

**SOUTH COUNTY FIRE**

12425 Meridian Ave. S.  
Everett WA 98208



SERVING SOUTH  
SNOHOMISH COUNTY  
BRIER • EDMONDS  
LYNNWOOD • MOUNTLAKE TERRACE

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## CLASSES & EVENTS

Register in advance for these free monthly classes at:

[www.southsnofire.org/education](http://www.southsnofire.org/education)

### ACT to Save a Life First Aid

In just one hour, learn three skills to save a life: Antidote for opiate overdose, CPR & AED for sudden cardiac arrest and Tourniquet for bleeding control. *Third Thursday of each month, 5-6 p.m., Lynnwood Civic Center Fire Station 15, 18800 44th Ave. W.*

### Child Car Seat Safety

FACT: Three out of four car seats are not used or installed correctly. Learn how to properly use your car seat from birth to the adult seat belt. *First Thursday of each month, 6-8 p.m., Lynnwood Civic Center Fire Station 15, 18800 44th Ave. W.*

### Neighborhood Night Open Houses

Meet your firefighters, tour the fire trucks and learn about emergency services in your neighborhood. Open house activities include ACT to Save a Life First Aid, fire safety information and free bike helmets for kids while supplies last.

Between 5:30 and 7 p.m. on:

**June 13** at Keeler's Corner Fire Station 10, 5922 156th St. SW, Lynnwood.

**November 12** at Esperance Fire Station 20, 23009 88th Ave. W, Edmonds.

### EMS WEEK OPEN HOUSE & TEDDY BEAR CLINIC

Saturday, May 18, 10 a.m. to 1 p.m.

Edmonds Downtown Fire Station 17  
275 Sixth Ave. N, Edmonds

Learn about the emergency medical services provided by South County Fire and help us celebrate EMS Week at this free event. Activities include:

- **Teddy Bear Clinic for kids:** Bring your favorite stuffed animal to receive EMS care from our firefighters
- **Safe and Healthy Aging:** Night lights, File of Life, falls prevention and blood pressure checks
- **ACT to Save a Life First Aid**
- **Medic unit and fire engine tours**
- **Disaster preparedness information**



