. This support comes with the responsibility to ensure we are being good stewards of your dollars to provide quality service to the community.



future. I would like to thank the entire project team for their diligence in completing the improvements on time and within budget.

I look forward to Station 17's Open House on June 22nd. Please plan on attending to meet the commissioners and firefighters who serve you and see the newly remodeled station.

I am excited as we prepare to move into the newly remodeled Station 17. For the last year the engine crew has lived in a small cramped apartment while the contractors have worked on this project. As with any remodel project on a 40-year-old building, challenges and surprises popped up and solutions had to be found. The end result is a building that will continue to serve you well into the

Finally, In this issue we talk about stroke awareness. Please become familiar with the signs and symptoms of a stroke. Remember the earlier the intervention, the greater the possibility less damage will occur.

Sincerely,

Chief Mark Peterson
Fire District 40/Renton Fire Dept.
Emergency Services Administrator

Thank You For Your Support!

On April 23, the Board of Commissioners asked the voters of Fire District 40 to go to the polls to renew the benefit charge. The voters have once again, for the fourth time, shown their support for their Fire District by renewing the benefit charge.

The benefit charge is part of your Fire District's funding mechanism, which allows your Board of Commissioners to provide staffing for an engine company and aid car 24/7 to respond to your emergencies. This funding also allows your Board to purchase and maintain those engines and aid cars to provide for that essential service.

In addition, the benefit charge will provide additional funds for the remodel and maintainance of Station 17, your fire station. This remodel, which was just completed, has

provided for an up-to-date, safe facility with the necessary equipment for your firefighters to respond to your emergencies. It also provides for additional programs within the Fire District, such as citizen CPR classes and Heart Month.

Without your support, your Board of Commissioners would not be able to provide for your essential emergency needs.

On behalf of your Board of Commissioners, I want to thank the citizens of Fire District 40 for the continued support of your Fire District. It is an honor and a privilege to serve you.

Sincerely,

Steve Parsons
Fire District 40 Commissioner
Position No. 4/Chair



Get To Know Your Firefighters: Keith Adams

Firefighter Keith Adams

Keith Adams was raised in the Fairwood area of Renton and first entered the fire service as a volunteer for Fire District 40. He graduated from Kentridge High school a week early in 1983 to attend an EMT class and accept a position as a Resident Firefighter with District 40. Later he became a Resident Firefighter at District 25 and worked as an EMT for Mercy Ambulance, before taking his first full-time Firefighter position at Sub Base Bangor.



In 1986 Keith accepted employment with Fire District 40 and started work with the City of Renton through the merger in 2008.

Keith and his wife Colette, who is employed as a teacher in Kent, have two daughters; Alysa (23), who graduated from WSU last June, and Hope (13), who is in 7th grade at Mattson Middle School.

Keith and his family have always been very active and enjoy the outdoors. In the past there was a lot of snow skiing, hiking, biking, water skiing, and boating. Keith worked side jobs as a life guard and snow ski instructor.

These days Keith's time off is filled with watching soccer—both his wife and younger daughter are die hard players—and he has become a big fan. Although Keith is still trying to figure out what he wants to do when he grows up, Keith loves the opportunity he has had to serve the community he was raised in.

Every Home Should Have a Fire Extinguisher

At least one fire extinguisher should be installed in plain view above the reach of children in every home. They should be positioned near escape routes and away from stoves or heating appliances.

Keep an all-purpose fire extinguisher in an accessible place and make sure everyone in your home knows how to use it. A multi-purpose fire extinguisher is best. Look for the

rating to be at least 2A:10 B:C on the label. This type of extinguisher can be used on any commonly caused type of fire.

Extinguishers should be inspected and serviced based on the manufacturer's service schedule. Rechargeable models must be serviced after every use. Disposable fire extinguishers can be used only once, then must be replaced.

