



LACEY FIRE DISTRICT THREE

Community Dispatch

Volume 4, February 2010

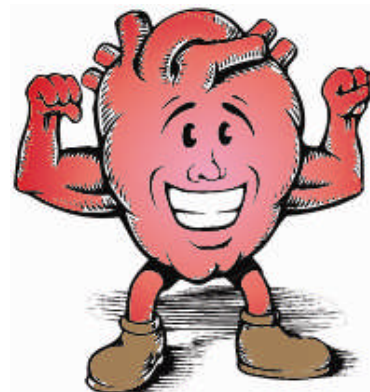
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February is Heart Month

Heart disease is the No. 1 cause of death in the United States. In Lacey Fire District, chest pain was the leading type of call dispatched in 2009.

Most heart attacks start slowly with mild pain and/or discomfort. Because it can be mild, some people aren't sure what is wrong and wait too long before calling for help. These are signs that a heart



attack might be happening:

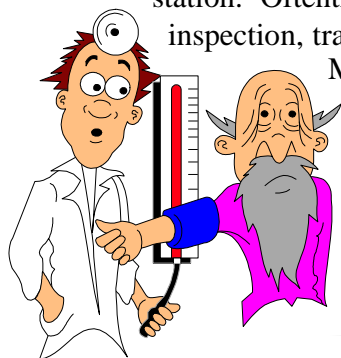
- **Chest discomfort** in the center of the chest that lasts for more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain
- You can feel **short of breath**, or like you just can't seem to catch your breath.
- You could have **pain or discomfort** in one or both arms, the back, neck, jaw or stomach.
- You could break out in a **cold sweat**, have **nausea** and/or **lightheadedness**

*Fast Action can save lives – maybe your own.
Call 9-1-1 for emergency help*

Fire District 3 Services

How is your blood pressure? We have a **Blood Pressure Check program** that is quick, painless and free! No appointment is needed.

All our staffed stations have personnel that will be happy to check your blood pressure if they are in the station. Oftentimes, especially at the stations with only one crew, the crew will be out on a call, an inspection, training or on another assignment. Station 31, our headquarters station across from St Martins University, has 2 crews plus some administrative staff that would love to help; try this station if your neighborhood station crew is out.



In 2009, District members checked the blood pressure of more than 900 people who came to our stations – come visit us this year and have your blood pressure checked!



A Cold or the Flu?

Don't be caught unaware – the flu is still out there. Typically the flu season around here is strongest in January – February so it could come back.

The flu is sometimes mistaken for a cold – here are the differences:

COLD

- Rarely a fever
- Rarely a headache
- Extreme exhaustion – never
- Fatigue and weakness – quite mild
- Prevention – pretty much none

FLU (either seasonal or H1N1)

- Usually a fever, often high
- Prominent headache
- Early and prominent extreme exhaustion
- Fatigue and weakness – can last for 2-3 weeks
- Prevention – flu vaccination. This year you should consider both a seasonal vaccination and an H1N1 vaccination

Get plenty of rest, proper nutrition, exercise and use your waterless hand cleaner – these will help you stay well.



2009, by the Numbers

Top response types:

- EMS* calls- 8009
- Assisting invalids – 619
- Injury motor vehicle accidents – 471

Top EMS call reasons:

- Chest pain
- Sick person
- Fall victim
- Breathing problem

Major areas where house fires start:

- Kitchen (**37%** of house fires start here)
- Garage

Busiest stations:

- Station 31 – 4378 calls
- Station 33 – 2214 calls
- Station 34 – 2153 calls

Busiest apparatus:

- Engine 33 – 2152 calls
- Engine 31 – 2122 calls
- Engine 34 – 2055 calls

Response distribution:

- City of Lacey – 5323 responses
- District area – 3834 responses
- Other – 1576 responses

(other includes Medic responses out of the District, automatic/mutual aid)

*Emergency Medical Services

City of Lacey Annexation into Fire District for fire services?

Voters will decide on April 27th if the City of Lacey will be annexed into the Fire District to receive fire and emergency services.

How does the City currently receive fire and emergency services?

- Services are provided from the Fire District through a contract with the City of Lacey.
- City residents pay property taxes to the City, and the City pays the contractually negotiated amount to the Fire District to receive fire and emergency services.

What is annexation?

