

HOSE & HAMMER



KIRKLAND FIRE & BUILDING
DEPARTMENT



FALL/WINTER 2002 EDITION

IN THIS ISSUE...

- ✓ **Electrical Hazards**
- ✓ **Upcoming Classes**
- ✓ **Funding Needs & Gifts**
- ✓ **Fall/Winter Safety Tips**
- ✓ **Stroke Survival**
- ✓ **Product Recalls**
- ✓ **New Programs**
- ✓ **Volunteer Needs**
- ✓ **Your Questions**
- ✓ **Disaster Quiz**

SHOCKING DISCOVERIES

According to the National Fire Protection Association, static electricity is causing fires at gas stations. The electrical charge builds when drivers are in their vehicles either prior to or during the fueling process and then touching the metal pump handle, with gas vapors in the air.



To avoid setting these fires:

- 1. Close your car door, touching the metal handle, when you get out**
- 2. Stay out of the car while refueling**
- 3. Repeat #1 if you *must* reenter the vehicle during fueling**

More information at www.pei.org, www.api.org
and www.nfpa.org



20th Century Fox's recent release, "Like Mike", features a boy who climbs a tree, grabs shoes off an energized electric power line and gets struck by lightning – giving him super basketball abilities.

In reality, the boy would have been killed. Please keep enjoying the movie but be sure your kids know fact from fiction.

Remind them to:

- Keep themselves/objects away from power lines and electrical outlets
- Stay away from people/objects touching electrical sources
- Get adult help if others/objects are touching electrical sources
- Stay away from power substations
- Fly kites, balloons, model airplanes, etc., far from power lines
- Treat all power lines as "hot" or energized and dangerous

TOGETHER ON SEPTEMBER 11



Photo by Rob Mullin

Citizens and public safety personnel gathered on September 11th at City Hall, the Kirkland Performance Center and Marina Park to remember, to mourn, and to appreciate human courage, resilience, and commitment to community.

(See back page story on 9-11-02 cooperation and generosity to benefit those with emergency needs)

PREPARE NOW!

**Emergency Preparedness,
Thursday, November 7, 2002
Lake Washington HS Library;
7-9pm**

Plan to attend the 1st Fire and Building Department community presentation on Emergency Preparedness. Learn what to do before, during, and after emergencies; learn to sort popular myths from reality; and find out what to expect from the City and yourselves during major crises. Sample topics include:

- Earthquakes while at work, school, home, on the road
- Taking charge of the young, elderly, disabled
- Survival kits for home, work, travel, vehicles
- Biological hazards: signs, precautions, resources
- Managing change and perspective, a step at a time

Pre-registration is requested to plan for refreshments and hand-outs. Call 425-828-1143 or write rpaster@ci.kirkland.wa.us, to give your name and number attending.

- Contractors: Info on U.W. home retrofit class, October 19, call 206-543-2310
- Homeowners: Info on home retrofit classes/trained contractors, call 206-382-2159

HOSE & HAMMER: HERE TODAY...



In order to keep bringing you this newsletter, we must increase outside support. Our goal is to recruit on-going corporate sponsorship, which will be identified by business name/logo in the newsletter. In the meantime, we are submitting grant requests and accepting donations of any size from the public.

Thanks to Fred Meyer for donating photography supplies to our Safety Education Program! Getting children into bunker gear and fire trucks for photos helps familiarize them with emergency equipment that could frighten them into hiding during fires. Your contribution is a lifesaver!

If you are interested in becoming a sponsor or have any leads to share with us, please contact Robin Paster at 425-828-1181 or write rpaster@ci.kirkland.wa.us.