If you have a fire, always call 911 first and then proceed as follows to operate an extinguisher, using the PASS system:

- **PULL** the pin out to unlock the operating lever.
- **AIM** low; point the extinguisher nozzle (or hose) at the base of the fire.
- **SQUEEZE** the lever below the handle to release the chemical.
- **SWEEP** from side to side, moving carefully toward the fire. Keep the extinguisher aimed at the base of the fire and sweep back and forth until the flames appear to be out. Watch the fire area. If the fire re-ignites, repeat the process.



Free Monthly CPR Classes

Fire District 40 offers monthly free "Friends and Family" CPR classes at Station 13 (18002 108th Ave SE). The classes are held every third Tuesday of the month at 6 p.m. Pre-registration is required, call 425-430-7104.

Instruction includes CPR for adults, children, and infants. No first aid will be taught at this time, but an introduction to Automatic External Defibrillator (AED) awareness will be offered. Each class will last approximately two hours, with a minimum of eight students and no more than 25 students. Children under the age of 12 should not attend.

A card of completion will be issued at the end of the class. Please note that this class is not designed for healthcare providers.



Follow Simple Tips To Make The Best of Summer

Water Safety Tips

- Make sure all family members know how to swim.
- Always wear a lifejacket when boating in lakes, rivers or Puget Sound.
- It's best to swim only in designated areas with lifeguards. If that is not possible, wear a lifejacket.
- Be especially careful when swimming, boating, tubing, or rafting in rivers due to dangers from currents and cold temperatures. The best decision may be to not enter the water.
- Have infants and children wear a lifejacket when in or near open water.
- Supervise children and teens when they are in or near all types of water. Ensure supervisors are close enough to provide immediate rescue to children.
- Do not drink alcohol when swimming, boating, or supervising children.
- Learn CPR.



Tips for Staying Cool This Summer

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration status, and be sure to drink plenty of fluids. Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.
- Try to stay in relatively cool areas, even when outside. Many public places such as libraries, shopping malls and movie theatres are air conditioned.
- Avoid hot enclosed places, such as cars. Never leave children unattended in a parked car.
- Stay on the lowest floor of your building.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.

Fireworks Rules: Play It Safe This Fourth of July

The Fourth of July is the busiest day of the year for firefighters throughout the region. Every year serious injuries occur and property is destroyed as a result of fireworks. We're asking for your help to make this a safer, less destructive Independence Day.

Attend A Public Fireworks Display

Skip the trip to the fireworks stand and attend a public display instead. This is the safest way to enjoy fireworks.

Observe Bans and Restrictions

Fireworks are banned in many cities, including Renton. In unincorporated King County and District 40, fireworks can only be discharged on July 4 from 9 a.m. to midnight. Fireworks are not allowed in parks or on school property.

Don't Use or Tolerate Illegal Fireworks

On July 4, many people who are good citizens the rest of the year see no harm in breaking the law by setting off illegal fireworks. It's time for a change. Don't use illegal fireworks and don't tolerate the use of illegal fireworks by family members, friends or party-goers. Fireworks purchased on tribal lands, out of state or over the internet may be illegal.

Firecrackers, bottle rockets and skyrockets are all illegal to possess and discharge.



Before You Light the Fuse, Consider the Consequences

No matter how cautious you are, you cannot control where aerial fireworks will land. That bottle rocket you set off in fun can have tragic results if it lands on your neighbor's wood deck or roof. In King County

fireworks have caused millions of dollars in damage and have displaced numerous households throughout the years. In nearly all cases, the fireworks were set off by someone other than the fire victims.

