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SOUTH KING FIRE & RESCUE

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

Fall 2006

"Serving the citizens of Greater Federal Way and Des Moines"

Station 26 Home to King County Medic 13

South King Fire & Rescue will host an open house in October, officially welcoming paramedics from King County Medic 13. Beginning September 1, paramedics will respond from Station 26 in Des Moines on a part-time basis.

This will be the second paramedic unit responding from within the district, 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.

Their extensive training, education, and their relationships within the medical community, allows them to use an extensive array of emergency medication, equipment and procedures in life-threatening emergencies.

South King Fire & Rescue Invites Citizens to Open Houses *Series of Open Houses Scheduled Throughout September and October*

Come one, come all! There's a little bit for everyone as firefighters host a series of safety activities beginning September 16 in Federal Way and Des Moines. The main activities focus on child safety. For a complete list of times and locations, see the schedule on Page 4.

Passenger safety and preventing head injuries takes center stage as car seat technicians and trained helmet fitters work towards keeping children safe, whether it is riding in the car, or riding on a bicycle.

Technicians from the South King County Child Passenger Safety Coalition provide expert advice to parents on how to properly secure their child in a car seat. Seats are checked on a first-come, first served basis at Station 62 on September 16, and at Station 63 on October 7.

Both children and adults can get a custom-fit bike helmet for only \$7, or a



multi-sport helmet for \$10 at Station 26 in Des Moines on September 16, or at Station 65 on September 30. If you already own a helmet, trained fitters can check and adjust the fit as necessary.

Additional activities at all locations include skill stations focused on fire safety along with burn prevention. But the fun doesn't end there. Fire enthusiasts will also get a

chance to shoot water from a hoseline, climb aboard a fire engine, and tour an aid car.

This is also a great opportunity for members of the community and the fire department to get to know one another.

"During emergencies, we are invited into our citizens' homes. The open houses are a nice way to invite

citizens into ours," said Fire Chief Al Church.

The open houses allow the citizens to talk with fire department personnel. "We've done our best to serve the greater Federal Way and Des Moines communities for more than 50 years. We look forward to hearing more from our citizens as we continue to grow," said Church.

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South King Firefighters Make the Cut for 2007

Two firefighters from South King Fire & Rescue made the cut for the 2007 calendar benefiting the Washington State Council of Firefighters Burn Foundation.

Brenda Fromhold appears alongside her brother, a Tacoma firefighter, in the centerfold of the calendar. This brother and sister team is a first for the calendar. "I've always wanted to do it. I thought it would be fun," said Fromhold.

Kevin Juma makes a repeat appearance, this time with three other firefighters, for the month of August. Juma first debuted in the calendar in 2003, as Mr. January. His reason for participating again is simple; it's for a good cause.

Posing for the photos is just the beginning, though. The group is scheduled for nearly 100 events to raise money for the Burn Foundation. The public can purchase a calendar and have the firefighters personally autograph it at many locations and dates throughout the year.

The calendar unveiling took place August 11 in downtown Seattle. "It was crazy," said Fromhold.

The calendars are now available at various bookstores, and online at www.firefightercalendar.org.

All proceeds from the calendar go to the Burn Foundation for research on the care of burn victims and burn prevention education.



Photo By Fumiko Yaritha



Photo By Fumiko Yaritha

Photos courtesy of the Federal Way Mirror

Proposition 1 Renewal on September 19 Ballot

Citizens in Federal Way and Des Moines may recognize details of Proposition 1 on the September ballot. Every year since 2001, Proposition 1 has appeared – asking voters to maintain the current tax rate of \$1.50 per \$1,000 assessed value.

In 2001, voters passed I-747, which limits the taxes the Fire Department can collect to no more than 1% above the amount collected the previous year without a public vote.

South King Fire & Rescue Board of Commissioners determined that the 1% limit would not cover operating costs for next year. Proposition 1 would allow South King Fire & Rescue to continue the rate of \$1.50 per \$1000 assessed value, which is the same as citizens currently pay.

This would secure funding for current fire and emergency medical services and pay for inflationary costs for 2007.

Q. What does Proposition 1 mean to your Fire Department?

A. Citizens of our community are responsible to determine the level of services provided by South King Fire & Rescue. Proposition 1 allows the voters to decide whether or not the Fire Department maintains its current level of service.

Q. Is South King Fire & Rescue Proposition 1 a new tax?

A. No. Proposition 1 allows the Fire Department to continue the rate of \$1.50 per \$1,000 assessed value – the same as you currently pay. Maintaining the rate provides funding for current fire and emergency medical services and pays for inflationary costs for 2007.

Q. Why does the Fire Department need to continually go to the voters to maintain the levy rate?

A. In 2001, Washington voters passed I-747 [RCW 84.55.0101] that limits the taxes the Fire Department can collect to no more than 1% above the amount collected in the previous year without a public vote. The Board of Fire Commissioners determined that the 1% limit will not cover operating costs for next year. Since 2001, citizens have approved Proposition 1 to maintain their level of services.