Donations may be made out to Kirkland Fire & Bldg. Dept. Newsletter and mailed to Kirkland Fire and Building Department, 123 5th Ave., Kirkland, WA, 98033, Attention: Robin Paster

Cold Weather Safety Tips

DRIVING

AS WE ENTER OUR RAINY/SOMETIMES SNOWY SEASON WE FACE DRIVING HAZARDS CAUSED BY POOR VISIBILITY AND SLIPPERY SURFACES. TO AVOID COLLISIONS, INJURY, AND STRANDING:



1. Add 15 minutes to every hour of expected travel time
2. Replace windshield wipers and balding tires now
3. Keep gas, oil, water, and windshield wiper fluids full
4. Regularly clean off the windows and lights
5. Drive below speed limits during darkness, rain, snow
6. Slow and prepare to stop at crosswalks and lights
7. Pull over when rain, fog, sleet, etc. limit safe visibility
8. Stay off icy roads

OPEN FLAMES

COLD WEATHER INCREASES STOVE AND FIREPLACE USE; DARKNESS AND HOLIDAYS INCREASE CANDLE USE; CONTRIBUTING TO THE MAJORITY OF FALL/WINTER FIRES. TO PREVENT HOME FIRES:



1. Never leave cooking unattended!
(Cause of most home fires, year-round)
2. Never leave burning candles unattended!
(#2 cause of winter home fires)
3. Use flashlights for emergency lighting
4. Burn candles in fireproof containers
5. Keep combustibles well away from heat sources
6. Have your fireplace/stovepipe professionally inspected & cleaned
7. Make sure fireplace screens fully enclose the hearth opening
8. Do not remove fireplace/stove ashes, until they are cold. Then place in metal container away from wood for a week before disposing.

WHEN THE POWER'S OUT

NOW IS THE TIME TO PREPARE FOR POWER OUTAGES PRODUCED BY STORMS, FALLING BRANCHES, VEHICLE COLLISIONS WITH POWER POLES, ETC. TO ENSURE YOUR SAFETY:



1. Post your utility emergency numbers in a prominent place
2. Familiarize yourself with your electrical power box and switches
3. Store flashlights and packaged batteries in various areas of the house
4. Keep a cell phone charged and handy for emergency calls
5. Ask a friend to check on your welfare during weather disasters
6. Plan for back-up lodging you can use to stay warm and healthy
7. Keep 3 gallons water per person and ready-to-eat foods on hand
(hot water tanks can provide emergency drinking water)
8. Only use portable cooking equipment outside!

STRAINING



Beware of conditions that can lead to strains, such as raking, gutter cleaning, and snow shoveling. Pushing too hard can lead to injury and heart attack. To protect yourself, pay attention to your physical condition, work up to the level of effort needed to carry out tasks, and limit yourself to 15 minutes of reasonable exertion broken by 15 minutes of rest. If possible, hire a professional to do the job for you.

SURVIVING STROKES

A new drug, TPA, can save your life, limit paralysis, speech problems, and other disabilities – *when administered on time.*



If you experience the sudden, otherwise unexplained onset of any of these symptoms, call 911 immediately!

- ✓ Numbness or weakness in face / arm / 1 side of body
- ✓ Confusion / trouble speaking or understanding
- ✓ Trouble walking / loss of balance / dizziness
- ✓ Severe headache, possibly with other face / neck pain
- ✓ Nausea, fever, and vomiting
- ✓ Brief loss of or decreased consciousness

Do not delay! Call 9-11. If the symptoms are not stroke-related we'll be relieved with you!

SUN FOR BLUE DAYS



On-going days of darkness and rain can lead to feelings of depression. To keep this from happening, remember to (at a minimum):

- ★ Schedule something fun with a friend once a week
- ★ Treat yourself to something enjoyable once a week
- ★ Get plenty of restful sleep
- ★ Get sun (protecting skin) when you can
- ★ Exercise 15 minutes at a time, 6 days/wk
- ★ Have some juice, fresh fruit & vegetables each day
- ★ Get outside 5 minutes in the morning and afternoon
- ★ Put plants and fresh or artificial flowers in each room
- ★ Entertain yourself with anything that makes you laugh!
- ★ If none of these work, consult your doctor

*** NEW PROGRAMS ***

READY FOR SCHOOL



Fire Reserves Dean Maehlum, Diana Dorfman and Michael Defant with READY Trailer at Taste!Kirkland

Our safety education "R.E.A.D.Y. Trailer" (Remember Emergency Action Depends on You) has been refurbished and, thanks to a trial run at Rosehill Elementary School, is ready to serve 2nd & 3rd grade classes. The trailer has 2 rooms; 1 to show engaging educational videos, the other to simulate a fire scene, complete with smoke machine and climb down a fire escape ladder. Each room can accommodate up to 10 kids, simultaneously.

