

FIRELINE

SHORELINE FIRE FOCUS: PREVENTING INJURY FROM FALLS



Join our summer safety project!

Take a specially tailored balance class and be eligible for our state of the art “Wii” exercise program. You’ll be a hit with grandkids! Sponsored by Shoreline Fire and The Shoreline Senior Center. Then, watch for the September Safe Steps event at a Shoreline park! Balance and vision tests, medication checkups, and lots of fun ways to avoid falls and injuries in the home. If you have fallen in your home, or are worried that you will, this is your chance to take the right steps to prevent another fall.

Call Shoreline Fire’s safety educator at **206-533-6564** to be part of the fun!

Did you know that falls are the leading cause of emergency room visits? And that most of them occur among seniors who are living in their own home? For an older adult, a fall can be a life changing event. Individuals who once loved taking long walks and leisurely strolls may end up confined to a walker or wheelchair. Older adults who take pride in their independence can have that shattered with one devastating fall. A significant percentage of Shoreline Fire’s emergency medical calls involve falls at home.

Shoreline Fire is partnering with King County EMS, the Regional Trauma Council and the Shoreline Senior Center in an effort to reduce the number of falls among residents 65 and older. In the next year, we will be holding fall “risk factor” assessments, vision screenings, medication check-ups, and balance fitness tests in order to help seniors prevent falls and the medical conditions that sometimes cause them.

Our crews will be able to refer patients to our programs when they respond to someone injured after a fall.

We will also be educating all residents about how to reduce risk at home—advice such as having proper lighting, banisters and railing, safety devices in the bathroom, and reducing clutter. If you have an aging parent or loved one, it is time to start thinking about how to emphasize this important health issue.

Inside this issue, you will find the Home Safety Council “Safe Steps” Home Assessment Chart. You should do your own risk analysis as soon as possible, using the helpful hints on the chart. And watch for more news of our partnership and upcoming events with the Shoreline Senior Center. Gravity takes its toll on all of us! But there are ways to avoid “falling for it”.

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SPOTLIGHT ON! SHORELINE FIRE’S TRAINING DIVISION: ASSURING SAFETY EVERY DAY

Shoreline Fire recently revised and upgraded its Training Division. Many people don’t realize the work that goes on behind the scenes at fire headquarters every day – making sure that firefighters receive all the training that is required, AND all the education and drills they need to maintain the complex skills needed on the job every day. At Shoreline Fire, the Training Division is headed by **Battalion Chief Rick Ashleman**. He oversees fire, rescue and emergency medical

training provided by **Captain John Palmer** and **Medical Services Officer Jay Fischer**. **Rachel Garlini** provides administrative support. You may have seen the Training Division in action recently when firefighters spent four days doing practice fires in Richmond Beach (see photo). The Training Division has to keep up with state and federal laws regarding firefighter safety, and of

course, schedule and provide classes and exercises to assure that firefighters up-to-date on the latest technology and innovation in the fire service.



Training Division officers (L to R): MSO Fischer, BC Ashleman, Capt. Palmer

HOME ASSESSMENT CHART

A safe home is in your hands! Take a walk through your home with this checklist. Make a note of everything you need. Taking a few extra minutes to improve your home could prevent a fall and add years to your life.

	YES	NO
Do you have handrails on both sides of all stairways in your home—including your outside stairs?	<input type="checkbox"/>	<input type="checkbox"/>
Do the stair rails extend the full length of the stairway?	<input type="checkbox"/>	<input type="checkbox"/>
Are your stairways well lit with lights at the top and bottom of the stairs?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have nightlights to help light your bathrooms, bedrooms, and hallways during evening hours?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have grab bars in your bath and shower stalls as well as on the sides of the toilet? (Note: Never use towel racks or soap dishes as grab bars, they can easily come loose, causing a fall.)	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a non-slip mat or safety decals in your bath and shower?	<input type="checkbox"/>	<input type="checkbox"/>
Do you remove soap build-up in the tub and shower on a regular basis to avoid slipping?	<input type="checkbox"/>	<input type="checkbox"/>
If you have area rugs, do they have rug-liners underneath, dual-sided tape or non-skid backs?	<input type="checkbox"/>	<input type="checkbox"/>
Are your steps, landings, and floors clear of clutter? (Always keep these areas clear, and don't forget to safely tuck telephone and electrical cords out of walkways.)	<input type="checkbox"/>	<input type="checkbox"/>
Do you keep floors clean by promptly wiping up grease, water, and other spills?	<input type="checkbox"/>	<input type="checkbox"/>
Are things you use often stored on easy-to-reach shelves, so that you don't need to reach too high or bend too low to get them?	<input type="checkbox"/>	<input type="checkbox"/>

MORE HELPFUL HINTS

- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles.
- Make sure you always use a step stool with a bar for hard-to-reach items. Never use a chair as a step stool.



A WORD FROM THE CHIEF

The Shoreline Fire Department places a high value on safeguarding our community. We do this not only through emergency response but also through education, prevention and preparedness. We continue to experience an increased workload in all of these areas. Our challenge is to find ways to meet these service demands effectively, safely and according to recognized standards while maintaining the high quality you have come to rely upon. We are fortunate to have competent and professional staff dedicated to exceptional public service. I am very proud of the men and women of the Shoreline Fire Department who work diligently every day to insure that our community is safe. As well I am grateful for the tremendous support and encouragement that we receive from you.

In August we will be placing a measure on the ballot for you to consider a levy lid lift for the continuation of fire and emergency medical services according to our strategic plan. I would encourage you to carefully consider this proposal and make an informed decision. We will be mailing an education brochure in July and posting information to our web-site (www.shorelinefire.com) regarding this important matter. If you are going to be on vacation during the election (August 19th) please consider voting by absentee ballot. If you have any questions regarding this, or any other matter, please do not hesitate to contact me or a member of our staff.

