

SOUTH COUNTY FIRE

12425 Meridian Ave. S.
Everett WA 98208



SERVING SOUTH
SNOHOMISH COUNTY
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LYNNWOOD • MOUNTLAKE TERRACE

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CLASSES & EVENTS

Neighborhood Night at the Fire Station

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

Drop by anytime between 5:30 and 7 p.m. on these dates:

November 14, 2019 at Esperance Fire Station 20, 23009 88th Ave. W, Edmonds.

January 9, 2020 at Maplewood Fire Station 16, 8429 196th St. SW, Edmonds.

February 13, 2020 at Brier Fire Station 18, 21206 Poplar Way, Brier.

April 9, 2020 at Silver Firs Fire Station 13, 13611 Puget Park Dr., Everett.

ACT First Aid

In just one hour, learn three skills to save a life: Antidote for opiate overdose, CPR and AED for sudden cardiac arrest and Tourniquet for bleeding control. Classes are the third Thursday of each month at Lynnwood Fire Station 15, 18800 44th Ave. W, Lynnwood. Time is 5-6 p.m. through the end of the year; and 5:30-6:30 p.m. beginning in 2020. Classes are free, but you must register in advance online: www.southsnofire.org/ACT



Is your child riding safely in the car?

Learn how to properly use your car seat from birth to the adult seat belt.

Classes are offered on the first Thursday of each month, 6-8 p.m., at Lynnwood Fire Station 15, 18800 44th Ave. W, Lynnwood.

Classes are free, but you must register in advance online: www.southsnofire.org/carseats

Learn more about the state law change at www.wacarseats.com

Washington's car seat law changes Jan. 1, 2020:

-  Children up to age 2 must ride in a rear-facing car seat.
-  Children ages 2 – 4 years must ride in a car seat with a harness (rear or forward-facing).
-  Children 4 years and older must ride in a car or booster seat until they are 4'9" tall.
-  Children up to age 13 must ride in the back seat when practical.

FALL 2019

SOUTH COUNTY SIREN

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INSIDE
Fire Prevention Month Open House, October 12:
Not every hero wears a cape. Plan & practice your escape!



Headquarters

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

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

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Jim Kenny, *Chair*
Benjamin Goodwin, *Vice Chair*
Drew Burnett
David Chan
Christine Frizzell
Jim McGaughey
Bob Meador

Interim Fire Chief

Doug Dahl

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 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/meetings.

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

Fire Prevention OPEN HOUSE

Saturday, October 12, 10 AM-1 PM
Martha Lake Fire Station 21
16819 13th Avenue W, Lynnwood

Everyone can be a Fire Safety Super Hero at the Fire Prevention Month Open House!

- Meet your firefighters, tour the fire engine and rescue truck.
- Make A Great Escape: Put on a cape and practice your fire escape in the Great Escape Challenge for kids. First 100 kids receive a cape.
- Spray water from a real fire hose.
- Learn three skills to save a life with ACT First Aid.
- Learn about careers with South County Fire.
- Information and tips on safe and healthy aging, disaster preparedness, injury prevention and more!



Not every hero wears a cape. PLAN and PRACTICE your ESCAPE!

firepreventionweek.org



It's Fire Prevention Month. This year's theme is "Not Every Hero Wears a Cape. Plan and Practice Your Escape!"

Creating a home fire escape plan and practicing it is a small, but important action you can take to keep yourself and those around you safe from fire.

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Practicing an escape plan can help you make the most of the time you have, giving everyone enough time to get out. The National Fire Protection Association offers this checklist to help you develop your plan:

- Pull together everyone in your household and make a plan. Download a planning grid at www.southsnofire.org/EscapePlan. Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out and mark them on the grid.
- Make sure these escape routes are clear and windows and doors open easily. You should be able to use them to get outside.
- To give you the warning you need to escape, make sure you have working smoke alarms in every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home and a safe distance away.
- Make sure your house number can be seen from the street.
- Practice your home fire escape plan twice a year, making the drill as realistic as possible.