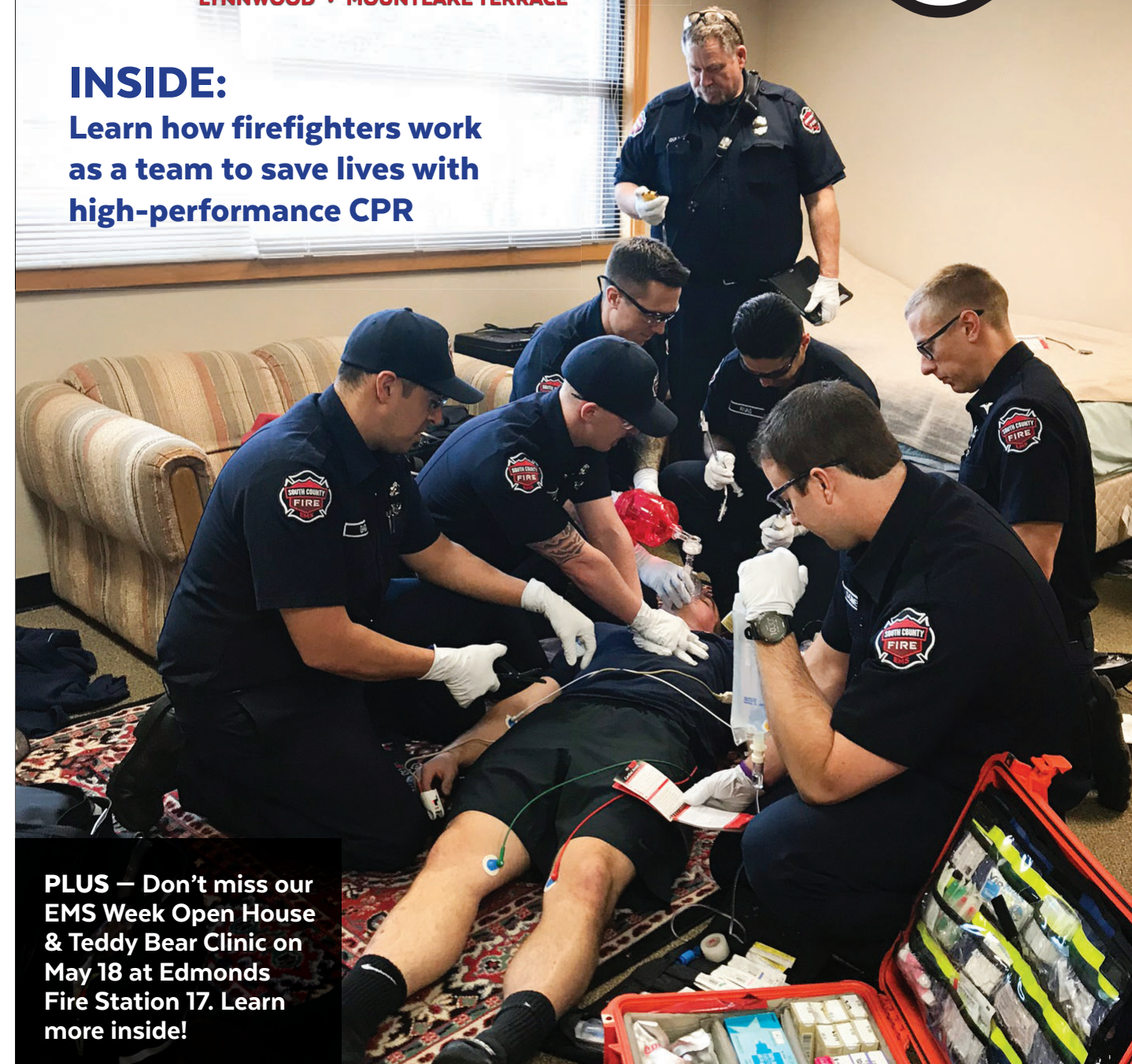
SPRING 2019

# SOUTH COUNTY SIREN



SERVING SOUTH SNOHOMISH COUNTY • BRIER • EDMONDS  
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**INSIDE:**  
Learn how firefighters work  
as a team to save lives with  
high-performance CPR



**PLUS — Don't miss our  
EMS Week Open House  
& Teddy Bear Clinic on  
May 18 at Edmonds  
Fire Station 17. Learn  
more inside!**



# FROM THE FIRE CHIEF

## ACT: Take 1 hour to learn how to save a life

EMS Week shines a spotlight on the lifesaving care your firefighters provide every day in the community. When you call 911, these highly trained professionals bring you the most advanced level of emergency medical care and do so with integrity, humility, compassion and trust. Their dedication truly exemplifies the EMS Week theme, Beyond the Call.



Fire Chief  
Bruce A. Stedman

I want to take this opportunity to thank our firefighters and also tell you how you can help us save even more lives in our community. You may have heard about ACT to Save a Life, our new approach to first aid. The class is just one hour and focuses on three skills you can use to save a life in those crucial few minutes before firefighters arrive:

### Antidote for suspected opiate overdose:

Learn how to administer an antidote available without a prescription at many local pharmacies. 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.

**CPR/AED for sudden cardiac arrest:** 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.

**Tourniquet 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 five minutes can be lifesaving.

Our goal is to prepare not just individuals, but our entire community, to be ready to act to save a life. The response has been excellent. More than 4,000 people have been trained since we introduced ACT to Save a Life at our EMS Week Open House a year ago.

I encourage you to give 60 minutes of your time to learn ACT. The skills you learn in that one hour could end up saving the life of someone you love.

**Free ACT classes are offered on the third Thursday of each month at Lynnwood Civic Center Fire Station 15. Register online and learn more: [www.southsnofire.org/ACT](http://www.southsnofire.org/ACT).**

# Emergency Medical Services

**BEYOND THE CALL** is the theme for this year's Emergency Medical Services Week, May 19-25.

Emergency medical aid is South County Fire's most requested service, accounting for more than 85% of our 911 calls. All of our firefighters are either emergency medical technicians or paramedics with advanced training for the most serious, life-threatening medical emergencies.

