

Federal Way Fire Department

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Emergency Medical Services Week May 16 - 22, 2004



Federal Way Firefighters demonstrate their medical knowledge during a practical test. The "patient" is an EMT student pretending to have fallen from a ladder injuring his back and breaking his femur, the thigh bone.

Last year in Federal Way, firefighters responded to an EMS call about every 65 minutes. They responded to a trauma call such as this, every 6 hours.

State Farm Child Safety Day Saturday, May 15

Free Car Seat Inspections
Saturday, May 15
11:00 am – 2:00 pm
The Commons at Federal Way
(formerly SeaTac Mall)
North Parking Lot

Helmet fitting and sales
\$5 bike style, \$7 multi-sport style
Life jacket fitting and sales
\$12
No charge for:
Child identification kits
Child car seat inspections
Engine tours and more!

In partnership with the Federal Way Helmet Coalition, Mary Bridge Center for Childhood Safety, Federal Way Fire Department, Seattle and King County Public Health, and the City of Federal Way Department of Public Safety.

Emergency Medical Services Week is May 16 – 23, 2004. The purpose of EMS Week is to honor those who provide the day-to-day lifesaver services of the medical "front line" and to promote safety.

The theme this year is "EMS: There When You Need Us." There are over 750,000 EMS providers in the United States, providing essential life-saving services every day.

Who are these people in our community waiting to help us? They are the Medic One Paramedics, Federal Way Firefighters, private ambulance EMTs, and Federal Way Police Officers. Then there are the 9-1-1 call-takers and dispatchers at Valley Communications, the Airlift Northwest crews and the emergency department personnel in our local hospitals. In the background are chaplains, trainers and a host of support personnel ensuring they are there when you need them.

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Every Vote Counts Make Your Voice Heard September 14

When you vote this fall, you'll find a measure on your ballot from the Federal Way Fire Department. The following frequently asked questions should help to answer the basic question: "Why?"

Q. Why is the Federal Way Fire Department planning another Lid Lift ballot in the fall of 2004?

A. The Board of Fire Commissioners has determined that without this ballot measure the Federal Way Fire Department will not be able to cover current operating costs for 2005. We are facing increasing demands for service, and increasing costs. With your approval, our department has met these needs with improved firefighting staffing, replacement vehicles and critical infrastructure. The Lid Lift is going on the ballot to allow voters to decide whether the fire district may maintain its current rate of funding.

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Home Drowning Prevention Tips for Infants and Toddlers

There is no substitute for staying within reach of your child.

In the Home



1. Whenever young children are bathing or playing in water, an adult should ALWAYS be watching them within one arm's reach. This means the adult should not be doing any other activities, such as cleaning, reading, or talking on the telephone.
2. Remember that bathtub devices such as seats and rings are not a substitute for adult supervision.
3. Keep small children away from all buckets, especially larger buckets (5-gallons or more) containing liquid. Empty out buckets when household chores are done.
4. Keep toddlers out of the bathroom except when supervised. Keep bathroom doors closed.
5. Keep toilet lids down at all times to help prevent small children from falling into toilets. Install toilet locks if the child is able to lift the lid.

In the Yard

6. Empty the wading pool when not in use.
7. Be aware of garbage cans, large puddles, or any other place where water can accumulate.

If you have a pool, spa, or hot tub:

8. Fence all backyard pools, spas, or hot tubs following the recommended guidelines: a four-sided fence at least 4 feet high with a self-closing, self-latching gate.
9. Be aware of all potential water dangers such as ponds, fountains, and neighbors' pools.
10. Install a telephone in a convenient location in the pool area. Keep a list of emergency numbers posted near the telephone.
11. Do not assume that a child is safe if he/she has taken some type of swimming lessons. Teaching children to swim is important, but does not replace adult supervision.

General Water Safety

12. Know CPR (cardio-pulmonary resuscitation).
13. At parties or gatherings, always have a "designated adult" to watch the children.
14. Never underestimate how quickly and silently a water injury or death can occur. Keep in mind that a child can drown in less time than it takes to answer the telephone and will most likely not make any noise to alert someone.

Click It (your helmet) or Ticket (\$) Applies to Federal Way Riders

Bike riders, heads up! The King County ordinance requiring the use of a properly fitted helmet while operating a bike does apply within the City Limits of Federal Way.

Helmets are 88% effective at reducing head and brain injuries. Bicycling injuries are the leading cause of emergency room visits for children and adolescents, among all recreational sports.



A recent observation study noted that the residents of Federal Way are below average for helmet use with a use rate of just 34%. Also those on wheels other than bikes had a frightening usage of just 5%. Helmets are a must when riding bikes, scooters, skateboards or skates. Also, bike helmets are not rated for use on motorized scooters.