Using fire escape ladders

If your home has two floors, every family member (including children) must be able to escape from the second floor rooms.

Escape ladders can be placed in or near windows to provide an additional escape route.

Review the manufacturer's instructions carefully so you'll be able to use a safety ladder in an emergency.

Practice setting up the ladder from a first-floor window to make sure you can do it correctly and quickly.

Children should only practice with a grown-up, and only from a first-story window.

Store the ladder near the window in an easily accessible location. You don't want to have to search for it during a fire.

COMMISSIONER'S CORNER



By Commissioner Jim McGaughey

Your support makes quality fire service and EMS possible

As I see my six-year term as a South County Fire Commissioner coming to a close, I reflect back not only on my time on the board, but also to when my firefighting career began in 1973 for Snohomish County Fire District 1.

Moving up through the ranks from firefighter to Lieutenant, Captain, Battalion Chief and Deputy Chief of Training, I definitely saw a lot of change and growth in South Snohomish County. In 1973, 164th Street SW from I-5 east to the Bothell Everett Highway was a two-lane oiled gravel road. There was no Alderwood Mall and Fire District 1 had only four stations with eight career firefighters and approximately 100 volunteers.

Today, South County Fire employs 279 uniformed firefighters and serves a population of more than 250,000 from 14 neighborhood fire stations staffed 24/7. Emergency medical services now account for 85 percent of our 911 calls and all firefighters are cross-trained as emergency medical technicians or paramedics. In addition, South County Fire provides fire prevention, investigation, technical rescue, hazardous material response and educational services.

With population growth comes an increase in emergency responses and other service needs. South County Fire is working with a consulting firm on a cost-of-service model to assist in developing a forecast for the years 2019-2028 looking at growth in population by age group, employment and housing. The forecast includes expected emergency medical services and fire and community resource incidents. These projections will provide a high-level look at anticipated trends in cost of service over time and how those costs will spread across South County Fire jurisdictions.

It has been an honor and a privilege to serve the community of South County Fire all of these years. You have been our partner every step of the way. We couldn't do what we do without your ongoing support for your firefighters and your fire service. You have given us the utmost support in assisting us with meeting your needs. I thank you and will truly miss being a part of your South County Fire.

Pull to the right for sirens and lights

When you hear or see responding emergency vehicles, pull to the right and off the road if possible. Your efforts will help firefighters get help to those in need of emergency services promptly and safely.

- **STAY CALM**, pull to the right and come to a stop.
- **WHEN THERE IS NO ROOM TO STOP** or if you're on a high-speed highway, slow down as much as possible.
- **WHEN YOU'RE IN THE LEFT LANE**, pull over into the right lane as traffic to your right moves over.
- **WHEN YOU CANNOT MOVE TO THE RIGHT** because you are blocked by a car or other obstacle on your right, come to a stop. Your prompt action will let the driver of the emergency vehicle know what you are doing and anticipate where to drive.
- **WHEN YOU ARE STATIONARY AT A STOP SIGN OR RED LIGHT**, do not move unless you can pull over to the right.

PREVENTING FALLS

Team helps concerned families and older adults at risk of falling



Community Resource Specialist Larry Hadland shares a laugh with Harold and Laura Kortlever during a follow-up visit to their Lynnwood apartment.

Harold Kortlever's story is typical of many older adults: The 90-year-old fell as he was getting out of bed and couldn't get up on his own. Firefighters responded to his 911 call. They made sure Harold wasn't hurt, helped him get up and asked if he would like follow-up services to prevent future falls.

Community Resource Specialist Larry Hadland visited Harold at home to look at how the fall occurred and what changes could be made to prevent future falls. "We look at medical records and get to see actual living arrangements so we can make recommendations to help keep people like Laura and Harold at the highest level of independence possible," said Larry.