To schedule the program at your school, contact Robin Paster at 425-828-1181 or rpaster@ci.kirkland.wa.us.

BABYSITTER UNIT



The Department has developed a ½ hour unit that teaches babysitters fire prevention and response when caring for young children. The unit is used in a one day babysitter class sponsored by Overlake Hospital.

Parents can help by providing babysitters with the following when sitters arrive:

- ✓ Address and phone number where parents can be reached
- ✓ Emergency numbers, including child and pet doctors
- ✓ List of any child medical conditions/medications/allergies
- ✓ Medical consent form
- ✓ Location of fire extinguishers
- ✓ Foods to prepare that do not require cooking

For more information visit www.ci.kirkland.wa.us/depart/fire_bldg/fire/fireprev_safety_tips.htm

ON-LINE PERMITTING

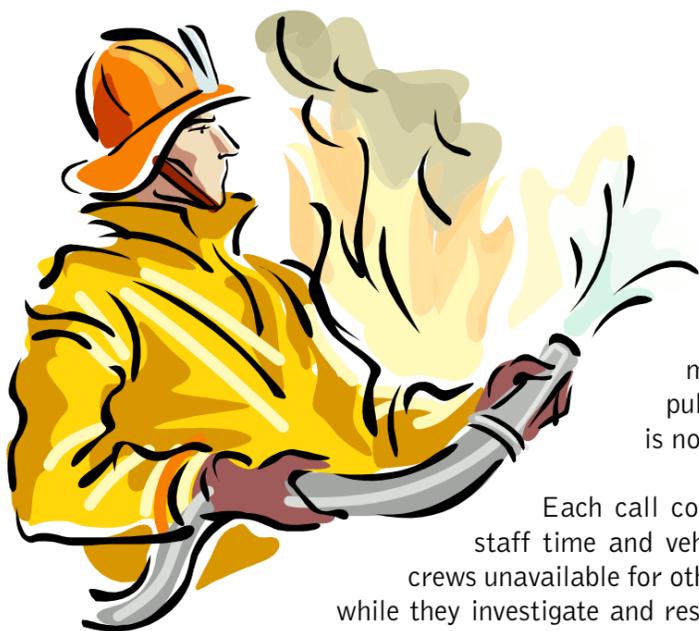


Kirkland Building Services Manager, Ken Carlson, hosts the kick-off celebration of MyBuildingPermit.com - a 1st in the nation!

No more trips to City Hall or waiting in line! Full-service Building permitting is now available at the touch of the keypad. Visit www.MyBuildingPermit.com to complete and pay for your permit application in Kirkland, Bellevue, Issaquah, and Mercer Island. All you need is your email address and credit card number. This convenience, for contractors with jobs in several cities, represents the 1st multi-jurisdictional on-line permitting in the nation!

For further information or assistance, please contact Suzie Alternburg at 425-828-1114 or saltenbu@ci.kirkland.wa.us.

YOU CAN PREVENT FALSE FIRE ALARMS!



20% of Kirkland emergency fire calls are for fire alarms activated from cooking smoke and dust particles, rather than actual fires.

Alarms triggered by dust are generally caused by construction work, while smoke related fires are set off by unattended cooking, including toast and popcorn. In rare instances, the alarms are activated by movement of equipment or intentional pulling of the alarms. Sometimes the cause is not known.

Each call costs approximately \$125.00, including staff time and vehicle use. More importantly, it leaves crews unavailable for other emergencies in their response area, while they investigate and reset the alarms. This can slow response time. Well-intentioned calls to inform the Fire Department of alarms set off by dust or smoke cannot reverse the response call. Policies to safeguard the public require Firefighters to make sure the apparent cause of the alarm was the only one and to reset the system, only after an investigation of the premises has been completed.

