SOUTH COUNTY FIRE

12425 Meridian Ave. S. Everett WA 98208



SERVING SOUTH **SNOHOMISH COUNTY BRIER • EDMONDS** LYNNWOOD · MOUNTLAKE TERRACE



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ON THE COVER: Firefighters practice highway rescue skills

South County Fire recently hosted heavy rescue training for the multi-jurisdictional Snohomish County Technical Rescue Team. The hands-on drill prepared firefighters for highway rescues involving large vehicles, including buses, dump trucks and semi-trailers. Dick's Towing demonstrated the lifting capabilities of their fleet, then firefighters tried their hand at using their rescue and extrication tools to lift, cut and pry open a variety of large vehicles. Firefighters on the rescue team also have specialized training for collapsed buildings, urban search and rescue, trench cave-ins, confined-space rescues, ice and surface water rescues and high- and low-angle rope rescue.

Daytime EMS unit added to ease 911 call volumes during peak hours

outh County Fire added a third peak-activity EMS unit on July 1 to respond to 911 calls during the busiest time of the day.

Peak-activity units are staffed from 8 a.m. to 8 p.m. when 911 call volumes are their highest. They supplement the 24-hour staffing South County Fire provides at 14 neighborhood fire stations in unincorporated South Snohomish County, Brier, Edmonds, Lynnwood and Mountlake Terrace.



The newest peak-activity unit is based at Mariner Fire Station 11. Other peak-activity units are based at Fire Station 10 located north of Lynnwood near 156th St. SW and Highway 99 and Martha Lake Fire Station 21. These

> peak-activity units transport patients throughout South County Fire's service area to help keep neighborhood stations available to respond to 911 calls.

Did you know ...

All South County Firefight-

ers are emergency medical technicians or paramedics.

Paramedics are on duty 24/7 at all 14 neighbor-

hood fire stations. They

have advanced skills

to provide the highest level of care for the most

life-threatening medical

emergencies.

South County Fire has 52 firefighters on duty 24/7, supplemented by an additional 6 firefighters during the day when the three peak-activity units are in service.

SUMMER 2018

SOUTH COUNTY

SERVING SOUTH SNOHOMISH COUNTY · BRIER · EDMONDS LYNNWOOD · MOUNTLAKE TERRACE



INSIDE: A new approach to community first aid • How to petition the county for a "no fireworks" area in your neighborhood • EMS levy on the ballot for RFA voters





READY FOR RESCUES

Hands-on training with buses and trucks prepares firefighters for real-life highway rescues

Helping you stay safe and sound

Child car seat checks and classes

Did you know motor vehicle injuries are a leading cause of death in children? Child car seats save lives and are required by law. Attend a class or sign up for a car seat check with a certified child passenger safety technician to make sure your child is protected.

First Thursday of each month:

- Child car seat checks by appointment during the day.
- Child car seat class, 6-8 p.m.

Martha Lake Fire Station 21 16819 13th Ave. W, Lynnwood.

Register in advance online at www.southsnofire.org/carseats or call 425-551-1254.

Neighborhood Night: Meet your firefighters at open house events

Meet your firefighters, medics and your neighbors at our Neighborhood Night open house events focused on safety in your community!

Open house activities include fire engine and medic unit tours, A.C.T. first aid training and a brief presentation by the Fire Chief and your firefighters on the services they provide in your neighborhood.

Drop by any time from 5:30 to 7 p.m. at a Neighborhood Night near you:

- **Sept. 13:** Hilton Lake Fire Station 12 3525 108th St. SE, Everett
- Mountlake Terrace Fire Station 19 Nov. 8: 5902 232nd St. SW, Mountlake Terrace

Disaster preparedness for your neighborhood

Neighborhoods that are prepared for disasters save lives, reduce the severity of injuries and trauma and reduce property damage.

Map Your Neighborhood workshops teach neighbors to rely on each other during the hours or days before fire, medical, police or utility responders arrive.