Here's a look at some of the ways your firefighters go Beyond the Call to serve you.

# BEYOND THE CALL



## STORIES OF SURVIVAL

### Fast action saves lives

*Fast action is your best weapon against heart attack and stroke, two of the most common life-threatening emergencies your firefighters see every day. Calling 911 as soon as you experience or observe symptoms in someone else greatly improves the odds of recovery.*

**William "Bill" Prothero** doesn't remember Jan. 28, the day he had his stroke. His wife, Elna, said she first knew something wasn't right when she saw Bill with a box of old books and shoes.

"He told me our son, Billy, had brought them up from the basement," she said. "But our oldest son, Billy, was at his home in Normandy Park, and we don't have a basement."

Elna had to act fast because even though her husband was confused, he was intent on leaving for work. She called 911, and then tried to distract Bill from leaving.

"I couldn't believe how fast the firefighters got here. Bill was just trying to get in his car and they came up on both sides of him," Elna said.

She said the firefighters from Lynnwood Civic Center Fire Station 15 made Bill feel comfortable about going to the hospital with them. "The way they handled him was gentle, yet respectful," Elna said.

Today, Bill is doing well, she said. "He's made a good recovery. He can walk, move his arms and talk."



**Otto "Jay" Krause** said constant pain in his jaw was the first sign he was having a heart attack in the early hours of Nov. 13.

"People always talk about feeling like an elephant is sitting on your chest, but it wasn't anything like that," Jay said.

"I began to experience strong jaw pain. There was no chest pain; it just felt like a little extra pressure in the middle of my chest," he recalled.

Around 4:15 a.m., he called 911. Firefighters from Hilltop Fire Station 22 took Jay in the medic unit to Swedish/Edmonds Hospital. From there, he was transferred by ambulance to Swedish Hospital's Cherry Hill Campus in Seattle where he underwent triple-bypass surgery. After being discharged to rehabilitation for 12 days, Jay returned home and is doing well.

The heart attack in November was the third time since 2008 that Jay has called 911 for medical aid. Each time, the response from firefighters was prompt and professional, he said. "They were at my home nearly after I hung up the phone."

His advice to others experiencing heart attack symptoms? "Don't hesitate to call 911. All of the firefighters are very professional and diagnosed my problem pretty quickly."

## Community Paramedics focus on EMS prevention for frequent 911 callers

Devin Haas and Craig O'Neill are South County Fire's Community Resource Paramedics. They provide non-emergency assistance to help frequent 911 callers access social services and assistance to better meet their needs.

Firefighters can call on community paramedics to assist them on scene or may refer a patient for follow-up services. A community paramedic contacts the patient by phone or a home visit to find out what's behind multiple 911 calls. In addition to a medical assessment, there is a home safety survey to prevent falls and other risks.



## Advanced EMS training provides hands-on learning

Firefighters train more than 60 hours a year to maintain their skills and stay abreast of the latest advances in emergency medical care. South County Fire recently hosted state-of-the-art training typically only available in medical schools. This valuable hands-on bioskills lab was provided at no charge by Medical Emergency Response Institute (MERI) and Teleflex. A team of 16 doctors and other medical professionals from across the country trained 81 firefighters in airway management and other advanced EMS skills.



## KNOW THE SIGNS and call 911 immediately

### HEART ATTACK

- **Chest discomfort:** Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- **Discomfort in other areas of the upper body:** In one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath**
- **Other signs:** Breaking out in a cold sweat, nausea, light-headedness.

### STROKE Use the acronym FAST:

- **Face:** Can the person smile? Does the mouth or eye droop?
- **Arm:** Can the person raise both arms?
- **Speech:** Can the person speak clearly and understand you?
- **Time** to call 911 if the person failed any of these tests.

