



# FIRE HOUSE NEWS

SERVING THE CITIZENS OF BONNEY LAKE, EDGEWOOD, MILTON, LAKE TAPPS, THE RIDGE COMMUNITIES, SOUTH PRAIRIE, SUMNER, TEHALEH AND SURROUNDING AREAS

FALL 2019

## EPFR TO CELEBRATE 25TH ANNUAL OPEN HOUSE! Saturday, September 28<sup>th</sup> from 1-4 p.m.

In 1993, Firefighter Eric McLeroy of the Bonney Lake Fire Department knew the importance of educating our community on fire and life safety. He consulted with a few neighboring fire departments to inquire on the best way to connect with the residents on a non-emergent level. The next year, McLeroy hosted the first open house in October to coincide with Fire Prevention Month. "We simply opened the bay doors and invited the public to come in," McLeroy stated. "We offered station tours, encouraged citizens to explore the fire engine and aid car, and asked a few partner agencies to participate. It was a huge success!"

Many things have changed over the years. Among them Bonney Lake Fire Department became part of East Pierce Fire & Rescue, and Eric is now Lieutenant McLeroy. One thing that hasn't changed? Our citizens continue to engage with their fire department and learn fire and life safety lessons from their firefighters during the open house. In 2015, the outreach event was eliminated due to budget constraints. But it was back the next year and stronger than ever with an attendance of approximately 3-4,000 guests.

This year marks the 25th annual event! Celebrate with us on **Saturday, September 28th from 1-4 p.m.** at the East Pierce headquarters station at 18421 Veterans Memorial Drive East, in Bonney Lake.

The free health and safety fair will include more than two dozen booths and displays such as the fire department's Technical Rescue, Wildland, HazMat and Water Rescue teams. Live demonstrations are scheduled throughout the event featuring the Jaws of Life and the Puget Sound Firefighters Pipes & Drums Band.

The popular Airlift Northwest medical helicopter is scheduled to land around 1:30 p.m. Those interested will get an up close look at the helicopter and a chance to chat with the crew.



Help us celebrate the 25th Annual Open House on Saturday, September 28 from 1-4 p.m. at the Headquarter Station at 18421 Veterans Memorial Drive East, Bonney Lake.

The highlight every year for most kids is the chance to play firefighter. Younger children suit up in pint-size firefighter gear to put out a "fire" and perform a "rescue." Older children are offered a more challenging course, shooting water from a hose at a target and performing a "rescue."

The Washington State Fire Marshal will offer demonstrations at their Residential Fire Sprinkler Trailer. Sonic Drive-In will be selling \$1 hot dogs. Top it off with free ice cream, popcorn and cotton candy provided by East Pierce Professional Firefighters Local 3520.

In addition to conveying important safety messages, East Pierce Firefighters will be selling discounted life jackets (\$14), bike helmets (\$7) and

multi-sport helmets (\$10). The wearer must be present for a custom fitting. The Bonney Lake Rite Aid will offer flu shots for \$25 each. Bonney Lake Police Department will produce children's photo I.D. cards on-site for \$10 each.

Visit [eastpiercefirerescue.org](http://eastpiercefirerescue.org) for more information. We hope to see you there! ■

**Free parking is available at the Bonney Lake Sound Transit Park and Ride at 184th Ave. E., just off SR 410 E.**

**A free shuttle provided by GLM Charters will run to and from the fire station during the event.**

connect with us!



Facebook: @eastpiercefirerescue  
Twitter: @EastPierceFire  
[www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org)  
Headquarters: 253.863.1800

Postal Customer  
ECRWSS

**#fact:**  
**every minute without CPR survival rate decreases by 10%**

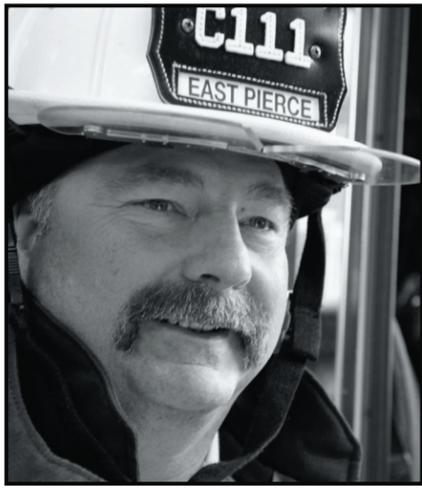


### CPR Saves Lives!

East Pierce Fire & Rescue offers CPR and First Aid classes.