Water Safety For Teens

Know the water

Cold water can kill. Calm rivers can hide swift currents. Ocean riptides can pull swimmers out to sea.

Know your limits

Drowning often happens when a swimmer tires and cannot make it back to shore. In many cases, friends are not able to help.



Wear a lifejacket

Even competent swimmers can tire quickly in cold water. A lifejacket will keep you on top of the water.



The average Washington lake is 53 degrees.

The average person has a 50% chance of swimming 50 yards in 50 degree water.

Child Fall Prevention

Falls are the number one reason you may take a child to the emergency room. A common Spring and Summer injury is a fall from playground equipment, especially at home.

- Play on playgrounds with soft play surfaces in good working order that are age-appropriate.
- Follow the safety rules: No pushing, shoving or crowding.
- Have at least 12 inches (deep) of loose-fill materials such as hardwood fiber mulch or chips, fine sand or shredded rubber.
- Avoid asphalt, concrete, grass and soil playground surfaces; you are more than twice as likely to be injured when falling on these as on impact-aborbing surfaces.



Thank you to Mary Bridge Center for Childhood Safety in South King County for providing these injury prevention articles!

Civics 101: Property Taxes and Your Fire Department

Did You Know ...

- The fire department relies on local property taxes for 96% of its annual budget.
- The fire department's current rate of funding is \$1.50 per \$1,000 of a homeowner's assessed property value.
- For the past three years, our community has voted to keep fire protection and emergency medical services funded at its current level.
- The fire district provides service to 120,000 residents throughout a 34-square-mile area, including the City of Federal Way and portions of unincorporated South King County.
- **For 2004, a total of \$12.48 of every \$1000 of a homeowner's assessed property value is allocated for schools, state and local community services. The fire department's portion is \$1.50, or about 12%.**

This fall, you have the opportunity to determine the level of funding for your fire department. Make an informed decision on September 14 – your vote matters.

Emergency Preparedness

Federal Way Fire Department is hosting a series of American Red Cross Emergency Preparedness classes at NO CHARGE to the public at our training station, 1405 SW 312th St.

Register at least one week in advance by calling 253-839-6234.

Senior Citizen Disaster Preparedness
Thursday, June 24, 2004
6:30 – 8:00 pm

Family Disaster Preparedness
Thursday, September 23, 2004
6:30 – 8:00 pm

Winter Disaster Preparedness
Thursday, December 2, 2004
6:30 – 8:00 pm

Every Vote Counts

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Q. Wasn't there a similar ballot measure done in 2003?

A. Yes, this is the same type of ballot measure (aka Lid Lift) that voters have approved for the past three years. When I-747 became law in 2002 (RCW 84.55.0101), it gave voters the opportunity and responsibility to determine the level of their local services, such as fire protection. The Lid Lift would allow the department to continue to collect \$1.50 per \$1,000 of assessed property value.

Q. What services does the Federal Way Fire Department provide?

A. Your fire department provides the following services to 120,000 people in the greater Federal Way area, including large areas east of I-5. Our minimum daily firefighting staff is 21. This minimum staffing allows us to simultaneously staff six fire engines and at least one aid unit and a ladder truck to manage our calls for fires, medical aid, technical rescue and hazardous materials incidents. We also provide an emergency operation center, general assistance to community members, fire investigation, new building inspection, fire and life safety code enforcement, fire prevention, fire and life safety education in schools and daycares, fall and fire prevention for seniors, community newsletters, business emergency and disaster training, community disaster preparation, CPR and First Aid training, public events, custom-fit safety helmets and home safety surveys.

Q. How would the Fire Department manage the impacts of significant reductions to property tax?

A. To date, we have managed to grow with our community due to consistent support by our citizens. We are a service business. Dedicated Firefighter-EMTs provide emergency response, and other department members provide the wide range of services listed above. People account for nearly 85% of our annual budget. If we are faced with a declining revenue base, we must implement cost-reducing strategies that will eliminate programs and reduce firefighter and support staffing. You have elected a Board of Fire Commissioners to represent the citizens of greater Federal Way. The Board and fire department staff continue to operate a cost-effective fire department that meets your diverse needs in a time of crisis. We hope to be able to continue this excellent level of service in the future.

Remember: We urge you to vote this fall!!!

A Senior Moment

Do you meet these qualifications? If so, the Federal Way Fire Department wants to talk to you!

- At least 65 years of age
- Live independently
- Have fallen in the past two years
- Want to learn more about preventing injuries at home

The first 12 people who call will receive a home safety survey conducted by a fire department education officer. "Fall Factors" was established to teach people what causes falls, but more importantly, how they can be prevented.

"Thank you for your part in helping us seniors to be aware of the dangers in our homes of the pitfalls of falling. I especially appreciated the time you took to explain and check every condition that could pose a problem. My sincere thanks to the Federal Way Fire Department for making all this possible. It is comforting to feel that us "seniors" are made to feel important to our community."

