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Upcoming Events

Helmet Fitting

April 19, 11 am – 2 pm
Top Foods, 31515 20th S

Scout Nite

April 30, 5 – 8 pm
Station 62, 31617 1st Ave S
To reserve space for your scouts, call 253-946-7246

Safety Day

Disaster Preparation, Helmet Fitting, Car Seat Checks, etc.
May 10, 11:00 am – 3:00 pm
SeaTac Mall

Remembering When

June 26, 9:00 – 11:30 am
St. Francis Hosp. Education Room
34515 9th Ave So
Fall and Fire Prevention for seniors
For more information call Kathy Schmidt, 253-952-7910

Federal Way Festival Days

August 23 & 24
Steel Lake Park

For more information about these events or our involvement with them, please call 253-839-6234.

Custom-Fit Safety Helmets



The Federal Way Helmet Coalition is a community partnership dedicated to sharing the life-saving benefit of custom-fit helmets. This coalition has been able to obtain high-quality helmets at cost and has trained volunteers to custom-fit these helmets. They want to pass these benefits on to the community. The first helmet fitting will be in the parking lot of **Top Foods, 31515 20th S, on Saturday, April 19 from 11:00 a.m. – 2:00 p.m.**

Bike style helmets are only \$5.00 and multi-sport style helmets are \$7.00.

Please bring cash and the helmet wearer to receive a custom-fit, high-quality safety helmet.

The Federal Way Helmet Coalition believes that everyone, at every age, should wear a properly fitting safety helmet when riding on wheels; including bikes, scooters, skate boards and roller blades. A fall causing loss of brain function, can happen from as little as two feet high, at any age.



A good helmet fit:

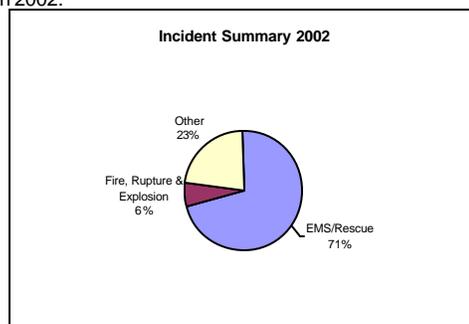
- Low on forehead
- Doesn't slide off head
- Straps forms V under the ears
- Straps fits snug under the chin



Fire Department 2002 Statistics

Federal Way Fire Department responded to more calls (10,477) in 2002 than ever before. There were 90 structure fires, the fewest building fires in over 20 years. Most of the Emergency Medical Services (EMS)/Rescue calls were illness related (4,719), rather than injury (1,344). Many injuries were due to falls. There were 24 motor vehicle/pedestrian incidents in 2002.

EMS/Rescue	7,422
Fires	609
False Calls	984
Good Intent	609
Service Call	412
Hazardous Condition	217
Rupture/Explosion	31
Blank or Invalid	5
Severe Weather	3
Other	136
Total calls	10,447



Chemical Attack

Many people worry about chemical, biological and nuclear attacks. Here are some things you can do to protect yourself in the event of a terrorist attack.

Emergency Kit

Have a basic emergency kit and emergency plan. Do this first! Water, food and medications are most important.

Masks

Many potential terrorist attacks could send tiny microscopic “junk” into the air. Many of these agents can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination.

- Protect your nose, mouth, eyes and cuts in your skin.
- Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency.
- Most of the air you breathe must come through the mask or cloth, not around it.
- Hardware stores also have a variety of masks with different filters.

Shelter In Place

If a chemical agent is confirmed in the local area, authorities would instruct people to either seek shelter where they are and seal the premises (shelter in place) or evacuate immediately. Shelter in place is a temporary means of emergency protection, intended to protect you for the few necessary hours, not days as some people imagine.

When the order is to shelter in place:

- Move or stay inside.
- Close all windows and doors.
- Turn off ventilation systems (heating, air-conditioning, fireplace dampers, etc.)
- Go into a room with the fewest doors and windows and seal the room.
- Turn on the radio.
- Stay in the room until told by the authorities that it is safe to come out.

Remember

- If a room is sealed, you will eventually run out of oxygen – this is a short-term means of emergency protection; hours not days.
- Do not burn anything while sheltering – the lack of fresh oxygen will cause carbon monoxide poisoning.

Evacuation

If the order is to evacuate, do so immediately, carefully following directions.

You can find more information at www.ready.gov, www.redcross.org, and www.wa.gov/wsem.

Safety in Crowds

Events with a lot of people can be fun. They can also be dangerous. If you are going to be in a crowd, here are some important safety tips.

Before you enter:

- Pick a meeting place outside in case you are separated.
- Identify someone everyone can call in case you are separated.

When you enter:

- Use the buddy system.
- Find the exits immediately. Which is closest?
- Make sure the exit is clear.
- Stay aware of your surroundings.
- Do you feel safe? If not, leave.

During an emergency:

- React immediately. Don't wait to exit.
- Use the closest exit.
- If you are caught in the crowd, move with it.
- Try to stay standing.
- Keep an eye on your buddy, they may need help up.
- Get out, stay out!
- Wait at your meeting place, call your contact.