Register for a class today!

Call 253.863.1800 (option 4) or visit [eastpiercefirerescue.org](http://eastpiercefirerescue.org) to register.



## FROM THE CHIEF **Bud Backer**

Conceptual designs have been drafted for the Edgewood and Bonney Lake fire stations. Initially, the Edgewood station was planned to be built first, but more time is needed to address design concerns from the city. As such, Edgewood and Bonney Lake will swap schedules, with Bonney Lake most likely to break ground first.

In addition to the station construction projects, we also hired 16 new firefighter/paramedics this year. The new hires are enabling us to keep pace with recent retirements and increase daily staffing to ensure each fire engine and ladder truck will have at least three firefighters working every day, all day to meet state safety regulations. We project the need to hire 18 firefighters each year for the foreseeable future. Once the existing staffing shortfall has been corrected, it will be time to start building staff-

ing levels for the fire station to be built in Tehaleh.

Our call volume continues to rise as a direct result of population growth (increasing 7% from last year as of the end of July). Increasing staffing allows us to address this in part. For

example, if a response needs six firefighters, we previously had to send three fire engines (each staffed with two firefighters). With correct staffing levels, only two fire engines (staffed with three firefighters each) are needed, leaving the third engine available for the next alarm. ■

**T**his year is rapidly passing us by. We have been busy planning for the building of fire stations and purchasing fire engines and a ladder truck financed by the voter approved bond.

Recently, we went to bid for the fire engines and ladder truck but rejected the bids due to the high cost quoted by the vendors who submitted bids. We are adjusting the specifications to lower the cost and spend your money wisely.

### — Capital Projects at a Glance —

Purchase of 6 Fire Engines and 1 Ladder Truck	Reworking specifications to conduct a second bid process.
Edgewood Fire Station	Reworking conceptual design to address city concerns.
Bonney Lake/Headquarters Fire Station	Preparing to submit plan to city for review. Potential ground breaking Q3/Q4 2020.
Prairie Ridge Fire Station	Proposed land acquisition under review.
Lake Tapps Fire Station	Researching land acquisition.
Tehaleh Fire Station	Property secured. Build scheduled for 2022/2023.
Milton Fire Station	Researching land acquisition to secure property while available. The building is a Phase 2 project scheduled for 2025 or later when funding is obtained.

## HEALTH WATCH

## Chest Pain or Discomfort? When In Doubt...Check It Out!

**F**orty years ago, treatment for heart attack victims was limited to supportive care. If a heart attack didn't kill a patient, it often left the patient with permanent damage to the heart and life-long disabilities. For some survivors, it was a struggle to even climb a flight of stairs without becoming short of breath.

Now, advanced treatments provided by hospitals with specialized cardiac care centers, such as Good Samaritan Hospital and Auburn Regional Medical Center, can often stop a heart attack in its tracks and minimize long-term damage to the heart. But these treatments are most effective if they are initiated in the first few hours after the onset of the signs and symptoms of a possible heart attack.

Many people, however, either fail to recognize the signs and symptoms of a heart attack or they take a "wait and see" approach, delaying the time it takes to receive potentially life-saving medical treatment.

Some patients don't call 9-1-1 because they are unsure if their pain, discomfort or other symptoms are related to a heart attack or other significant medical problem. People are often in a "state of denial" or don't want to "cause a scene", according to East Pierce Assistant Chief Russ McCallion.

As a result, patients with heart attacks often wait between two and four hours after they first start experiencing symptoms of a heart attack before calling 9-1-1. Many heart attack patients drive themselves to the

hospital or are taken in by loved ones to an Emergency Department.

