



Riverside Fire & Rescue

Fire Station 74
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Puyallup, WA 98371
253-922-5644

Fire Commissioners
John Campbell
Karen Megran
Peter Allison

Fire Chief Staff

Kira Thirkield
Interim Fire Chief

Daniel Hugo
Battalion Chief
Operations

Brent Dubay
Battalion Chief
Training

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In An Emergency
Dial 9-1-1

THE DISPATCH

RIVERSIDE FIRE'S ANNUAL SANTA RUN



PLEASE JOIN US FOR OUR ANNUAL SANTA RUN AS WE MAKE OUR WAY AROUND THE DISTRICT WITH SANTA. WE WILL BE HANDING OUT CANDY CANES COLLECTING FOOD AND CASH DONATIONS FOR THE LOCAL FOOD BANK. LISTED BELOW IS A GUIDE TO WHERE WE WILL BE EACH NIGHT.

DEC 13TH— PUYALLUP WEST TO 66TH AVE
RIVERSIDE VILLA, COTTONWOOD MOBILE
AND MAJESTIC MOBILE

DEC 14TH—66TH AVE TO GAY RD E

DEC 15TH—GAY RD TO TACOMA.
RED GATE, VALLEYBROOK AND TACOMA
COUNTRY ESTATES

Half of all home heating fires
occur in the months of



Keep portable generators outside, away from windows, and as far away as possible from your house.

Install and test carbon monoxide alarms at least once a month.



Heating equipment is involved in **1** in every **6** reported home fires and **1** in every 5 home fire deaths.

Keep anything that can burn at least **3** feet from any heat source like fireplaces, wood stoves, radiators, or space heaters.

Have a qualified professional clean and inspect your chimney and vents every year.



Store cooled ashes in a tightly covered metal container, and keep it outside at least **10** feet from your home and any nearby buildings.

Plug only **1** heat-producing appliance (such as a space heater) into an electrical outlet at a time.

THE THREAT OF WINTER FIRES IS REAL.

- 905 PEOPLE DIE IN WINTER HOME FIRES EACH YEAR.
- \$2,091,000,000 IN PROPERTY LOSS OCCURS FROM WINTER HOME FIRES ANNUALLY.
- 67% OF WINTER FIRES OCCUR IN ONE AND TWO FAMILY HOMES.
- HEATING IS THE SECOND LEADING CAUSE OF HOME FIRES
- OF THOSE SPACE HEATERS ARE THE MOST COMMON TYPE OF EQUIPMENT

AN ANNUAL FLU VACCINE IS THE FIRST AND BEST WAY TO PROTECT YOURSELF AND YOUR FAMILY FROM THE FLU.

WHAT'S NEW THIS FLU SEASON?

- THE RECOMMENDATION TO **NOT** USE THE NASAL SPRAY FLU VACCINE. ONLY INJECTABLE FLU SHOTS ARE RECOMMENDED FOR USE AGAIN THIS SEASON.
- FLU VACCINES HAVE BEEN UPDATED TO BETTER MATCH CIRCULATING VIRUSES
- PREGNANT WOMEN MAY RECEIVE ANY LICENSED, RECOMMENDED, AND AGE-APPROPRIATE FLU VACCINE. *INFORMATION PROVIDED BY THE CDC*



PROUDLY SERVING PIERCE FIRE DISTRICT 14 & THE PUYALLUP TRIBAL NATION
PROFESSIONALISM ACCOUNTABILITY COURTESY COMPASSION INTEGRITY COMMITMENT



A LOOK AT YOUR DEPARTMENT

**Blood Pressure Checks
Free Daily at Station 74
8Am-5Pm**

**What does your Blood
Pressure Mean?**

Top # = Systolic

How much pressure your blood is exerting against your artery walls when the heart beats.