Q. But I understand a judge recently struck down I-747, declaring it unconstitutional. Why do we still need an election?

A. That decision is on appeal. The Supreme Court may disagree with that trial court decision and keep I-747 just as it is today. If we do not hold a lid lift election asking voters to maintain their current tax rate now, it will be too late to request voter approval for 2007 tax collections, as appeals sometimes take one year. The Supreme Court is likely to uphold or “reinstate” I-747, but not until some time in 2007.

Q. What services does South King Fire & Rescue provide?

A. South King Fire & Rescue provides fire suppression, emergency medical services, fire investigation, hazardous materials response, technical rescue, building inspections, fire and life safety education in schools, fall and fire prevention for seniors, disaster preparedness training, CPR and First Aid classes, custom-fit safety helmets, and home safety surveys.

Q. How would the Fire Department budget be affected in 2007 if Proposition 1 does not pass?

A. The Fire Department would face a revenue loss of approximately \$850,000. That loss compounded over time will erode the Fire Department’s ability to provide essential services to our community. At a time when requests for services are increasing, a loss of up to \$850,000 makes it impossible to preserve the level of service the community has requested and receives.

Q. What services would have to be cut if tax collection can only increase 1%?

A. The Fire department may have to lay off staff. Other possible cutbacks could include postponing equipment replacement orders and reducing specialized services.



South King Fire Teaches Citizens New CPR Guidelines

South King Fire & Rescue is now teaching the new CPR guidelines issued by the American Heart Association. In November, 2005, the organization advised giving 30 chest compressions, instead of 15, for every two rescue breaths.

Experts believe increased chest compressions keep blood flowing. They claim fewer interruptions lead to better blood flow.

The American Heart Association has also issued guidelines for defibrillator use. It is not necessary to check

for circulation after giving two rescue breaths before starting compressions. Again, the focus is on chest compressions.

The guidelines advise rescuers to give one shock and then perform two minutes of CPR before using the defibrillator again.

South King Fire & Rescue urges citizens to take CPR lessons every two years.

“With the new guidelines, it’s a great opportunity for people to practice their skills, whether they have taken a CPR class before or not,”

said CPR instructor Chris Cahan.

Each year, more than 300,000 Americans die from cardiac arrest.

The American Heart Association estimates that more than 95 percent of cardiac arrest victims die before they get to the hospital.

Next CPR Class:

Tuesday,
September 5

Call 253-529-7203
to register

Preparing for Pandemic Influenza



What it is

An influenza – or flu – pandemic is a worldwide outbreak of a new type of flu virus that spreads rapidly from one country to another. The new virus affects only birds or animals at first, but gradually changes to affect people as well. A pandemic begins when the new flu virus is easily passed from person to person.

A flu pandemic will be more serious than the seasonal flu. Not as many people get sick from seasonal flu because people have developed some immunity to the virus and because so many protect themselves by getting flu shots. However, a pandemic would be caused by a new type of flu virus. People would have no immunity to it and no vaccine would exist to prevent it.

It would take months to develop and produce a vaccine that works against a new pandemic flu virus. Because of this – and because people would have no immunity – a new flu virus would spread rapidly. Hundreds of thousands in our country could get sick, and many could die.

Flu pandemics happen. Flu viruses are everywhere and they change constantly. At some time in the future it is likely that a flu virus will change in a way that causes a pandemic. Currently, health officials are concerned about the avian flu virus in Asia and Europe, because it could change and spread easily from person to person. No one knows when the next flu pandemic will happen; large pandemics occurred in 1918, 1957, and 1968. Far more people travel today than in the past, which makes it easier for diseases to spread quickly around the world. A flu outbreak in another country may be just an airplane ride away from the United States.

What to Expect if an Outbreak Occurs

No one knows how bad the next flu pandemic will be, but everyone should be prepared for the worst.

- It may be difficult to get medical care. Large numbers of sick people may overwhelm hospitals and clinics may be short-staffed.
- Supplies and services will be limited. Many people will be unable to work, affecting how long businesses, banks, government offices and other services are open.
- You may be asked to stay away from others. Staying home will help stop the spread of the virus. Events may be canceled, and theaters and schools closed. If necessary, health officials will issue orders to keep people who have the virus separated from others.
- It will take months to develop a vaccine against the new virus, so flu shots will not be immediately available.
- Medicines for flu symptoms may be in short supply.
- Travel may be difficult. Routes and schedules for buses, trains or planes may change or be restricted. Gasoline may also be in short supply.
- You may be asked to wear a mask. Masks may be required in hospitals, clinics, or doctor's offices, as well as other places that are open to the public.
- A flu pandemic could last a long time. The 1918 flu pandemic lasted 18 months. In some cases, pandemics weaken for a while and then recur.
- Health officials will keep you informed. They will work with the media to provide timely information and advice. Web sites from government health agencies will also have updated information.

