



FIRE HOUSE

news

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

FALL 2016

SWIMSAFE UPDATE

We're making a difference! Swimsafe celebrates a fourth drown-free summer on area lakes and rivers!

The continued success is largely due to the Swimsafe Coalition's diligent work. This multi-layer drowning prevention campaign helps swimmers and boaters who enjoy recreation on Lake Tapps and other area waterways stay safe and keep afloat—and it's working!

2016 Swimsafe's highlights:

- East Pierce Fire continues to offer life jacket sale and loaner programs year-round. The loaner program allows swimmers to borrow a free life jacket for short-term use. The department maintains self-serve kiosks at both Lake Tapps Parks.

- East Pierce Fire, the Bonney Lake Police Department, and the Gordon Family YMCA jointly hosted April Pools Day—a free, drowning prevention event that focuses on open water safety.

- The Bonney Lake Police Department presented water safety assemblies to more than 8,000 elementary and middle school students. East Pierce Fire sold and fitted nearly 100 discounted life jackets during the assemblies.

- East Pierce Fire taught classroom-based water safety lessons to nearly 2,000 middle and high school students throughout the district.

- East Pierce Fire continues to facilitate the Lake Tapps Incident Locator program, designed to get emergency resources to the scene of water-related and land-based incidents on Lake Tapps as efficiently as possible. Signs can be ordered at www.eastpiercefire.org or at the headquarters station for \$28 each.

- The effects of cold water have been the primary contributing factor in most of our area's swimming-related drownings. East Pierce Fire and the Bonney Lake Police have been working with Redmond-based Sound Ocean Systems to create technology that would measure and display the water temperature at both public parks on Lake Tapps. Grants, private donors and Swimsafe partners will fund the displays. The system should be implemented by summer 2017. ■

Our Annual Open House is Back!

Free Health and Safety Fair Saturday, October 1

Last year, budget cuts kept us from celebrating our annual Open House for the first time in more than 20 years, but we are back this year. Don't miss our 22nd annual East Pierce Fire & Rescue Open House, from 1 to 4 p.m. Saturday, October 1 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 special operations teams, Technical Rescue, Wildland, HazMat and Water Rescue. Live demonstrations are scheduled throughout the event featuring the use of Jaws of Life. The East Pierce Life and Fire Safety Squad (LAFFS) will perform skits. Be sure to catch the Pierce County Pipes and Drums Band for a moving performance.

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.

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".

Several simulators provide a



Welcome back our annual Open House from 1 to 4 p.m. Saturday, October 1, at the East Pierce headquarters, at 18421 Veterans Memorial Drive East, in Bonney Lake.

unique perspective to particular dangers, such as the Operation Lifesaver's Train Simulator that demonstrates how to be safe around train tracks. The Washington State Patrol and Washington State Fire Marshal's will offer demonstrations at their Residential Fire Sprinkler Trailer. Young children can even practice calling 911 at the 911 Simulator.

Sonic Drive-In will be selling

hot dogs and drinks. Top it off with free ice cream, popcorn and cotton candy provided by the East Pierce International Association of Firefighters, Local 3520.

Buy a raffle ticket for a chance to win a beautiful blanket at the East Pierce Fire and Rescue Foundation booth. Funds raised support the Foundation.

In addition to conveying

See OPEN HOUSE, page 2

East Pierce Welcomes New Firefighters

East Pierce Fire & Rescue has hired four new recruits to replace firefighters who have retired. The new recruits were sworn in at the July meeting of the Board of Fire Commissioners.

All of the new firefighters are emergency medical technicians (EMTs). This summer, they graduated from a 12-week fire academy at Bates Technical College in Tacoma before being assigned to stations where they will finish their 18 months as probationary firefighters.

Please join us in welcoming them.

Firefighter Nick Van Maren, 24, grew up on Orcas Island where his dad was a firefighter. "I've wanted to be a firefighter my whole life," he says. "When I found out in high school I could make a career out of this, I was in."

Firefighter Colin Murphy, 33, is a native of Whidbey Island. He served for five years as a volunteer firefighter for the North Highline Fire District in White Center. He says he likes this area because it provides more opportunity to grow and experience the overall duties of a firefighter. He is also looking forward to becoming a member of one of the East Pierce Special Operations Teams.