COMMISSIONER'S CORNER

Insight from hands-on experience with A.C.T. training

By Commissioner **Christine Frizzell**

eing a Fire Commissioner has given me much insight to community safety issues that surround us. One of those

insight opportunities happened May 19 at the Emergency Medical Services Week Open House at Lynnwood Civic Center Fire Station 15.

I arrived at the station and within minutes Fire Chief Stedman had given me training on the "T" portion of our new one-hour A.C.T. first aid training that focuses on how we can all save a life in the first five minutes of an emergency.

T is for Tourniquet and bleeding control for scenes of violence and active shooter situations. Of course, these are situations that we hope we will never come into contact with, but we can all be ready to respond with a small investment of time and training.

I was able to give hands-on demonstrations on how to stuff an open wound and how to easily apply a tourniquet. The biggest hurdle working with kids and their parents was actually touching the simulated cut limb and fake blood. We used gauze to stuff a fake open wound, then with a little help, we were able to apply a tourniquet. It was a great time to talk with kids at their level as well as parents and grandparents about the importance of learning and practicing this on a regular basis. As we worked with the materials, it became easier to consider how this training could be invaluable to save a life.

I suggested that parents work all three parts of A.C.T. into our biannual changing of smoke alarm batteries, along with reviewing emergency escape routes. Being prepared is as important in our homes as it is in our community. As our communities change, we also need to change to be better prepared to help in difficult situations.



Our new 1-hour first aid program focuses on teaching three vital skills that can be game-changers in the first 5 minutes of a life-threatening emergency

outh County Fire is introducing A.C.T., a new approach to first aid training for our community. We know we can save more lives if we teach more people the first aid skills they need to act during the crucial few minutes before firefighters arrive. We also know not everyone has time to take a day-long certification class to learn those skills.

That's why we came up with A.C.T. to prepare our community to respond to the threats any of us might encounter in modern society. Training usually takes less than an hour and focuses on three first aid skills that can make a big difference in the first five minutes of a life-threatening emergency:

ANTIDOTE for suspected opiate overdose

Most people hear the word opiate and think of street drugs like heroin, but it also includes many painkillers prescribed after surgery or injury. Opiate overdose is the leading cause of death for people under 50. A.C.T. teaches you how to administer an antidote nasal spray available without a prescription at many local pharmacies.



Firefighter/Paramedic Julian Aceto teaches how to administer the nasal

CPR and AED for sudden cardiac arrest



CPR at A.C.T. training during the

at Mariner Fire Station 11 in June.

five minutes can be lifesaving.

Neighborhood Night Open House held

CPR and AED (automated external defibrillator) are both used to treat sudden cardiac arrest, the leading cause of death in the United States. AEDs are located in many public gathering places and can be easily and safely used to administer a

shock to restore heart beat rhythm. CPR and AED use in the first few minutes of

ourniquet for bleeding control

Severe bleeding is the leading cause of death in earthquakes, terror attacks and mass shootings. Applying a tourniquet to an arm or leg injury or packing a torso wound in the first

We may not like to think about the possibility of these things happening in our community or to our loved ones, but if they do occur, A.C.T. will have prepared you to take action to save a life.

Our goal is to prepare not just individuals, but our entire community, to be ready to act. We're working on securing grant funding to accelerate and expand the delivery of A.C.T. training throughout our service area.



Fire Chief Bruce A. Stedman teaches how to apply a tourniquet during A.C.T. training at the Neighborhood Night Open House at Mariner Fire Station 11 in June.

Free A.C.T. training is offered on the third Thursday of each month, 6-7 p.m., at Martha Lake Fire Station 21, 16819 13th Ave. W, Lynnwood. Register in advance online at www.southsnofire.org/ACT or call 425-551-1240.

You can also learn A.C.T. from your firefighters and volunteers at these community events:

Aug. 7: National Night Out Against Crime, 5 to 8 p.m., at Willis Tucker Park, 6705 Puget Park Drive, Snohomish, WA 98296.

sudden cardiac arrest can greatly increase the odds of survival.

antidote for opioid overdose during the EMS Week Open House held at Lynnwood Fire Station 15 in May.