"We'd rather be called and have it not be a heart attack, than have patients delay calling 9-1-1", said East Pierce Emergency Medical Services Battalion Chief Jeff Moore. Moore states that in CPR and First Aid classes provided for the public, firefighter and paramedic instructors stress the motto "When in Doubt, Check It Out!"

Any delay can be critical since the risk of sudden cardiac arrest, in which the heart stops and CPR is required, is greatest during the first few hours of a heart attack. According to McCallion, every hour of delay can worsen the short and long-term recovery and chances of survival for a heart attack patient.

It's important that patients call 9-1-1 if they are worried that they may be having a heart attack (or any other potentially serious medical emergency), rather than simply driving themselves to local hospitals. East Pierce firefighters and paramedics are part of an outstanding Pierce County emergency cardiac care system. East Pierce crews interpret 12 Lead electrocardiograms (ECGs), provide early advanced care for chest pain and breathing issues, and if necessary, defibrillate patients to "jumpstart" the hearts of patients if they collapse into cardiac arrest.

East Pierce firefighters and paramedics also provide "cardiac alerts" from the scene of a patient having a heart attack, giving the hospital time to mobilize cardiologists and other specialized staff so they can be ready to care for a heart attack patient when they arrive at the hospital. "Our goal, said McCallion, is to cut every minute possible between the time a patient's heart attack symptoms begin, and the time definitive treatment is provided by opening up a blocked cardiac artery which is causing the heart attack."

With early "cardiac alerts" called in by the East Pierce paramedic crews, patients are seen much more quickly by the cardiologists and their teams. "When every minute counts, it makes sense to call 9-1-1",

said Moore. Additionally, Moore noted that there is no out-of-pocket cost for East Pierce residents who call 9-1-1 and are transported by East Pierce Medic units to the hospital. "It's what we are here for", he stated.

### Heart Attack Warning Signs

For some patients, heart attacks are sudden and intense, just like on TV and in the movies. But most heart attacks start slowly, with mild pain or discomfort.

Call 9-1-1 if you experience these warning signs:

- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center of the chest which lasts beyond a few minutes. The pain can come and go. The discomfort can feel like uncomfortable pressure, squeezing, fullness or indigestion.
- **Discomfort or pain in other parts of the upper body.** Patients may have pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath**
- **Other signs** may include a "cold sweat", nausea, or light-headedness

Women are often less likely to experience chest pain or discomfort which can lead to patients delaying in calling 9-1-1, and delaying access to medical care. Common heart attack warning signs for women include "indigestion", shortness of breath, dizziness and sweatiness.

Working cooperatively with our hospitals who provide specialized cardiac care, East Pierce Fire & Rescue received the 2019 Gold Plus EMS Mission Lifeline Award from the American Heart Association. This award recognizes the results of our partnerships working with Good Samaritan and Auburn, and their cardiac care teams, in the early identification and expedited treatment of critical heart attack victims. This is the sixth year in a row that East Pierce has received this award, one of only four given to EMS providers in Washington State for 2019. ■



Updated logo debuted Jan 2019.



Original logo.

**Did you notice our updated logo?**

The East Pierce Fire & Rescue logo may be sporting a facelift, but we're still the same compassionate, dedicated and professional people serving our citizens!

*"Where Compassion and Action Meet."*

# CALL IF YOU CAN, TEXT IF YOU CAN'T

## South Sound 911 launches text-to-911 service in Pierce County:

If you cannot safely place a voice call to 911, you can now text for emergency police, fire or medical aid in Pierce County. South Sound 911's launch of text-to-911 service provides the community (including the deaf, hard of hearing, or speech disabled ) a potentially life-saving option to reach 911. It is also available for those in a situation where calling 911 might endanger a life or escalate the situation.