To deal with these alarms, our Department is implementing an information & education campaign. The outreach will begin with signs given to contractors when they obtain permits, to post at new construction sites; informational materials given to homeowners when they obtain permits for home construction jobs; and cards sent to business owners to inform them whenever "false" alarms are activated at their businesses.

Other interventions may follow, including a fee for multiple "false" alarms in any given year – a practice used by many other Fire Departments. To prevent unintended activation of fire alarms:

- Cover smoke alarms in the vicinity of construction work & shop projects during the work, make sure to inspect the area on an on-going basis, so you can immediately discover fires; and remove the covers as soon as the work is done or when you leave the area.
- Place smoke detectors outside kitchens (at least 8 inches out from doorways)
- Locate workplace cooking appliances, such as toasters and popcorn makers far enough from detectors that any smoke will not trigger the alarm inadvertently
- Stay with food until it is done cooking!
- If your smoke alarm is connected to a monitoring company, make sure the company follows a call-back policy so you can let them know the problem before a call is placed to the Fire Department. **If you are not sure what caused the alarm, LET THE CALL GO THROUGH!** Don't take any chances!

FREE 10-YEAR SMOKE ALARMS



A grant to the King County Fire and Life Safety Association gives us 20 lithium-battery smoke detectors. Standard detectors use 6-month batteries. These last 10 years! Detectors should still be tested each month and will not replace monitored equipment.

Contact 425-828-1143 to schedule an installation. First come-first served, one per household.

HELMET WITH A HAPPY ENDING!



According to Fire Lt. Ken Henderson and Firefighter Joe Ruljancich, their crew stopped a group of boys on bicycles to give Bicycle Helmet Citations to the 2 who wore helmets. A 3rd had a helmet but not on; a 4th had none at all. To get a citation, the 3rd youth put his helmet on before they rode off. Shortly after, the boys returned to the station. The one who'd just put on his helmet was thrown from his bike. Although cut, sore, and hurting, he suffered no head injuries.

Thank you Subway Deli's for rewarding kids who wear their helmets by giving them free deli rounds when they turn in their citation coupons! You're keeping kids safe!

To obtain a size medium, child bicycle helmet, please contact us at 425-828-1143 or rpaster@ci.kirkland.wa.us and we'll deliver the helmet(s) to the Fire Station nearest you. **Note: supply is limited and in this size only.**

PRODUCT RECALLS

Products are regularly recalled due to the discovery of fire and injury hazards. The Consumer Product Safety Commission (CPSC) monitors and advertises recalled products. Only a portion are reported in the news. You can check recalls at www.cpsc.gov or 800-638-8270, and get email notices via www.cpsc.gov/about/subscribe.html. Recent recalls include:

- ✓ Bicycles
- ✓ Outdoor heaters, stoves
- ✓ Candles and glue guns
- ✓ Hair dryers and extension cords
- ✓ Weather thermometers
- ✓ Electric ranges
- ✓ Cigarette lighters
- ✓ All-terrain vehicles (ATV's)
- ✓ Remote control toys
- ✓ Air conditioners
- ✓ Backpack blowers

YOUR QUESTIONS

Does the Fire Department offer CPR classes?

The Kirkland Parks and Community Services Department registers citizens for CPR classes. For a schedule of open public classes, contact the Parks Department at 425-828-1217.

Groups that want to hold their own classes can schedule them directly with the contracted course coordinator Phil Bransford at 206-963-9637 or pbransfo@msn.com.

Where can I refer a senior citizen with needs but limited income?

The most comprehensive local referral resource is King County Senior Services, that assists with such needs as: transportation, legal services, nutrition, health care, home repair, chore services, housing, counseling, employment, and activities. For further information or assistance call 206-448-3110 or write www.seniorservices.org.

Is there a difference between "flammable" and "combustible"?