Learn how to bring this program to your neighborhood at one of our free workshops. Schedule and registration available at www.southsnofire.org/MapYourNeighborhood.

Aug. 10 & 11: Taste Edmonds at the South County Fire booth.

Sept. 8: Fair on 44th, 10 a.m. to 2 p.m., at the South County Fire display at Lynnwood Fire Station 15, 18800 44th Ave. W, Lynnwood.

Sept. 13: Neighborhood Night Open House, 5:30 to 7 p.m., Hilton Lake Fire Station 12, 3525 108th St. SE, Everett.

Cut out and distribute or download petition form at www.southsnofire.org/fireworks

How to petition the county to create a "no firework" area in your neighborhood

very year we hear from people who are concerned about dangerous fireworks use in their neighborhoods. This Fourth of July was no exception. A county ordinance allows residents in unincorporated areas to petition the Snohomish County Council for a neighborhood fireworks ban.

You can use the petition form printed here to collect signatures. Return completed petitions by Aug. 31 to South County Fire Headquarters, 12425 Meridian Ave. S, Everett WA 98208. We will deliver all the petitions we've collected to the Snohomish County Council. You can download the petition form at www.southsnofire.org/fireworks or pickup additional forms at South County Fire Headquarters.

Here's the county's process for establishing a "no firework" area:

Step 1: Establish a proposed "no firework" area.

The proposed area must meet the following conditions:

- Contain a minimum of 50 single-family homes OR contain a minimum of 1 square mile. •
- Have identifiable boundaries. If reasonably possible, the boundaries should be a • physical barrier such as a roadway, freeway or river.

Step 2: Collect petition signatures. The petition must be signed by a minimum of 51 percent of the registered voters within the boundaries of the proposed "no-firework" area. You can contact the Snohomish County Auditor's Office to request a list of registered voters within a proposed area.

Step 3: County Council sets a public hearing to consider the petition. Completed petitions must be filed with the clerk of the County Council. Upon receipt of a "no firework" area application and petition, the County Council sets a public hearing to consider the petition and request. If approved by the County Council, new fireworks restrictions must wait one year before they become effective under state law.

This petition method is available only in unincorporated communities. The cities of Brier, Edmonds, Lynnwood and Mountlake Terrace served by South County Fire already ban fireworks.

WARNING: Every person who signs this petition with any other than his or her true name, or who knowingly signs more than one of these petitions, or who signs this petition when he or she is not a legally registered voter, or who makes herein any false statement, may be punished by fine or imprisonment or both

PETITION TO CREATE A "NO FIREWORK" AREA

To the County Council, Snohomish County

The proposed area's boundaries are:

We, the undersigned citizens of the State of Washington and legally registered voters of the respective precincts set opposite our names, respectfully request that the area known as:

be established as a "no firework" area

Each of us for himself or herself says:

I have personally signed this petition, I am a legal registered voter of the state of Washington, in the precinct, written before my name, and my residence address is correctly stated.

Petitioner's					
Precinct					PO Box if
(optional)	Print first and last name	Signature	Residence address (house number & street name)	City or zip	applicable

Return completed petitions by Aug. 31, 2018 to South County Fire, 12425 Meridian Ave. S, Everett WA 98208 · 425-551-1200 · Download additional petitions at www.southsnofire.org/fireworks



Headquarters

12425 Meridian Ave. S. Everett WA 98208 (425) 551-1200 www.southsnofire.org

SERVING SOUTH SNOHOMISH COUNTY BRIER • EDMONDS • LYNNWOOD • MOUNTLAKE TERRACE

Commissioners Jim Kenny, *Chair* Benjamin Goodwin, *Vice Chair* David Chan Christine Frizzell Jim McGaughey Bob Meador Richard T. Schrock



Board of Commissioners regular meetings: 7 p.m., first and third Tuesday of each month. Board work sessions: 7 p.m., second Tuesday of each month. All meetings take place at Headquarters unless otherwise posted and are open to the public. Agendas, minutes and videos are available at www. southsnofire.org.