South Sound 911 cautions that text-to-911 is not a service of convenience – it is for emergencies only. While voice calls to 911 are still the most effective way to get emergency help, text-to-911 is available when you cannot safely make a voice call. Simply stated, **call if you can, text if you can't.**

If you send a text to 911, there are a few things to remember:

- Your first message should include the nature of the emergency and the exact location, including city. (When you text or call on a cellular phone, 911 may not know your precise location.)
- Keep messages brief. Do not send photos or video, or use group texts, abbreviations or emojis.
- Keep your cell phone with you so you can answer questions and receive instructions.
- If you are trying not to be overheard requesting help, remember to silence your phone.
- Currently, text-to-911 service is only available in English.
- Although South Sound 911 has tested the service, the agency does not control text delivery from mobile carriers or devices.
- If text-to-911 service is not available, senders should receive an automatic reply stating the service is unavailable.
- There may be instances when a voice call cannot connect due to poor cellular signal or other phone service interruption, but a text message can still go through.

The service will also provide access to critical 911 and emergency services for the Deaf, hard of hearing and speech disabled.

Launch of text-to-911 in Pierce County now makes the service available throughout the greater Puget Sound region. Text-to-911 is already available in neighboring King, Kitsap, Snohomish and Thurston Counties.

For more information about text-to-911 in Pierce County, visit [www.southsound911.org/text911](http://www.southsound911.org/text911). ■



# Recreational Outdoor Burning

A friendly reminder from the Fire Prevention Division that outdoor burning is prohibited in the city limits of Bonney Lake, Edgewood, Milton, and Sumner. Burning is allowed in unincorporated Pierce County with restrictions.

Hankerin' to roast hotdogs or gooey s'mores? Recreational fires ARE allowed (without a permit) throughout EPFR's jurisdiction when the following regulations are followed:

- Limited to burning dry, seasoned wood or charcoal briquettes only (no garbage, yard waste, etc.) for the purpose of cooking, pleasure or religious ceremonies.
- Not to exceed three-feet in diameter by two-feet in height.
- Must be at least 25-feet away from any structure and ten-feet from adjoining property lines, fences, decks and docks. Above the fire is to be clear of branches to allow embers and heat to rise and cool.
- Never leave a fire unattended. Be prepared

to quickly extinguish a fire if needed and have quick access to a shovel, 5-gallon bucket of water, or a connected and charged water hose. Have a fire extinguisher close by and know how to use it.

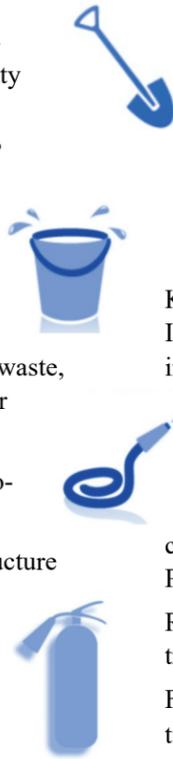
- Put your fire DEAD OUT when not in attendance. Drown the fire with water and use a shovel to stir the water and coals to cool it down. Repeat as needed. If it's too hot to touch, it's too hot to leave.

Keep in mind it is illegal to smoke out your neighbor. If they complain, you are required to put the fire out immediately. Non-compliance with these regulations may result in a civil penalty typically starting at \$2,000.

Depending on air quality and the severity of seasonal fire activity, burn bans may be declared by the Puget Sound Clean Air Agency and/or Pierce County Fire Marshal's Office.

Remember, it's illegal in Washington State to burn trash or use a burn barrel.

For more burn ban status and complete burn regulation information, visit [eastpiercefirer.org](http://eastpiercefirer.org). ■



## WASHINGTON STATE CAR SEAT LAWS CHANGING JANUARY 1, 2020

To keep our kiddos safer, Washington State's child restraint law (effective on January 1, 2020) includes changes that require a child to remain rear-facing until 2 years; be in a harnessed seat until 4 years; and use a booster seat until the adult seat belt system fits properly, which is normally between 8-12 years or 4'9" tall.

Don't worry, adults under 4'9" are not required to ride in a booster seat! The law focuses on children under the age of 13. Restraining and protecting a child's body in a crash is much different than that of an adult. Some significant differences are because a child's:

- Head is proportionally larger and heavier than an adult; making the head the center of gravity with an increased risk of spinal cord damage.
- Bones are not fully calcified including the skull. Since a child's bones are actually cartilage, they allow more intrusion upon impact.
- Internal organs are more exposed, lacking the protection of the rib cage and hip bones that are not yet fully developed.