In Your Community

Know your neighbors. Talk with family, friends and neighbors to make sure everyone is prepared. Families should be ready to care for themselves for at least three days. This means stocking up on food, water and supplies. Be ready to help neighbors who are elderly or have special needs if services they depend on are not available.

Know school policies. Know policies about illness and being absent. Be prepared for school closures. Make a plan for taking care of your children if schools are not open for long periods.

At work

You may not be able to go to work. Staying home from work when you are sick is the most important thing you can do to protect others.

Know policies. Ask your employer or union about sick leave and policies about absences, time off and telecommuting.

Encourage planning. Every business, organization and agency should have a plan for making sure essential work can get done if large numbers of employees are absent over many months. You may be asked to perform duties that are not typically part of your job.



Explore other ways to get your work done. When people are ill, find ways to reduce personal contact such as increased use of emails or phone conferences.

Courtesy of Washington State Department of Health

For more information, visit:

www.pandemicflu.gov

www.metrokc.gov/health/pandemicflu

Child Restraint Laws Focus on Keeping Children Safer Longer

Effective June 1, 2007, Washington State Child Restraint laws change. Experts suggest that parents and caregivers incorporate the new laws now, and not wait until next year.

New requirements state children less than 13 years old must be transported in the back seat of a vehicle when it is practical to do so.

Some situations do not permit all children to ride in the back seat. Single-cab trucks, amount of children

riding in the vehicle, and vehicle equipment can all effect where a child travels.

They must also ride in an appropriate child restraint, such as a booster seat, until they are 8-years-old, or 57 inches tall. If children are 8 years of age and 57 inches tall, they must be able to wear their seatbelt correctly, or continue the use of a booster seat until they fit in a seatbelt better.

Drivers must also ensure the restraint systems are being

used correctly according to car seat and vehicle manufacturers' instructions.

With the wide variety of child restraint systems, belt systems, and passenger vehicles, correctly installing a child restraint can be challenging.

This information will hopefully help correct common mistakes made when installing child restraints, along with securing children in them. It is important to always read



child restraint and vehicle manufacturers' instructions for proper use and installation information.

General Child Seat Use Information

Age/Weight	Seat Type/Seat Position	Usage Tips
<p>INFANTS</p> <p>Infants up to 20 lbs. and at least one year of age</p>	<p>Infant-Only Seat/Rear-Facing or Convertible Seat/ Rear-Facing</p>	<ul style="list-style-type: none"> ○ Never use in a front seat when an air bag is present. ○ Tightly install a child seat in back seat, facing the rear. ○ Child seat should recline at approximately a 45-degree angle. ○ Harness straps/slots at or below shoulder level. ○ Harness straps snug on child; harness clip at armpit level.
<p>PRESCHOOLERS/ TODDLERS</p> <p>Children 1-4 years and 20-40 lbs.</p>	<p>Convertible Seat/Forward-Facing or Forward-Facing Only or Combination Seat with Harness</p>	<ul style="list-style-type: none"> ○ Tightly install child seat in back seat, facing forward. Seat should move no more than one inch in either direction. ○ Harness straps/slots at or above child's shoulders. ○ Harness straps snug on child; harness clip at armpit level.
<p>YOUNG CHILDREN</p> <p>Children 4-8 years and 40-80 lbs.</p>	<p>Belt-Positioning Booster No Back or High Back Belt-Positioning Booster</p>	<ul style="list-style-type: none"> ○ Booster used with adult lap and shoulder belt in rear seat. ○ Shoulder belt should rest snugly across chest, rests on shoulder; and should NEVER be placed under the arm or behind the back. ○ Lap-belt should rest low, across the lap/upper thigh area - not across the stomach.

CALENDAR OF EVENTS

Safety Saturday Open Houses

SEPTEMBER 16

STATION 26
11 AM - 3 PM
2238 S 223RD ST - DES MOINES
Helmet Fit

STATION 62
11 AM - 3 PM
31617 1ST AVE S - FEDERAL WAY
Child Car Seat Inspections

SEPTEMBER 30

STATION 65
11AM - 3PM
4966 S 298TH ST - AUBURN
Helmet Fit

OCTOBER 7

STATION 63
11AM - 3PM
33414 21ST AVE SW - FEDERAL WAY
Child Car Seat Inspections

CPR & First Aid Classes

CPR - September 5
October 3
November 14

FIRST AID - September 9
October 7
November 18

Call 253-529-7203 to register for classes, or for more information

Child Car Seat Inspections

ST. FRANCIS - FEDERAL WAY
(5:30PM - 7:00PM)

September 5
October 3
November 7
December 5

HIGHLINE MEDICAL CENTER - BURIEN
(1:00PM - 2:30PM)

September 15
October 20
November 17
December 15

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
Fire Prevention.....	253-946-7248
Public Education & Information.....	253-839-6234
CPR/First Aid Classes.....	253-529-7203