Since Harold's fall, family members have lowered the bed so Harold can get in and out more easily. They also provided the Kortlevs with medical alert pendants. Larry connected the Kortlevs with Homage Senior Services to learn about other community services.

Falls top the list of 911 calls for older adults in South Snohomish County. Your firefighters responded to 1,845 falls calls last year. This only includes calls for those who experience a slip, trip or fall that generates a medical record. Hundreds more call 911 to receive assistance getting up from a fall that doesn't result in an injury.

South County Fire offers help for concerned loved ones and older adults who have experienced a fall or may be at risk for falls.

Our falls prevention team can identify steps you can take and changes you can make to reduce the risk of falling. Services include:

- Home visits to make safety recommendations.
- Prevention education and information.
- Assistance in accessing social services.

"Most falls occur in the home and most are preventable," said Larry Hadland, a community resource specialist on South County Fire's falls prevention team. "Some people we see have lived in the same place for 30 years and have never adjusted their living conditions for their age. That's something our team helps with on home visits."

Changes can be as simple as removing a throw rug, clearing away clutter or repositioning furniture to make a more direct path between rooms.

Veteran-to-veteran help

Veterans in Prevention Jay Abraham and Kim Sharpe work with Larry to provide home visits. They can also help older adults who served in the military and may be eligible to receive assistance with medical care, home healthcare and prescriptions. This program is provided through a partnership with Operation Military Family Cares and grant funding from Verdant Health Commission.

LEARN MORE about falls prevention services or veterans benefits for yourself or a loved one: falls@southsnofire.org, 425-551-1266

4 things to do to prevent a fall

Talk openly to your healthcare provider about fall risks and prevention.

Tell a provider right away if you fall, worry about falling or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines or combinations can make you sleepy or dizzy and can cause you to fall.

Exercise to improve your balance and strength.

Exercises that improve balance and make your legs stronger can lower your chances of falling. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or healthcare provider about the best type of exercise program for you.

Have your eyes and feet checked.

Once a year, check with your eye doctor and update your eyeglasses if needed. Poor vision can increase your chances of falling. Have your healthcare provider check your feet once a year. Discuss proper footwear and ask whether seeing a foot specialist is advised.

Make your home safer.

- Remove things you can trip over (like papers, book and shoes) from stairs and places you walk.
- Remove small throw rugs.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to and inside the tub and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.



Veterans in Prevention Jay Abraham and Kim Sharpe

What's new? Two fire engines and an inflatable rescue boat to serve you



This 10-foot inflatable rescue boat went in service in August. It is carried on South County Fire's Technical Rescue Unit 21 to serve all area lakes. The rescue unit is centrally located at Martha Lake Fire Station 21.



A new fire engine went in service at Mariner Fire Station 11 in August. An identical model will go in service later this month at Lynnwood Fire Station 15.

Board approves resolution supporting a "yes" vote on advisory ballot measure on banning fireworks in urban areas

An advisory vote next month will gauge public opinion on banning the use of consumer fireworks in unincorporated urban areas of Snohomish County. This non-binding measure will be on your Nov. 5 General Election Ballot: *Should the Snohomish County Council enact an ordinance prohibiting the discharge of consumer fireworks in the unincorporated urban growth areas of Snohomish County?*

South County Fire filed a petition with the Snohomish County Council in June requesting a ban on consumer fireworks in our unincorporated service area. Consumer fireworks are already banned in the cities we serve - Brier, Edmonds, Lynnwood and Mountlake Terrace.

Fireworks put people, animals and property at risk in our area every July 4. This is predictable and it's also preventable. Fireworks bans in the cities we serve have effectively reduced injuries, property loss and 911 calls. Eight counties and 92 cities in our state ban fireworks.

The South County Fire Board of Commissioners unanimously adopted a resolution supporting a "yes" vote on the Nov. 5 ballot measure.