- Chest wall lacks the intercostal muscles of the rib cage.
- Body has the ability to "mask" injury for up to 24 hours after the crash.

Many parents are concerned for their child's safety if their feet touch the back of the automobile seat when in a rear-facing car seat. Rest assured there are ZERO documented cases of a rear-facing child breaking their legs, hips or feet due to their feet touching the vehicle seat.

The American Academy of Pediatrics recommends children remain in each stage of protection for as long as possible. Each transition reduces the protection of the child.

When installing your child's seat, be sure to reference the instruction manuals of both the vehicle and the child restraint manufacturer. Not sure if your child is in an appropriate seat, or if the seat is installed correctly? We can help! East Pierce Fire & Rescue's certified child passenger technicians provide free car seat inspections for residents of the fire district.

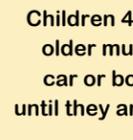
Call 253.863.1800 (option 4) to schedule an appointment.

To learn more about WA's child restraint law, visit [wacar-seats.com](http://wacar-seats.com). ■

Children up to age 2 must ride in a rear-facing car seat.



Children ages 2-4 years must ride in a car seat with a harness (rear or forward-facing).



Children 4 years and older must ride in a car or booster seat until they are 4'9" tall.



Children up to age 13 must ride in the back seat when practical.



Get Vaccinated



Help Stop the Spread of Flu Viruses



Take Antiviral Drugs if Prescribed

## WHO IS EAST PIERCE FIRE & RESCUE?

East Pierce Fire & Rescue was founded on a strong commitment to customer service. The department's *Mission, Vision and Values* guide the actions of the department and its employees. Exceptional customer service and a concern for the employees and their families have become hallmarks of our culture.

EPFR was created when the City of Bonney Lake Fire Department, Pierce County Fire District 22/Lake Tapps Fire and Pierce County Fire District 24 merged in 2000 with the goal of providing a seamless response to emergency situations.

Since then, the following mergers or annexations into EPFR have occurred:

- 2006: Pierce County Fire District 12 and South Prairie/Fire District 20
- 2008: Sumner/Fire District 1
- 2010: Edgewood/Fire District 8
- 2013: Milton Fire Department

Today, East Pierce serves a population of approximately 95,000 residents living in and around Bonney Lake, Sumner, Lake Tapps, the Ridge Communities, South Prairie, Tehaleh, Edgewood and Milton. The district covers approximately 153 square miles and protects residents from 10 stations—six staffed and three volunteer, and one facility on Lake Tapps for the marine rescue unit.

All full-time firefighters are cross-trained as either emergency medical technicians (EMTs) or paramedics and can respond to both medical emergencies and fires.

An independently-elected board of commissioners govern the agency. ■

## COMMISSIONERS

- Dale Mitchell, Chair
- Mike Cathey
- Ed Egan
- Kevin Garling
- Randy Kroum
- Pat McElligott
- Jon Napier

## STAFFED STATIONS

- STATION 111 - BONNEY LAKE**  
Headquarters Station  
18421 Veterans Memorial Dr. E.  
(253) 863-1800
- STATION 112 - PRAIRIE RIDGE**  
12006 214th Ave. E.
- STATION 113 - SUMNER**  
800 Harrison St.
- STATION 114 - LAKE TAPPS**  
3206 W. Tapps Dr. E.
- STATION 116 - FOOTHILLS**  
10515 234th Ave. E.
- STATION 118 - EDGEWOOD**  
10105 24th St. E.

## VOLUNTEER STATIONS

- Station 115 - Lake Tapps—East**  
1605 210th Ave. E.
- Station 119 - South Prairie**  
350 State Route 162
- Station 124 - Milton**  
1000 Laurel St.

# Life And Fire Safety Squad

The East Pierce Life and Fire Safety Squad (LAFSS) are gearing up to be back in schools this fall with a chock-full assembly schedule!