Fire Stations

Fire Station 10 156th Street 3922 156th Street SW Lynnwood WA 98087

Fire Station 11 Mariner 12310 Meridian Avenue S Everett WA 98208

Fire Station 12 Hilton Lake 3525 108th Street SE Everett WA 98208

Fire Station 13 Silver Firs 13611 Puget Park Drive Everett WA 98208

Fire Station 14 Lynnwood Blue Ridge 18800 68th Avenue W Lynnwood WA 98037

Fire Station 15 Lynnwood Civic Center 18800 44th Avenue W Lynnwood WA 98036

Fire Station 16 Edmonds Maplewood 8429 196th Street SW Edmonds WA 98026 **Fire Station 17 Edmonds Downtown** 275 Sixth Avenue N Edmonds WA 98020

Fire Station 18 Brier 21206 Poplar Way Brier WA 98036

Fire Station 19 Mountlake Terrace 5902 232nd Street SW Mountlake Terrace WA 98043

Fire Station 20 Edmonds Esperance 23009 88th Avenue W Edmonds WA 98026

Fire Station 21 Martha Lake 16819 13th Avenue W Lynnwood WA 98037

Fire Station 22 Hilltop 20510 Damson Road Lynnwood WA 98036

Fire Station 23 Lake Serene 4323 Serene Way Lynnwood WA 98087

A message from the Fire Chief

EMS levy on the ballot for RFA voters in the City of Lynnwood and unincorporated communities

outh County Fire has a replacement levy for Emergency Medical Service (EMS) on the August 7 Primary Election ballot for voters in the City of Lynnwood and the unincorporated communities of Snohomish County Fire District 1. The amount is 50 cents per \$1,000 of assessed property value, the



Fire Chief Bruce A. Stedman

same rate approved by voters in previous elections.

This levy would replace two EMS levies currently paid by property owners to the City of Lynnwood and Snohomish County Fire District 1. Last year, voters approved combining the two agencies into a regional fire authority called South County Fire. The next step of the plan called for passing a replacement EMS levy paid directly to the fire authority.

Call volumes have increased 34 percent in the last five years, and EMS accounts for 85 percent of all emergencies. Funding from the EMS levy will be used to purchase and staff another ambulance to maintain response times, as well as continue to fund daily operations.

The EMS levy provides both basic and advanced life support - the highest standard of care - for area residents and businesses. South County Fire's EMS program has been recognized nationally with awards from the Journal of Emergency Medical Services and Congressional Fire Services Institute for the innovative care provided to residents and businesses.

The EMS levy will not be on the ballot in the cities of Brier, Edmonds and Mountlake Terrace. These cities contract with the fire authority to provide emergency services, paying a fee supported by their city taxes.

More information about the EMS levy can be found at South County Fire's web site at www.southsnofire.org/EMSlevy. Public Information Officer Leslie Hynes also is available to answer questions at (425) 551-1243, Ihynes@southsnofire.org.

Firefighters install 135 smoke alarms for senior citizens at mobile home parks

South County Fire teamed up with the Red Cross to install 135 smoke alarms for older adults at mobile home parks this spring: 100 alarms at the Alpine Ridge mobile home parks in Lynnwood in April and 35 alarms at Youngs Mobile Home Park in Mountlake Terrace in May. Our goal is to make sure residents have updated smoke alarms to give them the early warning they need to escape in a fire.



Academy graduates are now on duty at neighborhood fire stations

Congratulations and welcome to our newest recruits, who graduated in the inaugural class of the Snohomish County Fire Training Academy: Felipe Aguirre, Cory Dowell, Chris Fezer, Theodore Martin, Spencer Sommer, Casey Wilson and Joshua Young. They are now working as probationary firefighters at neighborhood fire stations throughout the South County Fire service area.





PROMOTIONS



Thad Hovis promoted to Deputy Chief of Operations



Karl Fitterer promoted to Assistant Fire Marshal