*Sincerely,
Viola Mullins, Federal Way resident*

There is no cost to participate. The grant-funded program is provided as a community service of the Federal Way Fire Department. Proceeds from King County Emergency Medical Services, Capital One and the fire department are used to purchase risk reduction devices such as tub bars, shower chairs, night lights, power strips and other safety items. They are installed free of charge. To schedule a survey call 253-946-7246.

EMS Week

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All of our firefighters are Emergency Medical Technicians providing life-saving care to thousands each year. In 2003, they responded to an average of 22 medical calls a day. Our firefighters do everything from providing CPR to comforting an ill infant and her parents.

So how do we thank our EMS providers? Move to the right and stop as quickly as you safely can when they are using their lights and sirens. Only call for help when it is a true emergency and you cannot take care of the situation yourself. Post "911," your address and your phone number next to, or on, your phone. Do one thing this EMS Week to make your home and family more safe and reduce the chance you will need your EMS providers.

This newsletter contains ideas on safety around water and on wheels. Some other great injury prevention ideas can be found at: US Consumer Product Safety Commission www.cpsc.gov, National Safety Council, www.nsc.org, and the Seattle/King County Health Department www.metrokc.gov/health.

Drive or Call 9-1-1?

Recently a man with chest pain and difficulty breathing had his friend drive him to the nearest fire station for help. Unfortunately, the crew was on another call.

After finally calling 9-1-1, the next closest unit was sent along with paramedics. The man went into full arrest before he could be transported to the hospital, requiring CPR and electrical shocks from a defibrillator.

Many people think that they can save time by driving to a station, but in reality it can actually delay help. There is no guarantee that firefighters will be at the station. If you are having an emergency, it is better to stay where you are and call 9-1-1.

If there is a life threatening emergency such as unconsciousness, difficulty breathing, chest pain or uncontrollable bleeding, *always* call 9-1-1. Do not have someone drive you to the fire station or hospital; you need help to come to you.

If you have a less serious injury, such as a broken bone that is not bleeding heavily, you may wish to have someone drive you to the hospital or a doctor's office. If you don't have such help or cannot easily travel in a vehicle, call 9-1-1.

- For life-threatening emergencies, call 9-1-1.
- For general emergencies, go to a doctor, the hospital or call 9-1-1.
- For a blood pressure check or to tour the station, go to a fire station

Calendar

Statewide Earthquake Drill
April 22, 9:45 am – 10:00 am

State Farm Child Safety Day
May 15, 11:00 am – 2:00 pm
The Commons (formerly SeaTac Mall)

Helmet Fit and Sale
June 12, 11:00 am – 2:00 pm,
Albertsons, 33620 21st Ave SW

Senior Disaster Preparation
June 17, 6:30 pm – 9:00 pm
Station 68, 1405 SW 312th St

Primary Elections
September 14

Family Disaster Preparedness
September 23, 6:30 - 8:00 pm
Station 68, 1405 SW 312th St

Winter Disaster Preparedness
December 2, 6:30 - 8:00 pm
Station 68, 1405 SW 312th St

For more information, call us at
253-839-6234

Tell us what you think!

Please send any comments or questions to:

Public Education Division
Federal Way Fire Department
31617 1st Ave S
Federal Way, WA 98003

Or send an e-mail through the question and comment link on the contact page of our website:
www.federalwayfire.org

On the Line

What should I do when an emergency vehicle is approaching with the lights and sirens on?

- If moving, pull over to the right and stop in a quick and safe manner. It does not matter what lane you are driving in, move over and stop as soon as you can safely do so. You do not necessarily need to move from the inside to the outside lane, but you do need to make room for the emergency responders.
- If stopped, stay where you are and the responders will try to pass you on the left.
- If stopped and the responders are behind you and unable to pass on your left, pull forward and to the right as soon as it is safe to do so.
- Police officers and firefighters have special equipment to turn traffic signals green, reducing the number of possible collisions. If traffic is very tight and responders are approaching behind you, move through the green light and pull over to the right.



Why do firefighters sometimes go through an intersection and then turn off the lights and sirens?

Until we know differently, we send as much help as you may need based on your call to 9-1-1. When the first unit arrives, they decide if everyone is needed and how quickly they need to arrive.

- If help is needed right away, the drivers will continue to use the lights and sirens.
- If help is needed but it can wait a couple of minutes, they will turn off the lights and sirens and obey all traffic signals as they continue to your location.
- If no other help is needed, the other firefighters will be cancelled. They will turn off their lights and sirens and return to their non-emergency work.

It is important that we get help to you as soon as possible. We also endanger other drivers every time we use lights and sirens. Firefighters are constantly balancing the needs of an individual and the safety of other drivers as they respond to every scene.