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SOUTH KING FIRE & RESCUE

31617 1st Avenue South, Federal Way, WA 98003
www.southkingfire.org

Spring 2006

“Serving the citizens of Greater Federal Way and Des Moines”

Name Has Changed, the People the Same

Federal Way and Des Moines Fire Districts Officially Merged January 1

As the big red fire trucks roll out of the stations in Federal Way and Des Moines, you may notice a new name—South King Fire & Rescue – but the same firefighters you’re used to seeing will still answer the call of duty.

Last September, 80 percent of Des Moines voters agreed to merge their fire services with the neighboring fire district in Federal Way. January 1 officially marked the beginning of South King Fire & Rescue.

“Our new name reflects the efforts of many in forming a merged fire district, one that stands ready for you, continuing to provide professional, caring services to the communities of greater Federal Way and the city of Des Moines,” said Co-Fire Chief Al Church.

The citizens in Des Moines now have a minimum of five firefighter-EMT’s responding from the station 24-hours a



South King Fire & Rescue stretches 40 square miles and serves 150,000 citizens. There are at least 27 firefighters on-duty 24 hours a day, seven days a week.

day who are trained in special rescue teams. A Battalion Chief is also on-duty 24 hours a day. The City of Des Moines now has direct access to public education and prevention services.

The greater Federal Way community now has a marine

unit trained and ready for water rescue, which was previously received through mutual aid from former Des Moines Fire. Overhead costs will be reduced with the combination of both district’s business and administrative offices.

“We are your advocates charged with maximizing resources and creating efficiencies within the fire district. With the uncertainties of potential regional disasters, we remain more dedicated than ever to this task,” said Church.

South King Fire & Rescue Services

Fire & EMS Response

Trained firefighter-EMTs are ready 24 hours a day to respond to a variety of medical emergencies and fires. South King Fire & Rescue responds to over 30 requests for service each day and are also trained for unique responses such as marine rescue, technical rescue, and hazardous materials response.

Fire Prevention

The Fire Marshal’s Office provides fire and life safety inspections, reviews construction plans, issues permits, and conducts fire investigations.

Public Education

SKF&R offers fire and life safety education for youth and adults, including CPR & First Aid training, disaster preparedness training and senior home safety.

South King Fire & Rescue Welcomes King County Medic 13

South King Fire & Rescue stretches 40 square miles and serves 150,000 citizens. As the district predicts to respond to nearly 15,000 requests for services in 2006, they also



King County Medic 13 will begin responding from Station 26 in Des Moines on a semi-regular basis beginning April 1.

welcome the addition of King County Medic 13 to Station 26 in Des Moines.

On April 1, paramedics will respond on a semi-regular basis, with regular part-time staffing beginning September 1. Medic 13 will operate from 9:00 a.m. to 9:00 p.m., seven days a week.

This will be the second paramedic unit responding out of South King Fire & Rescue, in addition to a supervisor stationed near Woodmont/Redondo.

Medic One provides emergency care to the citizens and visitors of King County using specially equipped medic units. Because of their extensive training, continued education, and close relationship with the medical community, they are able to use an extensive array of emergency medication, equipment and procedures in life-threatening emergencies.

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When Disaster Strikes, Will You Be Ready?

Following a major disaster, emergency responders will be overwhelmed and may take up to three days to reach your neighborhood with emergency aid.

That is why it is important to be prepared for a disaster not only before it happens, but also know what to do during the days that follow.

South King Fire & Rescue encourages residents in Federal Way and Des Moines to participate in Neighborhood Emergency Teams (NET) and Community Emergency Response Teams (CERT).

NET training involves a short series of meetings, usually held in a resident's

home or a nearby community center. The meetings cover personal preparedness and neighborhood disaster planning. It teaches ways to account for your neighbors and organize your neighborhood while waiting for professional responders to arrive.

You will also discover the best place to stage your response, from where to set up a first aid station, to caring for injured or displaced neighbors. It is also a great opportunity to discover what resources and skills your neighbors have that will be of assistance in the hours and days following a disaster. This training is free.

CERT is a hands-on course designed to save lives, protect property, and assist professional responders. A team of first responders and emergency management personnel conducts training in fire safety, disaster medical, light search and rescue, CERT organization, disaster psychology, and terrorism.

A drill follows the lessons to allow participants to practice their skills.

Upon completion, a certificate from the Federal Emergency Management Agency (FEMA) and the City of Federal Way will be issued. Participants will also receive a CERT manual, class handouts, a hardhat, a



CERT gives participants the opportunity to practice their newly acquired skills before an actual disaster strikes.

safety vest, and a CERT patch. There is a \$25 fee for this course.

To learn more about these programs offered in your community, contact the Public Education Division at

South King Fire at (253) 839-6234, or the City of Federal Way Volunteer and Neighborhood Program Coordinator by calling (253) 835-2652.

South King Fire Officials Prepare for Bird Flu

As many are well aware, the possibility of the bird flu (avian flu) migrating to our region is a distinct possibility. In its current form the bird flu is transmitted from bird to bird.