The unique, educational program, known as characterization, teaches fire and life safety skills to area school children. To make the 25-minute, assembly-style presentation memorable, the clowns "Nitro," "Highrise" and "Boots" engage the kindergarten-through-third graders with songs, lots of audience participation, puppets and sound effects.

The performances feature a variety of safety messages, such as seatbelt safety, tips on how to stay calm in an emergency, booster seat placement, the importance of exit drills in the home, why wear bike helmets, what to do if a smoke alarm goes off, and the rules of swimming safety.

More importantly, the children seem to remember these critical safety lessons taught by our funny, fire friends. They aren't the only ones. One Foothills Elementary teacher told us, "The presenters used visual, musical and movement cues to get the important points across to the chil-

dren. It was highly entertaining and effective at the same time!"

Two assemblies a day will run through the months of October and November. By the time the troupe finishes, they will have performed at 18 elementary schools from the six school districts within the fire district, entertaining—and educating—more than 5,000 students. "All the time and work dedicated to the program is worth it when you see the kids learning

and laughing!", says Firefighter/paramedic Jason "Nitro" Russell. "I'm not sure who's having more fun, us or them!"

East Pierce Fire & Rescue has a long history of providing fire and life safety instruction to area students. For years, the firefighters have gone into the local schools to teach everything from fire and water safety to CPR. Check with your child's school to see when LAFSS will be there! ■



The East Pierce Life and Fire Safety Squad will perform two assemblies a day during most of October and November teaching important safety lessons at local elementary schools.



## November 3rd: Set your clock back 1 hour ...AND check your smoke alarms!

This is a great time to check your smoke alarm! Remember, many smoke alarms are now equipped with long-life lithium batteries that are intended to last the lifespan of the alarm...about 10 years. No matter what kind of battery you have, they need to be tested every month. Know your alarm! Know your battery!

## East Pierce Classes and Public Education

### - FREE SERVICES -

To residents of East Pierce Fire & Rescue

#### LIFE JACKET LOANER PROGRAM

Wearer must be present for fitting. Available only at Headquarters Station.

#### CHILD SAFETY SEAT INSPECTIONS

District residents can schedule an appointment. Certified child passenger safety technicians check to ensure your child is in the right seat, the seat is installed correctly and your child is placed in the seat correctly.

#### STATION TOURS

Call to arrange a tour of any of our fire stations.

#### SMOKE ALARM INSTALLATIONS

Includes smoke alarm equipped with 10-year battery (subject to availability).

#### FIRE EXTINGUISHER TRAINING

Learn how to use a fire extinguisher with our interactive, digital training prop either at your location or ours.

#### HANDS-ONLY CPR TRAINING

One-hour, non-certification class for adult CPR. Groups of 10 or more can schedule this training at their location or our Headquarters Station.

#### BLOOD PRESSURE CHECKS

Stop by any staffed station during regular business hours (subject to staff availability).

### - SERVICES OFFERED -

**CPR** 9 a.m.—12:30 p.m.

All classes held at the Headquarters Station

**BASIC FIRST AID** 1—3:30 p.m.

Oct 19 or 26 | Nov 14 or 23 | Dec 12 | Jan 25

The cost for citizens residing within the jurisdiction of East Pierce Fire & Rescue (including Sumner, Bonney Lake, Lake Tapps, South Prairie, Milton and Edgewood) is \$20 for either a CPR or First Aid class, or \$40 for both. The cost for non-residents is \$35 for each class, or \$70 for both.

To register call 253.863.1800 (press Option 4) during regular business hours, or register online at [www.eastpiercefirerescue.org](http://www.eastpiercefirerescue.org).

**HELMET SALES** \* Wearer must be present for custom fitting. Bike Helmet: \$7 ea. Multi-Sport: \$10 ea.

**LIFE JACKET SALES** \* Wearer must be present for custom fitting. Life Jacket: \$14 ea.

\*Sponsored by East Pierce Professional Firefighters Local 3520