## ON THE COVER:

### Firefighters work as a team to save lives with high-performance CPR

Sudden cardiac arrest is the leading cause of death in the United States. South County Fire's cardiac arrest save rate of 60% is well above the state and national average.

Your firefighters work as a team to provide high-performance CPR (HPCPR) to increase survival from cardiac arrest. This requires an initial response of seven firefighters and transitions to a minimum of 11.

**1. Captain:** Gets facts from witnesses, obtains information from family members about patient's medical history and prescription medication use, explains HPCPR to family members, assists with overall scene management, keeps time with a stopwatch and informs the controller 15 seconds prior to every two-minute mark.

**2. Controller (Lead Paramedic):** Directs patient care, delegates assignments to crew members, attaches patient to defibrillator, reads EKG, uses the defibrillator to administer an electric shock if needed and assesses patient's vital signs.

**3. Compressor (Firefighter/EMT or Paramedic):** Provides continuous chest compressions and uses a metronome to ensure an optimal rate of 100-120 compressions per minute. A firefighter assigned to this position performs compressions for two minutes, and then another firefighter takes over. This is done because the quality of compressions decreases after two minutes. The rotation and transfer of compression duty is done carefully and quickly to maintain the high compression rate without interruption to maintain brain and tissue oxygenation.

**4. Airway management:** Manages the patient's airway, provides supplemental oxygen using a bag-valve mask and provides positive pressure ventilation crucial for vital organ survivability. This task may be initially performed by a firefighter/EMT and then transitions to a paramedic to perform an intubation to establish an advanced airway. The EMT then provides bag-valve ventilations after the intubation is complete.

**5. Assistant to the Controller (Firefighter/EMT or Paramedic):** Assists the Controller as needed. A firefighter/EMT assigned to the position also becomes part of the compressor rotation.

**6. Quality Assurance (Firefighter/EMT or Paramedic):** Monitors patient's pulse to ensure quality CPR, confirms if patient has a pulse during a rhythm check at the two-minute interval and rotates into the compressor position.

**7. Skills Paramedic:** Establishes and maintains an intravenous or intraosseous line and administers lifesaving medications which can potentially restart the heart.

### OTHER RESPONDERS NOT PICTURED:

**Battalion Chief:** Serves as the incident commander, manages resources and scene safety.

**Medical Services Officer:** Consoles loved ones, observes and serves as overall medical authority at the scene.

**Additional Engine Company** of three firefighters, including at least one paramedic: These firefighters become part of the two-minute rotation providing chest compressions. Firefighters typically perform CPR for anywhere from 10 to 45 minutes. Having additional firefighters to rotate into the Compressor role prevents fatigue and supports high-quality compressions that are important to survivability.



High-performance CPR requires an initial response of seven firefighters and transitions to a minimum of 11.





### Headquarters

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

[www.southsnofire.org](http://www.southsnofire.org)

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### Commissioners

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

### Fire Chief

Bruce A. Stedman

### Connect with us



@SouthSnoFire



South County Fire

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](http://www.southsnofire.org).

### Fire Stations

#### Fire Station 10

**Keeler's Corner**  
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

## Board to petition county to ban fireworks in unincorporated areas served by South County Fire

The South County Fire Board of Commissioners is preparing to petition the Snohomish County Council to ban the sale and use of consumer fireworks within our unincorporated service area.

Fireworks put people, animals and property at risk in our area every Fourth of July. This is predictable, and it's also preventable. Fireworks bans in the cities we serve have effectively reduced injuries, property loss and 911 call volumes. In our state, eight counties and 92 cities have banned fireworks.

Current rules and regulations have not been effective, particularly in the suburban and urban areas we serve. We have residents share that they are afraid to leave their homes on July 4 due to heavy fireworks use in their neighborhoods. Banning fireworks would prevent injuries, loss of life and property as well as restore a sense of security, safety and peace of mind for the people we serve.

**HOW CAN I HELP?** Sign up for email notifications on our website to receive updates and information on how you can support South County Fire's petition to create a "no firework" zone in our unincorporated service area: [www.southsnofire.org/fireworks](http://www.southsnofire.org/fireworks).