In Asia, Europe and Africa there are cases where humans have contracted the bird flu from direct exposure to birds. However there is fear from experts that the bird flu may evolve into a human to human transmissible flu virus, which would lead to a much larger regional or worldwide flu epidemic known as a pandemic.

Experts are quick to point out that they do not know when, if, or how an outbreak may occur.

We feel it is important for you to know that South King Fire & Rescue officials are working with local and regional partners to determine how this may affect our communities and workplaces. Our goal is to create a plan describing the steps that SKF&R will take in response to a pandemic flu environment.

These steps include staffing the Emergency Operations Center as needed to ensure the continuity of services and government, altering work

schedules, changing staff levels and/or relocating personnel so the department stays ready to respond to fires and emergencies.

Depending on the severity of the crisis, some firefighters may be authorized to work beyond a normal 24-hour shift, provided they get adequate rest.

We all witnessed the tragic events unfold in the Gulf Coast States as a result of Hurricane Katrina.

Emergency responders were simply overwhelmed.

The take home message is to be prepared at home. If an infectious disease outbreak occurs, our community is best served by responsible citizens planning ahead to be self sufficient.

As "citizens of the world" we urge you to stay informed and take the steps necessary to prepare yourself and your family for a potential health crisis.

In this way we can keep things in perspective and prevent misinformation from getting out of control. The

Public Health—Seattle & King County website provides up-to-date information about how to identify bird flu, what families and individuals can do to prepare for it, and how to prevent the spread of germs and slow the transmission of pandemic flu. Their website is: <http://www.metrokc.gov/>

[health/pandemicflu](http://www.metrokc.gov/health/pandemicflu). This information is also readily available through local public health clinics, libraries and healthcare providers.

SOUTH KING FIRE & RESCUE
 31617 1st Avenue South – Federal Way, WA 98003

Contact Information

Emergency.....9-1-1
 Headquarters/Administrative Offices.....253-839-6234
 or from Des Moines.....206-878-2210, and press 1
 Fire Prevention.....253-946-7248
 Public Education & Information.....253-839-6234
 CPR/First Aid Classes.....253-529-7203

www.southkingfire.org

Rules of the Road

Whether walking, biking, or driving, follow these simple steps to safety

Many people walk or bike to work or school on a regular basis, while others ride in a motor vehicle. Even though Washington State holds a comparable record for pedestrian safety, people are still getting injured and killed by vehicles. The best way to avoid incidents like this is to be prepared and aware of nearby vehicles.

WALKING

1. Walk on sidewalks when available. If sidewalks are not present, use the edge of the road or the left shoulder, facing the traffic flow.
2. Cross at marked crosswalks or intersections.
3. Stop at the curb and look both directions before entering the roadway.
4. See and be seen – drivers need to see pedestrians in order to avoid them.
 - Avoid driver's blind spots
 - Make eye contact with drivers when crossing
 - Improve visibility by wearing bright colors or reflective clothing
 - Carry a flashlight when walking in the dark
5. Watch children. Do not allow small children to cross streets by themselves or play near traffic.
6. Drinking and walking. Be aware of the effects alcohol has and use good judgment. Don't take alcohol risks with walking, just as you wouldn't with driving.
7. Obey traffic signals. If an intersection is controlled by signals, pedestrians must obey the signal and not cross against the stop signal unless specifically directed to by a traffic officer.

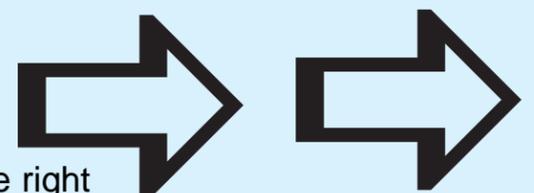


BIKING

1. Obey traffic signs and signals. Bicycles must follow the rules of the road like other vehicles.
2. Never ride against traffic. Motorists aren't looking for bicyclists riding on the wrong side of the road.
3. Follow lane markings.
4. Don't pass on the right.
5. Scan the road behind you by looking back over your shoulder without losing your balance or swerving.
6. Wear a helmet and never ride with headphones.
7. Dress appropriately for rain and visibility.
8. Use hand signals.
9. Ride in the middle of the lane in slower traffic. Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.
10. Choose the best way to turn left. There are two choices:
 - Like an auto: signal to move into the left turn lane and then turn left
 - Like a pedestrian: ride straight to the far side crosswalk and walk your bike across
11. Make eye contact with drivers.
12. Look out for road hazards such as parallel-slat sewer gates, gravel, ice, sand or debris.
13. Use lights at night. State law requires a white headlight and a rear reflector or taillight.



MOVE RIGHT FOR SIRENS & LIGHTS



When an emergency vehicle approaches using lights and sirens, pull to the right and stop. Emergency vehicles are responding to 911 emergencies and every moment counts. By following these simple steps, it will help keep the roads safe for you, other motorists, police, fire, and medic crews.

