

The Pulse

'Tis the season for gatherings of family and friends. Statistics show that, unfortunately, it's also the season for fire. During the fall and winter months between January 2010 through December 2015, Poulsbo Fire Department and North Kitsap Fire & Rescue (NKF&R) have responded to 150 incidents at residences involving the seasons' predominant fire causes: fireplace and woodstoves, chimneys, candles, and cooking. These types of fires have destroyed over \$2 million in property across the two districts during that same time period.

The most common fires are those involving chimneys. While most chimney fires can be quickly resolved before causing serious damage, such incidents are a clear warning of graver dangers. Repeated chimney fires have a cumulative effect; every occurrence increases the potential for extension into the hidden spaces around the chimney assembly, and a much more destructive event involving the structure itself. To avoid chimney fires, have yours cleaned and inspected annually by a certified professional. Burn dry, seasoned firewood only.

All year around, cooking is the most common fire cause in the United States. During fall and winter months over the past five years, NKF&R and Poulsbo Fire responded to almost as many cooking fires as chimney fires.



This winter, keep home fires from starting

Coals removed from a woodstove may have been cool to the touch but retained enough heat to spark this devastating fire last year near Poulsbo when the ashes were placed in a paper bag on the home's wooden deck. Put fireplace and woodstove ashes in a metal can with a lid, cover with water and store away from combustibles before disposing of them.

Most often, these incidents start when a pan is left unattended on a hot stove or when combustibles are placed too close to the elements. Prevent cooking fires by remaining in the kitchen whenever using the stove; keep anything that could catch fire – potholders, plastic containers, dishtowels, etc – well clear of the stove's burners.

Fireplaces and woodstoves have been responsible for several

large fires in North Kitsap. In one incident, embers escaped from a woodstove's open door to ignite nearby combustibles. In another, a fireplace's open glass door allowed a burning log to roll out and ignite combustibles on the floor. In both cases, the homes sustained severe damage. To avoid fires caused by fireplaces and woodstoves, close stove doors and fireplace screens.

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Also in this issue ...

- Updates on the fire districts**
- Save lives with smart phones**
- Medical information card**

The Pulse, published jointly at least once every year, is one of many cooperative efforts between your two local fire departments.



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Update

Two years after voters approved additional funding to help Poulsbo Fire Department and North Kitsap Fire & Rescue (NKF&R) recover from the effects of the long recession, the fire districts are applying these resources as thoughtfully as possible to ensure continuation of current levels of service. Toward that end, the districts' leaders will continue to make careful decisions as they balance limited resources with increasing demand for service and rising costs.

NKF&R's citizens approved a maintenance and operations levy that helped restore some of the operating revenue lost during the recession. It also made funds available for long-deferred investments in apparatus, equipment and facilities. As a result, the district has two new Spartan fire engines on order with an expected delivery date in January 2017. Industry standards dictate that pumper trucks, even when as well-maintained as NKF&R's, aren't considered as reliable after they pass the 20-year mark. The new engines will allow the district to reassign its past-prime 1993 and 1995 engines to reserve status. Several of

the district's staff positions were kept vacant during the economic downturn in another effort to limit costs as revenues dropped. Passage of the measure allowed NKF&R to make significant progress filling its open leadership positions in operations and in training/support services. Because most federal grants require the receiving agency to contribute a portion of the project cost, the infusion of additional funds made it possible for NKF&R to pay its share and accept two federal grants. The district's new fire-rescue boat, delivered in late

2015 with 75% of its cost covered by a Port Security grant program, has already played a vital role in incidents on the water and along the shore. Earlier

this year, NKF&R and Poulsbo Fire were among a group of local fire departments to win a joint Assistance to Firefighters grant that will fund 75% of the cost to replace aging self-contained breathing apparatus (SCBA). Without the grant, Poulsbo Fire and NKF&R were facing an estimated combined \$500,000 cost to replace the vital safety devices' expiring compressed air cylinders.

Those served by Poulsbo Fire approved a capital bond measure which, in addition to freeing operational funds that otherwise would have to have been allocated to capital purchases, is allowing the district to replace some of its aging apparatus and equipment. Additionally, it has funded badly-needed repairs and enhancements to existing facilities. Three of the district's ambulances have been refurbished

Quick Facts About Poulsbo Fire

Service Area: 54 square miles
Population Served: 24,698 (2015 OFM estimate)
2016 Operating Budget: \$7.47 million
2015 Total Calls: 3,820
2015 Medical Calls: 2,412 (63%)
Non-Response Employees: 6
Response Employees: 37
Volunteers: 17
Fire Insurance Rating: 4 within the City of Poulsbo, and 5 in other areas



NKF&R firefighters and staff gathered in July to celebrate the promotion of several and the hiring of others to fill the resulting vacancies.