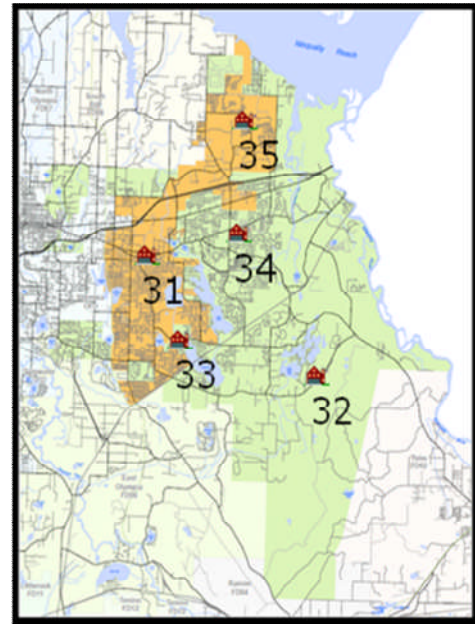
- Annexation is a voter-driven process that would allow the City of Lacey to be included in the Fire District ONLY as it relates to fire and emergency services.

Why is annexation being considered?

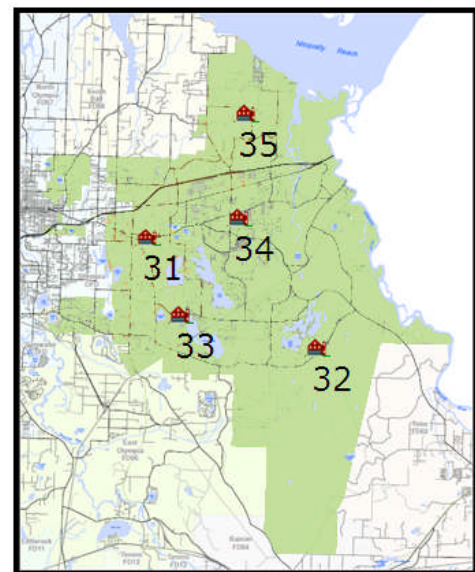
- The City has reviewed options for receiving fire and emergency services and has determined that annexation is in the public interest.
- The Fire District concurs with the proposed annexation.

What will change with annexation?

- Annexation gives all residents a voice and a direct vote on fire and emergency services.
- All residents will pay the same property tax levy rate based on the assessed valuation of their property for fire and emergency services.



Current boundaries:
City of Lacey in orange, Fire District in green



Boundaries of proposed annexation

For more information on annexation, please call 491-2410

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 that is not survivable.

In past issues of *Community Dispatch* we have looked at fire discovery time, 9-1-1 processing time, and turnout time; this issue focuses on **travel time**. Travel time is the time it takes for the engines and other apparatus to travel from their location to the emergency location.

Several factors affect travel time:

- how far the emergency is from a station
- whether or not the station has 24 hour staffing
- if the crew from that station is in the station or already out on another call

The best response to a fire is a residential sprinkler system that can automatically activate when a certain amount of heat is detected; it works whether you are home or not. Most homes are not thus equipped and rely on their fire service. For a fire service response, the best scenario is your house within a mile or less of an engine crew that is ready to respond.

The District has 4 staffed stations strategically located throughout our service area (shown in yellow above). From these staffed stations, a daily minimum of 14 firefighter/EMTs staff five units plus the Command Vehicle:

- Station 31 has an engine (3 FF/EMTs), an aid car (2 FF/EMTs) and the Battalion Chief
- Station 33 has an engine (3 FF/EMTs)
- Station 34 has an engine (3 FF/EMTs)
- Station 35 has a brush rig/aid unit (2 FF/EMTs)

Your fire call will receive the 3 engines (unless one or more is already on another call) plus the Command Vehicle. Overlapping calls (a unit is already on a call and another one for the same area is dispatched) happen frequently; in some areas of the District calls overlap as often as 43% of the time. Travel time for each engine will be variable depending on its location at the time of the alarm.

How can your fire emergency be managed more quickly?

- **Prevent fires from happening.** Learn and practice prevention. Keep your children, your vehicles and your home safe from fire.
- **A residential sprinkler system.** These activate quickly, extinguish a small fire or keep a large fire under control, and significantly limit damage.
- **Additional strategically located stations and more personnel.** More people on more apparatus at more stations means the likelihood of overlapping calls diminishes and the more likely the assigned apparatus will be at its assigned station.