DO:

- Stay calm.
- Pull to the right and come to a complete stop.
- If you're traveling on a high-speed road or if there is no room to stop, slow down as much as possible.
- If you are in the left lane, pull over into the right lane as traffic in the lane to your right moves over.
- If you cannot move to the right because of another vehicle or obstacle, just stop. Your action will let the driver of the emergency vehicle know what you are doing and allow the driver to anticipate where to drive.
- When an emergency vehicle approaches you from behind while you are stopped at an intersection, stay where you are unless you can pull to the right.
- On a four-lane highway or street without barriers, both sides of traffic should pull to the right.
- Be careful when driving by or around a motor vehicle collision or any situation where emergency vehicles are parked and the firefighters are working.
- Drivers should stay at least 500 feet behind emergency vehicles.

DON'T:

- Don't panic.
- Keep radio low enough so you are able to hear sirens.
- Don't stop in the middle lane when there is room to pull to the right.
- Don't pull to the left in the center lane or left turn lane.
- Don't race ahead to make the green light or turn before the emergency vehicle gets there.
- Don't turn quickly to the left onto a street or driveway.
- When an emergency vehicle approaches from behind, don't drive through a red light or a stop sign.
- If the emergency vehicle is traveling on the opposite direction of a divided highway or street, you do not need to pull over.
- Don't disregard the presence of the emergency vehicle by continuing to drive.

Mark Your Calendar: Spring into Safety in April and May

With spring and summer just around the bend, kids will be spending more time outside on the road and in the water. To help children stay safe while enjoying the outdoors, South King Fire and Rescue is partnering with State Farm and Safe Kids to bring the communities of Des Moines and greater Federal Way “State Farm Child Safety Day.”

Saturday, May 13th
10:00 a.m. – 1:00 p.m.
TBD - visit www.southkingfire.org
for the latest updates

Car seat Inspections: Certified technicians will make sure your child’s car seat is installed correctly, ensure the seat is appropriate for your child, and that he/she is properly secured. Inspections are free, but please bring your car seat and vehicle manuals.

Helmet fitting and sales: Get a new custom-fit helmet for you and your entire family! Bike style are \$7 and multi-sport style are \$10. Cash only, please, and the wearer must be present for custom fit. You can also have your current helmet checked to make sure it fits properly.

Life jacket fitting and sales: Life jackets are only \$12 and available in infant and adult sizes.

Child identification cards: Federal Way Police will be providing Child ID cards free of charge to all children accompanied by a guardian.

To round out the day, kids (and parents) can tour a fire engine, talk with firefighters, and check out a police car!



10th Annual Scout Nite

South King Fire & Rescue will host its annual Scout Nite on Wednesday, April 19, 2006 from 5 to 8 p.m. at the Headquarters Fire Station, located at 31617 1st Avenue South.

“This is a great time for scouts of all ages to learn about what happens at a fire station,” said Jerry Thorson, South King Fire Marshal. “It’s a fun-filled event that we’ve hosted for the past 9 years.”

Scouts will have a chance to learn about home hazards, bike safety, and water safety. Guests will also be able to try on firefighting gear, climb aboard the fire engine and even munch a hot dog or two served by the firefighters. Scout leaders are encouraged to bring their camera as there may be some great photo opportunities.

For more information or to R.S.V.P, contact 253-946-7247.

EMERGENCY CONTACTS NAME _____ PHONE _____ NAME _____ PHONE _____ HOSPITAL _____ DOCTOR _____ PHONE _____ DOCTOR _____ PHONE _____ OTHER INFORMATION _____		 South King Fire & Rescue 9 1 1 Emergency Information NAME _____ STREET _____ CITY, ST, ZIP _____ PHONE _____ DATE OF BIRTH _____ BP _____ / _____ PULSE _____ BLOOD TYPE _____ RH FACTOR _____ MEDICAL HISTORY _____																											
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Help us help you!
 Simply cut out this Emergency Information Card, fold it into a business card shape, and place in your wallet. If an emergency happens to you, it will give firefighters and emergency responders important information during a time that may be difficult for you or a loved one to communicate.

Monthly Child Car Seat Inspection Sites

St. Francis Hospital – Federal Way
 Medical Office Building Entrance
 34509 9th Avenue South
 First Tuesday of every month
 (5:30 p.m. – 7:00 p.m.)
Spanish Technician Available

Auburn Regional Medical Center – Auburn
 Parking Garage
 202 North Division Street
 Second Thursday of every month
 (1:00 p.m. – 2:30 p.m.)

Highline Medical Center – Burien
 Highline Medical Pavilion, Cedar Garage
 16233 Sylvester Road Southwest
 Third Friday of every month
 (1:00 p.m. – 2:30 p.m.)

IKEA – Renton
 Farthest West Parking Garage
 600 Southwest 43rd
 Last Wednesday of every month,
 (9:00 a.m. – 10:30 a.m.)
Spanish Technician Available

- Inspections are free
- Please bring your vehicle and car seat manuals