Fourth of July Fireworks Rules

In unincorporated King County:

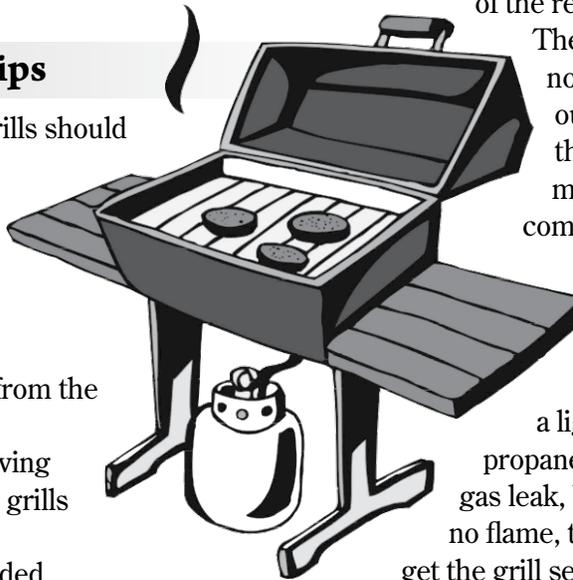
- Fireworks may be discharged only on July 4 from 9 a.m. to midnight.
- Fireworks sales are legal beginning at noon on June 28 until 11 p.m. and then daily between the hours of 9 a.m. and 11 p.m. through July 4. No sales can occur after July 4.
- To purchase fireworks you must be at least 16 years of age with photo identification.

Here Are Some Tips For A Safe Barbecue Season

Fire in the grill, under hot dogs and burgers, is a welcome sight at the family cookout. But fire anywhere else can make your summer kick-off barbecue memorable for all the wrong reasons.

A Few Simple Safety Tips

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.



using newspaper as a fuel. If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. Keep charcoal fluid out of the reach of children and away from heat sources.

There are also electric charcoal starters that do not use fire. Be sure to use an extension cord for outdoor use. When you are finished grilling, let the coals completely cool before disposing in a metal container. Do not place ashes on or near combustibles.

Propane Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off the gas tank and grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department.

If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

Charcoal Grills

There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal

What Is A Stroke? Know The Stroke Warning Signs

What is a Stroke?

A stroke can cause serious brain damage, disability, or even death. Acting quickly if you think you are having a stroke can save your life. A stroke comes on suddenly. You may not be sure what is wrong or if it is a stroke, but it is important to call 9-1-1 right away. Do not drive yourself to the hospital. Talk to your family or friends about the signs of a stroke and the need to get help right away. Make a plan in case you are unable to talk or tell them what you need. You should know the signs of a stroke.

Stroke Warning Signs

Stroke signs occur suddenly and may include one or more of the following:

- Weakness or numbness of the face, arm, or leg.
- Trouble speaking or understanding that occurs suddenly.
- Problems with your vision.
- Trouble walking or keeping your balance.
- Dizziness.
- Severe headache for no reason.

Having A Stroke? Use F.A.S.T. Test

Use the F.A.S.T. test for recognizing and responding to stroke symptoms:

- F = FACE:** Ask the person to smile. Does one side of the face droop?
- A = ARMS:** Ask the person to raise both arms. Does one arm drift downward?
- S = SPEECH:** Ask the person to repeat a simple sentence. Does their speech sound slurred or strange?
- T = TIME:** If you observe any of these signs, it is time to call 9-1-1 or get to the nearest stroke center or hospital.

You can lower your risk for a stroke. Talk to your health care provider about what you can do to reduce your risk.

Source: National Stroke Association. www.stroke.org

Firefighters Train For Emergency Response

Firefighters regularly train for all kinds of disasters and emergencies to be better prepared for when real disasters and emergencies happen. Training exercises may include any number of scenarios that are meant to recreate real-life events that have occurred to firefighters throughout the centuries.

Recently your firefighters held an exercise that involved

recovering an “injured firefighter” from a “burning building,” and locating and “rescuing” a “victim” trapped in a “burning building.”

To create the feeling of a darkened, smoke-filled environment firefighters were

masked with a black fabric that completely blocked their ability to see.

Once the firefighters were

masked, they entered the building as a team and were then told the scenario.

