LACEY FIRE DISTRICT THREE
Community Dispatch

Volume 3, January 2010

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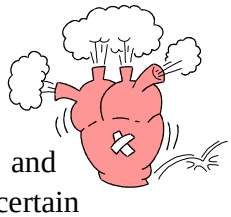
CPR Emphasis Training is Saving Lives



Training conducted in 2009 with our emergency response personnel is demonstrating the effectiveness of continuous chest compressions during CPR. The training is patterned after a study in King County, and results show that minimal interruptions of chest compressions for certain types of heart attacks are more likely to lead to saving a life.

Not all heart attacks are the same from a medical standpoint. The study covers the type of heart attacks that are witnessed (someone else is around at the time of the event) and caused by a certain heart rhythm called ventricular fibrillation, or VF; VF is determined by use of a heart monitor/defrbrillator.

> *For witnessed VF, nationally, the "save" rate is less than 10%;*
> ***in Thurston County the "save" rate is between 40% and 50% !***

Fire District 3 Services

Did you know? We have an **Infant and Child Car Seat Inspection and Installation Program.** Four District members successfully completed a 40-hour training course to become certified Infant and Child Car Seat Inspection Technicians. In 2009, these members checked and installed over 100 infant and child car seats.

The National Highway Traffic Safety Administration tells us that motor vehicle crashes are the leading cause of death for children ages 3-6 and 8-14. One way to protect your child is to use the proper child restraint. Washington State law requires the use of child restraints for all children less than eight years old, unless the child is 4 feet nine inches or taller.

Call 491-2410 to make an appointment to ensure one of our Child Car Seat Technicians is available to check your infant or child restraint seat.

Learn more on our website at www.laceyfire.com in the *Accident and Injury Prevention* section.

Picture from http://www.nhtsa.gov

Ice Safety

Winter is here, bringing hazards associated with frozen lakes, ponds and streams. Every year, the District responds to numerous ice-related incidents. Some of these prove to be fatal, even though most of them could easily have been prevented.

Children view frozen expanses as potential new "playgrounds," and are unaware of the hazards of venturing out on the ice. Ice thickness can vary greatly from one spot to another. Prevent tragedy by educating your family on the potential dangers of frozen lakes and ponds. Here are some tips to help:

- Don't play on frozen lakes or ponds.
- Ice skate only at a designated rink.
- Always wear a personal floatation device anytime you are around bodies of water, whether frozen or not.
- Keep pets off frozen lakes or ponds.
- If a person or animal falls through the ice, stay on shore and call 9-1-1. From shore, try to REACH the person with an object. THROW something floatable to them. If a boat is nearby, ROW out to the victim or push it toward them. Remember: **call 9-1-1** then REACH, THROW, ROW.
- If you fall into cold water, get into HELP (Heat Escape Lessening Position).
    - Bring your knees to your chest, hold your arms to your sides and clasp your hands.
    - Do not try to swim unless a boat, floating object or the shore are close by. Swimming causes "warm" blood to circulate to your arms and legs where it cools off quickly and reduces survival time by as much as 35-50%.

Don't slip into danger – stay off the ice!

Emergency Responses, 2009

By the month.....

Month	# of Incidents
January	854
February	825
March	855
April	813
May	877
June	910
July	1052
August	946
September	808
October	915
November	838
December	1040
TOTAL	**10,733**

By type of incident ....

Type	# of Incidents
EMS	8,011
Good intent and false alarms	1,396
Service calls	912
Fires	275
Other	139
TOTAL	**10,733**

These numbers are preliminary - watch for the 2009 Annual Report!

Response Time – What Does it REALLY Mean?

Time really, truly DOES matter when you are talking about a house fire. In as little as 30 seconds, a small flame may grow rapidly and turn into a major fire with thick black smoke and intense heat.

In previous issues we've looked at fire discovery time, the time it takes to call 9-1-1 and the time it takes the dispatch center to process your call and send help. Now let's look at Turnout Time.

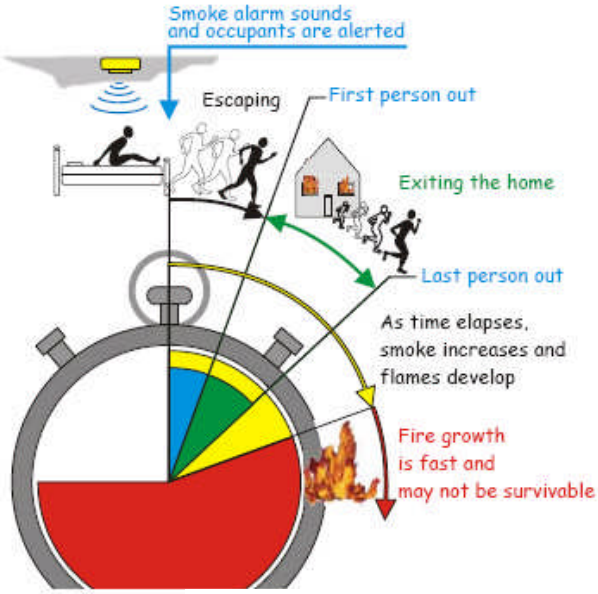
Turnout time is the time from notification of the emergency by dispatch to the time it takes for the engines to start responding.

Members must stop what they are doing, get to the apparatus bay, put on protective clothing, get in the engine, and buckle up before the engine starts moving. The District's average turnout time in 2009 was 1 minute 28 seconds*. Turnout times can be even faster if the call is dispatched when members are already out in the engine.

*Preliminary data

An emergency consumes time in several segments: Call time, dispatch time, turnout time, travel time. We have looked at:

- Call time - 1-3 minutes or more have gone by while you discovered the problem, got out, called 9-1-1
- Dispatch time - another 60 or so seconds have gone by while Capcom dispatched the call information
- Turnout time - another 1 minute and 28 seconds, on average, will elapse as the members stop their activity and get the apparatus rolling.



Graphic courtesy of www.firesafety.gov

Your fire has now had about 4-5 minutes to burn, and the apparatus have not yet arrived. You can see how time is working against you and how CRITICAL it is to call as soon as possible.

Next month we will look at Travel Time, the segment of time between the engines starting enroute and arriving at your address.