Bottom # = Diastolic

How much pressure your blood is exerting against your artery walls while the heart is resting between beats

Healthy Range

Systolic <120
Diastolic <80

Approaching High Risk

Systolic 120-139
Diastolic 80-89

High: See Doctor Soon

Systolic 140-159
Diastolic 90-99

**High reading: Seek
Medical Care now**

Systolic >160
Diastolic >100

Small decreases in blood pressure can really help your heart.

Every five point decrease in blood pressure reduces risk of:

Heart Attack 21%
Stroke 34%

Source: WA Dept of Health

MEET YOUR FIREFIGHTERS

FIREFIGHTER / EMT KAYLEIGH MCCOY

KAYLEIGH MCCOY BEGAN WITH RIVERSIDE FIRE & RESCUE IN 2014 WHERE HER AMBITION LED HER TO ATTENDING BOTH THE DEPARTMENTS IN HOUSE FIRE ACADEMY AND BATES TECHNICALLY COLLEGE FIRE SCIENCE DEGREE PROGRAM. TYPICALLY, VOLUNTEERS CHOOSE ONE OR THE OTHER. KAYLEIGH, DETERMINED TO MASTER HER CRAFT, HAS TAKEN ADVANTAGE OF EVERY TRAINING OPPORTUNITY PRESENTED.

IN HER FREE TIME WHEN SHE'S NOT WORKING HER FULL TIME JOB AT MAJESTIC AEROTECH OR VOLUNTEERING WITH RIVERSIDE SHE LOVES ALL THINGS OUTDOORS INCLUDING SOCCER, HIKING AND ROCK CLIMBING.

KAYLEIGH PROVIDED AN INSIGHT INTO HER WORK ETHIC AND DEDICATION WITH HIS FAVORITE SAYING/QUOTE:

"TO DO MORE FOR THE WORLD THEN THE WORLD DOES FOR YOU, THAT IS SUCCESS."



RIVERSIDE FIRE & RESCUE WAS AWARDED TWO FUNDING GRANTS FOR COMPLIANCE UPGRADES TO OUR FIRE EQUIPMENT

THE FIREFIGHTER SUPPORT FOUNDATION HAS GENEROUSLY AWARDED \$5500 TO THE FIRE DISTRICT TO REPLACE 8 NOZZLES USED FOR FIRE CONTROL. THE NOZZLES WE WERE USING WERE ALMOST 20 YEARS OLD. THE FIREFIGHTERS SUPPORT FOUNDATION RECEIVES NO GOVERNMENT ASSISTANCE. FUNDING IS ACCOMPLISHED BY PRIVATE DONATIONS FROM CONCERNED CITIZENS AND BUSINESSES, AS WELL AS FUNDRAISING ACTIVITIES.



THE PUGET SOUND ENERGY FOUNDATION GENEROUSLY AWARDED \$5000 TO THE FIRE DISTRICT TO UPGRADE 40 SECTIONS OF FIRE HOSE USED FOR FIRE CONTROL. FIRE HOSE HAS A LIFE SPAN OF APPROXIMATELY 10 YEARS, WE'VE MANAGE TO STRETCH THAT TO NEARLY 15. THE PUGET SOUND ENERGY FOUNDATION IS DEDICATED TO KEEPING OUR COMMUNITIES SAFE AND PREPARED WHERE PSE SERVES AND OPERATES. THE FOUNDATION IS FOCUSED ON PROMOTING PUBLIC SAFETY AND EMERGENCY PREPAREDNESS. THE FOUNDATION USES NO PUBLIC PAYMENT MONEY FOR AWARDS, ALL FUNDING IS FROM AN ENDOWMENT FUND SPECIFICALLY USED FOR THE USE OF THE FOUNDATION.

THANK YOU PSE AND FIREFIGHTER SUPPORT FOUNDATIONS!

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Highlights from U.S. Fire Administration Statistics:

Trends in fires, deaths, injuries and dollar loss from 2005 to 2014

- Fires -22.7%
- Deaths -11.7%
- Injuries -7.9%
- \$ Loss -21.0%



Residential building Fire causes in 2015

- 50.8% Cooking
- 10.8% Heating
- 6.4% Electrical
- 6.4% Unintentional/careless

You turned your clocks back, now don't forget to **TEST YOUR SMOKE AND CO ALARMS!**



STEP 1:
Turn your clocks back one hour.