Emergency Supplies

Maybe it's an earthquake, maybe it's a wind storm, or maybe it is a terrorist attack. Whatever motivates you to prepare for an emergency, an all-hazards plan and a few basic supplies will make a difference in an emergency. The long list of needed supplies can be overwhelming, but starting is the key. Here are a couple of things that you can do this week to prepare.

Consider two kits, one to keep at home and one that is easy to carry if you have to get away. Keep enough supplies for at least three days.

WATER

Do this today! Store one gallon of water per person per day for drinking and sanitation in clean plastic containers.

FOOD

Store food that won't go bad and does not have to be heated or cooked. Choose foods that you will eat, including protein or fruit bars, dry cereal or granola, canned foods and juices, peanut butter, dried fruit, nuts, crackers and baby foods. Remember to pack a manual can opener, cups and eating utensils.

Emergency Kit Basics

*Water & Food
Medications
First Aid Supplies
Battery Operated Radio
Flashlight & Batteries*

Don't forget about food and water for your pets!

MEDICATIONS

Keep at least a three-day supply of all necessary medications. Discuss your needs and concerns with your doctor.

PLAN

Ask a friend or relative, preferably one who lives out of the state, to be your emergency contact. Everyone keeps a copy of their name and number with them. In the event of an emergency they call and communicate through the contact. Plan what you will do if there is an emergency and you are at work, school, home, etc. Will you all try to get home? Will you stay where you are? What is best for you?

Include other important supplies such as a flashlight, radio, batteries, first aid kit, clothing and toilet paper. You can find great information at www.ready.gov, www.redcross.org, and www.wa.gov/wsem.

Home Fire Sprinklers

Fire sprinklers have been in the news lately because they save lives and property. The fire service would like to see sprinklers in every building and in the kitchen, garage and heating area (rooms most likely to have a fire) of every home.

See what you know about fire sprinklers. Are these statements true or false?

1. When one sprinkler goes off, all go off.
2. Sprinklers accidentally go off, causing severe water damage to a home.
3. Water damage from a sprinkler system will be worse than fire damage.
4. Home sprinkler systems are expensive.
5. Residential sprinklers are ugly.
6. Sprinklers save lives.

How did you do?

1. False! Only the sprinkler over the fire will activate. The sprinkler heads react individually to temperatures in the room.
2. False! Sprinklers are designed and tested to only activate when exposed to heat, usually 160 degrees Fahrenheit. The chance of accidental activation is very remote.
3. False! The sprinkler will severely limit the fire's growth. In January of 2003, there were two cooking fires on the same day in Federal Way. At one fire, 9-1-1 was called immediately, but the initial loss estimate was still \$55,000. At the fire with sprinklers in the kitchen, the loss estimate was \$200 plus water damage. Fortunately, water can be removed from most items, fire damage is irreversible.
4. False! When under construction, a home sprinkler system could cost less than 1% of the total building price.
5. False! Both commercial and home sprinklers are now being designed to fit in with most any décor.
6. True! But you knew that!



Set burn for investigator testing. A lamp, the side table it is on and the surrounding carpet is burning.

Be Senior Savvy: Get a Fall Factors In-Home Survey

As anyone born in 1940 or before knows, seniors are one of the fastest growing populations in our community. Food, housing, and health care are just a few of the dramatic impacts we've felt in our everyday lives.

The Federal Way Fire Department also feels the impact of this growth, especially from those who may be entering their later decades with chronic health problems or disease. One of the biggest reasons people call 9-1-1 is because a family member or loved one has fallen. Our firefighters are ready to respond to health emergencies, day and night. But the real challenge is to prevent these injuries from happening.

"Fall Factors" is an in-home survey program offered to seniors age 60 and above. During the hour-long appointment, safety educators will talk about the causes of injury in the home and survey each room looking for hazards that may put someone at risk. Thanks to grant funding from King County and Capital One, risk reduction devices such as hand-held showers or tub grab bars may be installed. The goal is to keep those at risk of a fall living independently and safely for as long as possible.

Signing up for a home survey is easy. Simply call the fire department at 253-839-6234 and ask for a home survey. We can answer your questions and schedule an appointment that is convenient for you. The best part of all – no house cleaning is advised! It's better for us to do a survey under everyday living conditions.

Signs that someone in your family may benefit from a home survey

Health and age-related changes, such as:

- The use of certain medications
- Slow reflexes
- Poor eyesight
- Problems with balance

Hazardous situations in the home, such as:

- Slippery floors
- Inadequate lighting
- Electrical cord in pathways
- Loose rugs
- Raised thresholds
- Clutter

Nearly one-third of all people over the age of 65 fall each year. That figure increases to 50 percent by age 80. Preventing a fall can reduce or delay the need to move to a long-term care facility.

Certified Fire Investigators

Federal Way fire investigators earned the nationally recognized Washington State Fire Investigator Certification early this year.

Federal Way was the first fire district in the state to undergo the process of certification. The program, piloted in Tacoma, tests the fire investigators ability to determine the cause and origin of a fire.