Thank You.

Marcus Kragness, Fire Chief

Shoreline Fire Headquarters
206-533-6500



NEW TO THE SHORELINE FIRE FAMILY!

When you call Shoreline Fire's business line, you will be talking to our new receptionist/administrative assistant, **Courtney Nicholl**. We hope you'll appreciate her excellent customer service skills, and efficient way of handling your requests. Courtney answers the main business line: **206-533-6500**.

The Fire Marshal's Office (FMO) now has an administrative assistant, **Stephanie Contreras**, and two new phone numbers. All business calls for the FMO will go through the FMO business line, **206-533-6565**. All requests for inspections will use the message line, **206-533-6525**. Stephanie will schedule requests for inspections, permits, and provide updates on plan reviews, along with general information about fire prevention activities.

Welcome to both Courtney and Stephanie!



Firefighter/ paramedics Rich Sewell and Michael Coolidge show off their new pet oxygen mask to Boston Terrier Frankie Garlini.



Photo L to R: Defenbaugh, Lamar, Macomber, Rumph, Etherington

Shoreline Fire added five new firefighters to its ranks this month. All of them are experienced firefighter/EMTs who come to us from other fire departments around Puget Sound. They are: **Brett Defenbaugh** from Mountain View Fire & Rescue in Auburn; **Jason Lamar**, Oak Harbor Fire Department; **Scott Macomber**, Snohomish County District 17, Granite Falls; **Jerrett Rumph**, Northshore Fire Department; **Nate Etherington**, City of Arlington Fire. We are proud to have these firefighters working with us in Shoreline now. Say hello when you see them around town!

WE'VE ADDED PET RESCUSCITATION GEAR!

Sometimes our firefighters have to rescue pets from housefires and dangerous smoky situations. Sometimes dogs and cats escape a fire BEFORE their humans do. But when they cannot get out—or become scared and trapped, it is *firefighters to the rescue*.

In house fires, our crews have encountered everything from nursing mama dogs to kittens, birds, and even a box of snakes!

Firefighters have always done the best they could to give CPR to dogs and cats. But now they can use specially designed pet oxygen masks that fit over the animal's snout and attach to our oxygen tanks. The masks are versatile enough to fit a big dog like a St. Bernard, or a small animal like a kitten or ferret.

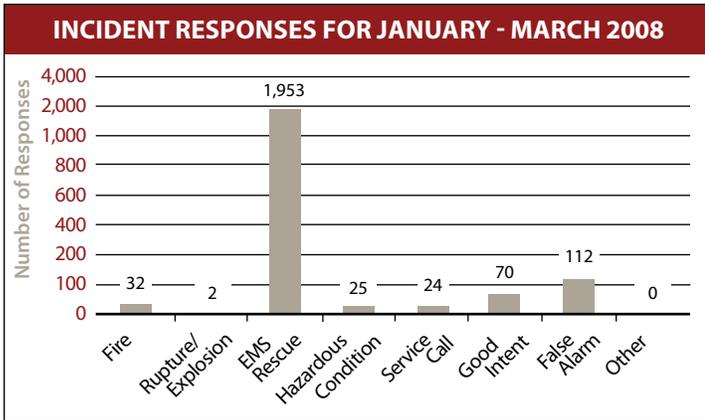
Shoreline crews have a set of pet masks on all engines and medic units. The masks are made available to rescue personnel through an animal welfare organization called H.E.L.P. Animals, Inc. Check out their website at helpanimalsinc.org to read some great stories about animal rescues!





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Explanation of Incident Types

EMS/Rescue: medical assist, patient assist, transport, trauma injury, medical emergency, vehicle crash, etc.

Hazardous condition: gas or oil leak, combustible spills, power line down, shorted electrical equipment

Service call: water leak, flooding, smoke or odor removal, unauthorized burning.

Good intent: dispatched and cancelled en route, odor of smoke, possible person needing help, authorized controlled burning, caller is concerned but no emergency is found.

Fire: confirmed fire incidents of any size.

ECRWSS Postal Patron



SHORELINE FIRE CHILDREN'S SAFETY CENTER – SUCCESS!

The Shoreline Fire Department's Safety Center in Richmond Beach is almost two years old! And there are hundreds of preschoolers who are putting it on their list of favorite places. The Center hosts groups of 15 or fewer preschoolers in an hour long play and learn session. Children dress up in firefighter gear, slide down a child-sized fire pole and sit in the driver's seat of our vintage 70's era Kenworth engine.

Find out more about it at www.shorelinefire.com or request a brochure from our education specialist, 206-533-6564.

We have a list of over 30 preschools and playgroups who book their field trips months in advance.

SAFETY Q & A

Q Does Shoreline Fire distribute TotFinder stickers for residential windows?

A Shoreline Fire, along with the United States Fire Administration, and the National Fire Protection Association, does not distribute or even recommend the use of TotFinder window stickers for these reasons:

There is no way to assure that during a fire a child will be in the room where the sticker is posted. We have no way of knowing whether the sticker is up to date – or if a child has grown up, or moved away. Also, many families do not like the idea of identifying rooms where their children sleep to anyone who passes by. And most importantly, fire safety education experts recommend that families focus on having a fire escape plan and practicing it regularly. They are concerned that parents might believe that TotFinder stickers replace the need for working smoke alarms, a safety plan, and vigilance about fire prevention at home.

Need to work on that fire and emergency plan as a family? Check out www.sparky.org or www.fema.gov/kids/ for activities, games and information that is fun for the whole family.