## Voters approve dissolving Fire District 1

In February, voters overwhelmingly approved the dissolution of Snohomish County Fire District 1 at the end of this year.

Fire District 1 ceased providing services in 2017 when voters established South County Fire as a regional fire authority. Dissolving Fire District 1 will streamline government and eliminate the cost of managing a special purpose district which no longer serves its purpose.

This change will have no impact on the services you receive when you call 911. When the regional fire authority was formed, Fire District 1 and Lynnwood firefighters became employees of South County Fire and continue to serve you today from 14 neighborhood fire stations.

## COMMISSIONER'S CORNER

# Be part of a legacy of volunteerism



By Commissioner David Chan

**O**n a recent Saturday morning, I attended an open house at one of our fire stations. I saw people enjoying the opportunity to see our facilities, equipment and especially the fire engine. At the same time, participants came away with important information about ACT to Save a Life First Aid, smoke alarms, emergency preparedness, falls prevention and other public safety programs from our crews and our partners, including the Red Cross and Snohomish County Sheriff's Office.

Organizing a successful event like this takes a lot of resources and hours of hard work. Like many other governmental agencies, South County Fire has limited financial resources as we try to keep our budget low so that we can keep our taxes low. Without volunteers working alongside our staff, it would be difficult to provide community events like our recent open house.

However, the benefits our volunteers provide to our community extend far beyond any financial considerations. These people have a passion for helping others. The volunteers I have talked to enjoy being part of these activities and serving their community. Their excitement and energy contribute to the success of these events. They tell me they are grateful South County Fire gives them the opportunity to volunteer their time and talent.

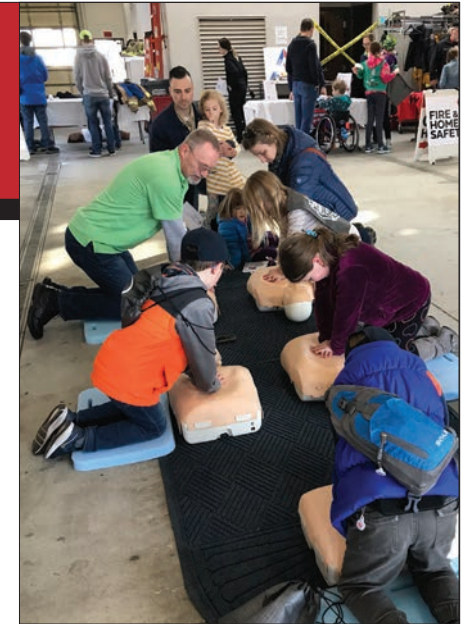
This is a reminder that all of us – YOU, your firefighters, paramedics, administrative staff and Commissioners – are part of a community with a shared goal of protecting life and property. Both Lynnwood and Fire District 1, the predecessors of South County Fire, were founded on the spirit of volunteerism. Through the years, we've grown to a full-service, regional emergency service agency, but we still have plenty of opportunities for residents to get involved and carry on that legacy of community involvement.

**FIRE CORPS VOLUNTEERS** help with a wide range of tasks including public education in fire and injury prevention, community events, blood pressure checks, smoke alarm installations, mail delivery between our 14 fire stations and administrative tasks.

**THE COMMUNITY EMERGENCY RESPONSE TEAM (CERT)** is made up of Fire Corps members with specialized training to help during a major disaster such as an earthquake. Our next CERT class will be offered this fall.

**VOLUNTEER FIREFIGHTERS** assist with fire scene support services, public education and community service.

We're planning a fall orientation for new Fire Corps volunteers **and we are seeking volunteer firefighters**. Watch for more details in our summer newsletter about how you can get involved or sign up online, [www.southsnofire.org/volunteer](http://www.southsnofire.org/volunteer), to receive email notifications. I invite you to join us and become part of our fire service family.



Fire Corps CERT volunteer Alan Park, in the green shirt, teaches CPR at the recent Scout Day Open House at Mariner Fire Station 11.