In this case, the hypothetical scenario was that as the firefighters were leaving the “burning” building, one of the firefighters was incapacitated and remained behind somewhere in the building. Their job is to follow the fire hose back into the building until they locate the firefighter, assess the situation, then using the built-in strap that all



firefighters have sewn into the shoulders of the jacket, they pull the firefighter to safety. To accomplish this task, the firefighters must first locate the firehose (remember, they’re completely blind-folded), then slowly work their way back into the building following the hose (photo 1). This can be a difficult and arduous task, as the hose may wind through narrow hallways, up stairs, and loop through rooms and around other structures in the building.

When the firefighters reach the end of the hose (photo 2), they then begin to feed out a safety rope and crawl along a hallway laying out a the rope as they go (photo 3), all

the while feeling and listening for the downed firefighter— firefighter gear is equipped with a device that emits a very loud screeching alarm when a firefighter is motionless.

Once the incapacitated firefighter is located (photo 4), firefighters then attempt to assess the condition of the firefighter and determine if the firefighter can move on his own power. If not, the team then

begins to pull the incapacitated firefighter back the way they came, retracing their steps by following their safety rope trail and their fire hose to safety (photo 5 & 6).



BE FIREWISE! Fire Safety Tips For Rural Homes

Firefighters need your help. Use the tips below to to prepare your home and protect your family and animals from wildfires.

Survivable Space

Maintain a LEAN, CLEAN and GREEN safety zone of wildfire defense 30 feet around your home. Reduce the wildfire threat to your home by managing flammable vegetation.

LEAN

- Prune shrubs and cut back tree branches, especially within 15 feet of your chimney.
- Keep trees and shrubs pruned. Prune trees 6 to 10 feet from the ground while keeping live tree canopy around 1/2 of the total height of the tree.

CLEAN

- Remove all dead plant material from around your home; this includes dead leaves, dry vegetation and even stacked firewood.
- Take out “ladder fuels,” vegetation between grass and tree tops. These fuels can carry fire between foliage and structures.
- Maintain your lawn. If brown, mow to 2 inches high. Mow dry grass and weeds.
- Remove dead or dying plant material. Mulch plant material away from structures. Dispose of cuttings and debris by recycling.
- Remove flammable plants like ornamental junipers that contain resins, oils or waxes and that collect dead needles or leaves within the plant.
- Keep potentially flammable (dry) mulch and landscaping well away from structures. Use a 3-foot wide swathe of crushed rock, gravel or other noncombustible materials around structures.