– a process that results in “like new” vehicles at about 65% of the cost – and are in service. Two new engines arrived this fall, replacing units that are 24 years old. All three of the district's staffed fire stations are now outfitted with generators that ensure the stations' continued operability during power outages of all durations. Two high-mileage staff vehicles each been replaced with far more fuel-efficient models. The original roof on Poulsbo Fire's Liberty Road headquarters station, built in 1989, has been replaced along with the building's

ineffective heating, ventilation and air conditioning system. The station was inundated with water during a 2015 flooding incident, requiring significant repair and replacement work. Most of these costs were covered by insurance and the balance was paid out of the district's

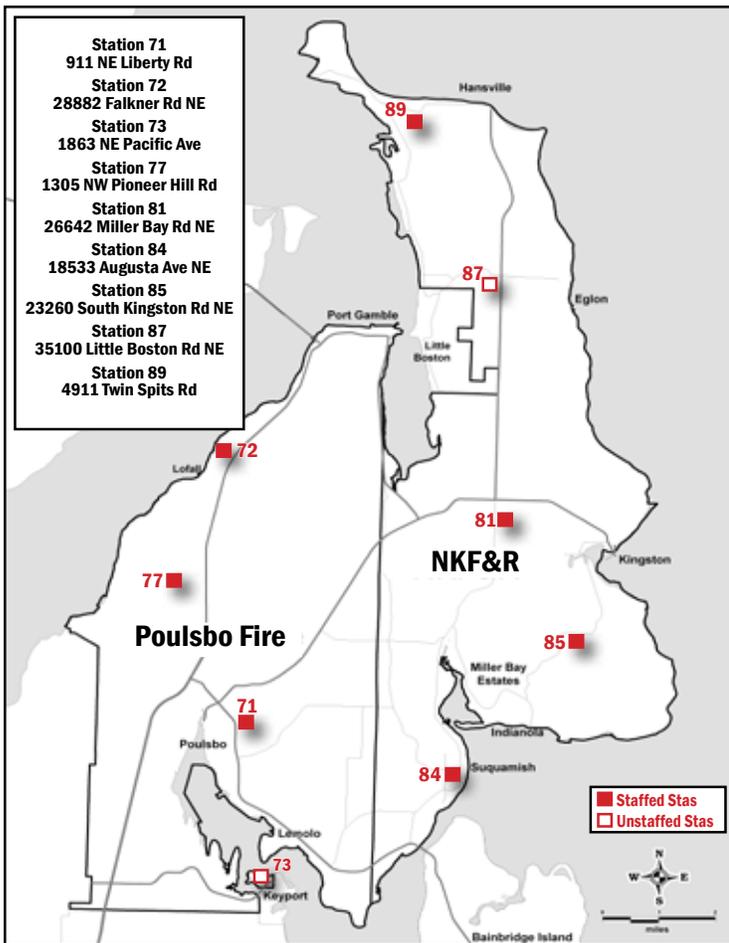
contingency or, more aptly in this case, “rainy day” fund. This work, combined with the bond-funded roof and HVAC replacement, is projected to extend the facility's life for at least another 25 years.

Quick Facts About NKF&R

Service Area: 46 square miles
Population Served: 19,450 (2015 OFM estimate)
2016 Operating Budget: \$7 million
2015 Total Calls: 3,153
2015 Medical Calls: 1,874 (59%)
Non-Response Employees: 7
Response Employees: 37
Volunteers: 22
Fire Insurance Rating: 5



Poulsbo Fire welcomed two new fire engines this fall. The pair will replace rigs more than two decades old that, despite excellent ongoing maintenance, no longer meet industry standards due to age.



Looking for CPR/AED Training?

Both NKF&R and Poulsbo Fire offer regularly-scheduled classes in these life-saving skills. Check the districts' web sites for information about upcoming classes.



Saving Lives with Smart Phones

Pulse Point, the smart phone application that has already earned credit for numerous saved lives by connecting CPR providers with those who need it, is available in our area.

The app also informs users about the locations of the closest automated external defibrillator (AED). The project is another effort spurred by the Harrison Foundation as part of its efforts to improve survival for victims of cardiac arrest. Smart phone users who download the application and allow their location to be known, receive a special alert that CPR is needed in a public place nearby. The notifications are generated through a link between the application and participating emergency dispatch centers when a 911 call is placed about a cardiac arrest in a public location. Cardiac arrests reported in private residences are not included.