Two identical one-room structures were specially designed and built at the training station. They were furnished with identical items including a bed, lamp and carpet. These buildings were then burned and later extinguished by firefighters.



Standard inside door after 15 minutes of fire. Notice the room side of the door is still intact.

The investigators applied their skills to sketch and document the fire scene, examine burn patterns and collected evidence. They then stated where the fire began and what had started the fire.

Investigators also had to pass a lengthy written test. Investigators are not currently required to have the state certification. It does, however, prove they are qualified, especially when testifying in court.

Public Access Defibrillators

Public Access Defibrillators (PADs) are becoming more common in Federal Way. Businesses such as Weyerhaeuser, Costco, Enchanted Village and the Aquatic Center have installed PADs. Every high school and the Memorial Stadium have PADs and soon every middle school will have one. The fire department hopes that soon, every golf course, fitness center and mall will have PADs.

What is an AED or PAD?

- AED, or Automated External Defibrillator, will monitor a person's heart and, if needed, deliver a life-saving electrical shock to the heart to restore normal heart rhythm.
- PAD, or Public Access Defibrillator, is an AED that is intended for public use or for programs training lay rescuers.
- A firefighter has an AED and a school has a PAD, even though they are very similar.

Why?

- They save lives.
- For every minute a person is in sudden cardiac arrest (no pulse, no breathing), their chance of survival decreases 7%-10%.
- If they receive defibrillation within the first minute after collapse, there is over a 90% chance of survival.

Where should they be?

- Anywhere you are likely to have a heart attack or stroke. The more likely someone will go into cardiac arrest, the more you need a PAD.

WHAT DO YOU THINK?

Please let us know what you think of the newsletter in one of the following ways:

Phone 253-946-7247

Fax 253-529-7206

E-mail info@federalwayfire.org

Write Public Education
Federal Way Fire Department
31617 1st Ave South
Federal Way, WA 98003

Drop Off your comments at your local fire station, addressed to "Public Education."

Tell Us

What do you like?
What would you change?
What would you add?

All responses that include a mailing address will be entered into a drawing on May 5th for a packet of our prevention handouts (including a bag clip, jar gripper, emergency numbers magnet and more.)

CPR and First Aid Training

Adult CPR (How to help people over 8 years of age)

Monday, 7:00 – 10:00 p.m.

(Non-certified students leave about ½ - 1 hour early)
April 21, May 19, June 16, Sept. 15, Oct. 13, Nov. 17

Adult Non-Certified CPR - \$5.00

This course is designed for people who want to feel comfortable performing CPR but do not need certification. Best for parents, babysitters and loved ones.

Adult Certified CPR - \$20.00

People needing CPR to meet DSHS, L&I, and other work standards need certification. The AHA's Heartsaver CPR course is perfect for most students.

Pediatric CPR (How to help people less than 8 year of age)

Tuesday, 6:00 – 10:00 p.m.

(Non-certified students leave about ½ - 1 hour early)
April 15, May 13, June 10, Sept. 9, Oct. 7, Nov. 11

Pediatric Non-Certified CPR - \$5.00

Pediatric Certified CPR - \$20.00

Adult First Aid and CPR - \$50.00

Saturday, 8:00 a.m. – 5:00 p.m.

April 19, May 17, June 14, Sept. 13, Oct. 11, Nov. 15

Learn basic first aid and CPR techniques for adults in this American Red Cross Safety in the Workplace course.

First Aid Refresher - \$35

Monday, 7:00 – 10:00 p.m.

April 14, June 9, Sept. 8, Nov. 10

If you have a current Safety in the Workplace and CPR certification, your book from the class and a pocket mask, you can take this three-hour review to renew your certification.

Heartsaver CPR with AED

Certify your employees to use the automated external defibrillator. The cost can be as little as \$25 per person. This class is taught as requested.

To register or receive more information, call 253-529-7203. To schedule a class for your group, call 253-946-7247.

Article Creates Sparks

by Monica Colby, Public Education Officer

Last fall, this newsletter used an article about car fires at fueling stations titled, "Warning to Women." Thank you for your unexpected response. I spoke to people about this article for months and decided to do more research. There were a couple of statements that I could not substantiate with research; exactly how many women were involved and what kind of footwear were they using. In my research, I was surprised to learn that the problem is worldwide.

While there are several realistic theories being investigated, and there are products out there to discharge electricity, there is one thing that you can change immediately – your behavior.

When fueling your vehicle:

- Discharge static electricity before coming near the gas cap by touching the metal of your vehicle with the palm of your hand.
- Avoid entering your vehicle while you are fueling, you can create static.
- Turn off the vehicle.
- Do not smoke, use matches or a lighter near gasoline.

When filling portable containers with gas:

- Use one approved containers.
- Place containers on the ground.
- Fill slowly and keep the nozzle in contact with the container.

In case of fire:

- Leave the nozzle in the vehicle.
- Back away and tell the attendant or push the emergency shutoff valve.
- Call 9-1-1.