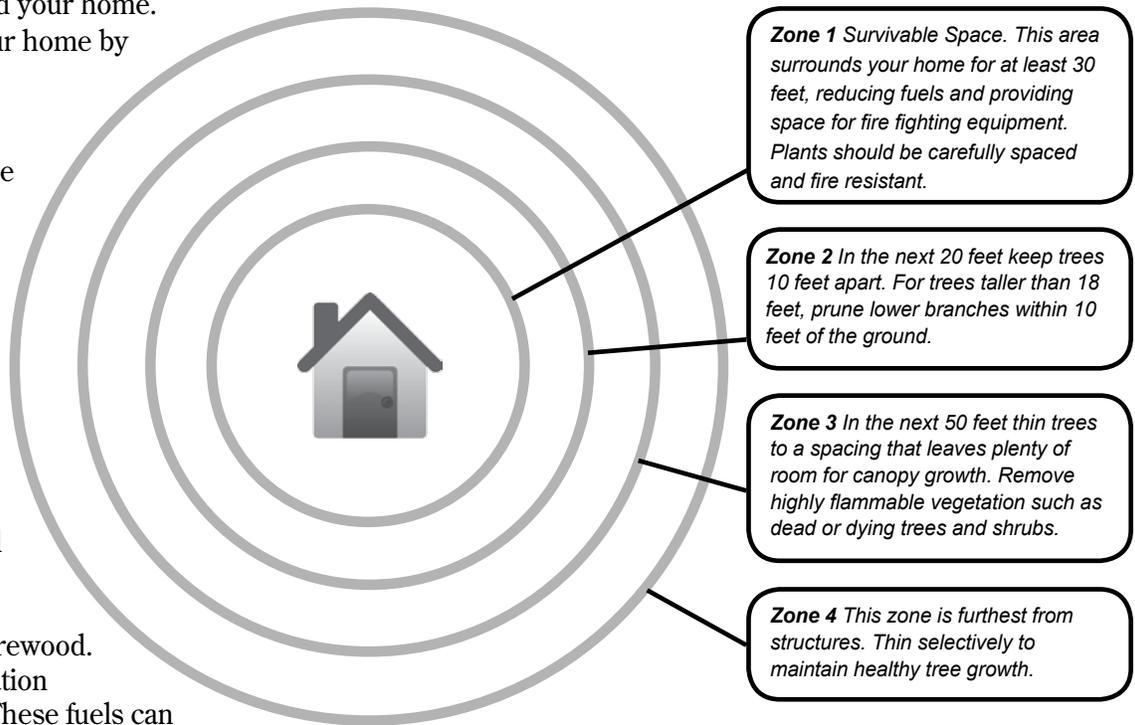
GREEN

- Plant fire-resistant vegetation that is healthy and green throughout the year.
- Space the trees and shrubs you plant in small groupings or individually and leave enough room between them to reduce spread of fire.
- Use native plants; they are adapted to our area and usually remain healthier and are often more fire resistant. For more information visit “Go Native.”

Fire-Resistant Roof Construction

Fire-resistant roof construction materials include Class-A asphalt shingles, metal, tile, slate and concrete products.

- Construct a fire resistant sub-roof for added protection.
- Keep your gutters, eaves and roof clear of leaves and other debris.



Fire-Resistant Exterior Construction

- Use construction materials that are fire resistant or non-combustible when possible.
- Use exterior wall materials that resist heat and flames.
- Consider window size and materials. Smaller panes hold up better than larger ones; double-pane and tempered glass are more effective against fire than single-pane glass; and plastic skylights can melt.
- Cover exterior attic and under floor vents with wire mesh to prevent sparks from entering your home through vents. Use 1/8-inch mesh or smaller.

Fire-Resistant Attachments

- If you are attaching a wood fence to your house, use masonry or metal as a protective barrier between fence and house.
- Use non-flammable metal when constructing a trellis and cover with high-moisture, fire-resistant vegetation.
- Don't let combustible materials and debris accumulate under patio decks or porches. Screen areas below the deck or porch with 1/8-inch wire mesh.



King County Fire Protection District #40
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King County Medic One/EMS Saves Lives

King County Medic One is a critical link in our regional Emergency Medical Service (EMS) system providing high quality, advanced patient care to King County. Due to the high standards of training and education King County is considered one of the best places in the world to have a heart attack. To this day, the Medic One programs throughout King County are considered models for much of the world.

Medic One brings the latest equipment and medical knowledge directly to the scene of an emergency, saving lives and time. Medic One is delivered on a regional basis so that no matter where you are in King County, whether at work, play, at home, or on the road, medical triage and delivery is consistently high quality medical care.



Because of our strong program, cardiac arrest victims in King County are 4 to 5 times more likely to survive compared to other regions. That's the highest survival rate in the country. In 2011 survival rates for cardiac arrests were 52%. In other metropolitan areas, with lesser EMS systems, the survival rates are between 2% to 5%. For example, survival rates in New York are 5%, Detroit less than 1%, Los Angeles 7%, and Chicago 3%.

Roughly 10% – 1 out of 10 – of King County residents have used our Medic One/EMS system. Medic One serves nearly 2 million people in King County and responds every 3 minutes to a medical emergency. In 2011, firefighters/ EMTs responded to more than 164,000 calls in King County. More than 45,000 of those calls required critical medical assistance.