Download the app at www.pulsepoint.org.

Signs and Symptoms of Heart Attack and Stroke

According to the American Heart Association, heart and blood vessel disease are our nation's number one killer.

Some heart attacks are sudden and intense, while some start slowly. Here are some of the signs that can mean a heart attack is underway:

Chest discomfort – Pressure, squeezing, fullness, or pain in the center of chest that lasts more than a few minutes, or comes and goes.

Discomfort in other areas of the upper body – Pain or discomfort in one or both arms, the back, the neck, the jaw or the stomach.

Shortness of breath

Other signs – Cold sweats, nausea or lightheadedness.



Learn the signs and symptoms of stroke, and get help even if the symptoms go away:

Face drooping – One side of the face droops or is numb. The person's smile is uneven.

Arm weakness – One arm is weak or numb. When the person raises both arms, one drifts downward.

Speech difficulty – Speech may be slurred. The person may be unable to speak or hard to understand. Ask the person to repeat a simple sentence, and see if it's repeated correctly.

Other signs – Sudden numbness or weakness of the leg; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; sudden severe headache with no known cause.

If you suspect heart attack or stroke, call 911 immediately

See the
Emergency
Medical
Information Card
on reverse



Last winter in Suquamish, the occupant of this home looked away for a brief moment and a pan of oil heating on the stove ignited to cause this destructive fire.

What's the best way to extinguish a pan fire? Put a lid on it!

The safest and most effective way to squelch a pan fire is that simple: Slide a lid over the pan to smother the flames, and turn off the burner. Oven fire? Turn the oven off and keep the oven door closed.

Winter Fires

Continued from front

Keep combustibles at least three feet away from all ignition sources.

Candle fires spike during the holiday season. The ambiance created by the flames is lovely, but the consequences are not. Consider using the battery-operated LED devices that replicate the light of candles. If you must use candles, keep them clear of combustibles and never leave them burning unattended. Extinguish all candles before leaving the room or going to bed.

No matter what the fire cause, working smoke alarms sound an early warning when fire breaks out. Families should also plan and practice their fire escapes to ensure that everyone knows what to do if it happens.

From our families to yours, best wishes for a safe and happy holiday season!

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Saved by the Chain



When a Poulsbo man suffered a sudden cardiac arrest last year, a team came together to save his life. Starting with his wife who called 911 and performed CPR, through the paramedics to the hospital's professionals, every link in the chain of survival was strong to make the difference between life and death.

Fill out this form, and post it on the front of your refrigerator. Keep a duplicate in your wallet or purse. Maintain current information on the card. More copies are available for download at www.poulsbofire.org and www.nkfr.org, or by calling (360)779-3997 or (360)297-3619.

EMERGENCY MEDICAL INFORMATION	Patient's Name:			Patient's Date of Birth:		
	Emergency Contact Name:			Contact's Phone:		
	Relationship with Patient:			Alt Phone:		
	Post any ADVANCED DIRECTIVES with this form: <input type="checkbox"/> Durable Power of Attorney for Health Care <input type="checkbox"/> Pre-Hospital "Do Not Resuscitate" Order			ALLERGIES (Check all are known): <input type="checkbox"/> No Known Allergies <input type="checkbox"/> Latex <input type="checkbox"/> Demerol <input type="checkbox"/> Codeine <input type="checkbox"/> Morphine <input type="checkbox"/> Insect Stings <input type="checkbox"/> Penicillin <input type="checkbox"/> Aspirin <input type="checkbox"/> Sulfa <input type="checkbox"/> Other		
MEDICAL CONDITIONS (Check all that apply):						
<input type="checkbox"/> No Medical Conditions	<input type="checkbox"/> Pacemaker	<input type="checkbox"/> Other:				
<input type="checkbox"/> Angina	<input type="checkbox"/> Stroke					
<input type="checkbox"/> Heart Attack	<input type="checkbox"/> Asthma					
<input type="checkbox"/> HIV/AIDS	<input type="checkbox"/> Diabetes/Hypoglycemia					
<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Seizures					
<input type="checkbox"/> Fractures	<input type="checkbox"/> Bleeding/Clotting Disorder					
<input type="checkbox"/> COPD/Emphysema	<input type="checkbox"/> Cancer:					
<input type="checkbox"/> High Blood Pressure						
MEDICATIONS:						
Name	Dose	Per Day	Name	Dose	Per Day	