They're different but often confused. "Combustibles" are common items, such as paper, cloth, and wood, requiring direct contact from ignition sources to catch fire. "Flammables" are highly ignitable/explosive substances, such as gasoline, and other vapor producing liquids that catch fire from vapors, not direct contact with sources of ignition.

TELL US WHAT YOU THINK!

Please let us know what you think of the newsletter in one of the following ways:

- ⇒ **Call** 425-828-1181,
- ⇒ **Email** rpaster@ci.kirkland.wa.us,
- ⇒ **Write** Kirkland Fire and Building Department, Attn: Robin Paster, Community Education & Information, 123 5th Ave, Kirkland, WA, 98033
- ⇒ **Drop off** your comments at your local fire station, addressed to Robin Paster.

We are interested in your opinion on this newsletter, whether or not you've responded to previous editions.

All responses that include a method for recontact (email, phone, or address) will be entered into a drawing on November 1 for a sample packet of our prevention hand-outs (including pot holder, ice scraper, firetruck bandages, bookmark, etc.)

Congratulations to Judy Stockton, our Spring/Summer 2002 newsletter response winner!

FOOD FUNDRAISER SUCCESS



Firefighters Buchanan and Houghton at the grill

Kirkland Downtown on the Lake (KDL) and Firefighter's Local 2545 worked together to give out free, delicious grilled sandwiches at the Wednesday Market on Sept. 11 and collect donations for the Kirkland Firefighters' Benevolent Fund. The event raised \$700 for the cause, which now gives Firefighters the ability to contribute up to \$100 toward a patient's emergency expenses, at the time of the call. Thank you to everyone who gave so generously!

COMMUNITY FILLS THE BOOT!



Lt. Jung collects donations

On Aug. 25, Kirkland Firefighters, friends, and spouses donated a day of fundraising for the Muscular Dystrophy Association (MDA.) Standing along Lake St. and Central Ave., they held up firefighter boots to stopped motorists to collect donations for "Jerry's Kids." Local citizens donated a generous \$7,000.

Anyone wishing to contribute may send a check to the MDA, 14205 SE 36th St., Suite 100, Bellevue, WA, 98006 or phone 425-519-3654

VOLUNTEER OPENINGS

Community outreach services are often assisted by volunteers. If you have a background with any of the skills listed below and are interested in volunteering, please contact Eileen Trentman, City of Kirkland Volunteer Coordinator at 425-803-1902 or etrentman@ci.kirkland.wa.us (work may be completed at home or City Hall when convenient for you; minimum time commitment 1 hour; all materials provided):

- ✓ Research
- ✓ Marketing
- ✓ Fundraising
- ✓ Product design
- ✓ Web editing



DATES TO REMEMBER

***On Oct. 27 turn clocks back 1 hr. and change smoke detector batteries!**

***On Apr. 5, advance clocks 1 hour & change smoke detector batteries!**

DISASTER QUIZ

Check the most appropriate answer to each question:

1. What should you do during an earthquake?
 - a. Run outside
 - b. Stand in a doorway
 - c. Drop, cover, and hold
 - d. Climb into bed
2. After an earthquake, stay put until:
 - a. The air clears
 - b. Any aftershocks have occurred
 - c. You hear people outside
 - d. Your muscles cramp
3. It's okay to drink flood waters, as long as:
 - a. You boil the water first
 - b. It's more than 2 feet off the ground
 - c. You're at least a quarter mile from farmland
 - d. It's never okay
4. An emergency supply kit does not need:
 - a. Pots, ladle, and spatula
 - b. A waterproof tent
 - c. A flashlight
 - d. A change of clothes
 - e. Plastic bags and bag closures
 - f. Knife, scissors and tape
5. People die in flashfloods because:
 - a. They move too slowly
 - b. They don't know which way to go
 - c. The water rises more quickly than they expect
 - d. They don't know how to swim

Whether you answered the questions all or partially correct, join us to learn more at the Emergency Preparedness Presentation Thursday, November 7, 2002 Lake Washington High School Library; 7-9pm

Answers: 1. c., 2. b., 3. d., 4. a., 5. c.