STEP 2:
Test your smoke alarm batteries.

Need a Smoke or CO alarm installed? Call us to set up a time to get a **FREE one installed! (253) 922-5644**

2017 FIRE ACADEMY



RIVERSIDE FIRE PROUDLY ANNOUNCES ITS SECOND ANNUAL FIRE RECRUIT ACADEMY: PHOENIX 2017-01.

STARTING IN OCTOBER WITH A GROUP OF THIRTEEN RECRUITS, IT IS NOW HALF WAY COMPLETED WITH NINE DEDICATED RECRUITS REMAINING. WITH OVER 240 COMBINED HOURS OF CLASSROOM AND PRACTICAL DRILL GROUND TRAINING THEY WILL

GRADUATE WITH INTERNATIONALLY RECOGNIZED CERTIFICATES IN BASIC FIREFIGHTING AND HAZARDOUS MATERIALS OPERATIONS.

ONCE ALL NECESSARY SKILLS ARE PRESENTED THE FINAL TRAINING WEEKEND IN MID JANUARY WILL BE THEIR OPPORTUNITY TO BRING ALL THOSE SKILLS TOGETHER FOR LIVE FIRE TRAINING ON AN REAL HOUSE. THIS WILL PROVIDE INVALUABLE

TRAINING IN A CONTROLLED ENVIRONMENT WHERE THEY WILL SEE FIRST HAND ACTUAL FIRE BEHAVIOR AND THE EFFECTS OF VARIOUS FIRE CONTROL TACTICS.



ONCE THEIR ACADEMY IS COMPLETE THEY WILL THEN HEAD OFF TO EMT TRAINING WHERE THEY WILL LEARN THE MEDICAL SIDE OF EMERGENCY CALLS. AFTER ALL OF THIS IS COMPLETE THEY WILL BEGIN APPLYING THESE SKILLS UNDER THE SUPERVISION OF OFFICERS AND VETERAN FIREFIGHTERS. THIS WHOLE PROCESS TAKES ABOUT A YEAR!

EACH YEAR, APPROXIMATELY 3,500 HEALTHY BABIES IN THE US DIE IN UNSAFE SLEEP ENVIRONMENTS, AND ABOUT 10 HAPPEN RIGHT HERE IN PIERCE COUNTY.

OCTOBER WAS SIDS AWARENESS MONTH PROVIDING A REMINDER THAT SAFE SLEEP PRACTICES PROTECT CHILDREN NOT ONLY FROM SUDDEN INFANT DEATH SYNDROME, BUT ALSO FROM SUFFOCATION, STRANGULATION OR ENTRAPMENT. THESE SLEEP-RELATED DEATHS SHARE SIMILAR RISK FACTORS AND ARE MOST COMMON IN BABIES UNDER 6 MONTHS OF AGE, PEAKING BETWEEN 1-4 MONTHS. ERIN SUMMA, HEALTH PROMOTION COORDINATOR FOR THE MARY BRIDGE CENTER FOR CHILDHOOD SAFETY, TEACHES THE "ABC'S OF SAFE SLEEP."



"BABIES SLEEP SAFEST WHEN THEY ARE ALONE, ON THEIR BACK, IN A SAFE CRIB," SUMMA SAYS. WHEN BABIES FALL ASLEEP IN SWINGS, BOUNCERS OR CAR SEATS, SHE ADVISES MOVING THEM INTO A CRIB AS SOON AS POSSIBLE.

(INFORMATION PROVIDED BY MULTICARE HEALTH SYSTEMS)

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THE DISPATCH

A COMMUNITY NEWSLETTER



THIS EDITION

SANTA RUN
WINTER SAFETY
FLU INFORMATION
MEET YOUR FIREFIGHTERS
GRANTS AWARDED
FIRE ACADEMY
SIDS AWARENESS