Firefighter Paul Tarabochia, 29, learned about the fire service from his uncle, who was a firefighter. "The fire service has always been an interest of mine growing up," he



Our newest recruits were sworn in at the July meeting of the Fire Commissioners. From left, Fire Commissioner Chair Dale Mitchell, Firefighter Paul Tarabochia, Firefighter Nick Van Maren, Firefighter Mike Malland, Firefighter Colin Murphy and East Pierce Fire Chief Bud Backer.

says. Born and raised in West Seattle, Tarabochia served as a volunteer at the North Highline Fire District in White Center with Murphy.

Firefighter Mike Malland, 27, was born and raised in Mukilteo, WA. A Seattle University graduate with a degree in sociology, he began his ca-

reer in the fire service as a volunteer for Lake Wenatchee Fire & Rescue. Malland says that he loves being back in the area where he has lots of family. "We are looking forward to getting out into the community and meeting everyone," he says. ■

Postal Customer
ECRWS

FOUNDATION MAKES DONATION

The East Pierce Fire & Rescue Foundation recently donated \$5,000 to support and expand the fire department's free, school-based CPR program and the Hands-Only CPR training classes. The funds will be used to purchase additional Automated External Defibrillator (AED) trainers and supplies; update aging CPR mannequins; and support production of a student CPR guide that will be distributed to school students following CPR classes taught by East Pierce firefighters.

"Many of our mannequins are more than 12 years old," says Lieutenant Brad Dyson. Given the fact that the fire department trains more than 2,200 residents in CPR each year, that's 12 years of hard use!

The department's efforts to promote CPR have proven its worth many times over. In our jurisdiction, the public begins CPR on a person in cardiac arrest at an astonishing rate of 50-60%— compared to a national average of 30%.

"Citizen CPR is a critical component to improving the survival rates of cardiac arrest patients," Dyson says. "CPR keeps oxygenated blood flowing to the brain and heart until help can arrive. In our fire district, 4-6 residents per year survive cardiac arrests because someone knew CPR."

Previously, the Foundation helped the fire department equip more than 80 police officers within our jurisdiction with life-saving AEDs. These officers have already been involved with at least five cardiac arrest "saves".

The Foundation is a non-profit, community-based charity dedicated to improving the life of people in our community through compassionate outreach services and access to public safety education programs. Funds raised help the fire department by providing vital materials for important fire and life safety education programs such as CPR and First Aid classes and free smoke alarm installations. In addition, the Foundation administers the Sentimental Journey program, a cooperative effort with East Pierce and local hospice agencies to provide one last trip to terminally ill patients too ill to travel on their own.

For more information go to www.eastpiercefoundation.org ■

FROM THE CHIEF BUD BACKER

Since our last newsletter, much progress has been made. Our call volume continues to grow. We are on track this year to break the 10,000 incidents-per-year mark. The majority of the growth is emergency medical responses.

Several times a week we have no resources available and rely on mutual aid to answer alarms. Of course, these mutual aid units have longer response times. We are looking at several options to address this call volume increase.

Welcome

Four new career firefighters have completed the fire academy and are now assigned to shift, working to complete their probationary requirements. These four firefighters were hired to fill positions vacated due to retirements. We wish them a long and safe career.

We also have seven new volunteers who are beginning their training to become volunteer firefighters. They have a long road ahead of them. It will take about six months to complete their Firefighter I certification, and then most will still need to attend EMT school after that.

Being a volunteer is a huge commitment. It takes a special person

to serve in that capacity. We welcome all of our new members.

Updated apparatus

Through our capital fund, we are in the process of replacing some tired vehicles. Two new brush engines are being constructed at this time. They should be delivered in September. These smaller attack vehicles used to fight brush fires, cost about \$130,000 each, compared to approximately \$750,000 for a structural fire engine. The new brush engines will replace two units that are 21 years old and have some hard miles on them.

We also are updating two medic units with new chassis. The patient compartment off the old vehicle will be removed and placed on a new vehicle. This process comes at a much lower cost compared to replacing the entire vehicle. Typically, we can re-use the patient compartment once or twice like this before it needs to be replaced.

Thank you

I would like to take this opportunity to thank you, the voters, for approving the EMS Levy Lid Lift on April 26. Resetting the collection rate back to the previously approved 50 cents per \$1,000 of as-



sessed property value will allow us to continue delivering the quality service you expect and deserve.

We understand that we must do everything possible to spend your money wisely. We will continue to seek efficiencies, spend wisely and do what we can to maintain your trust.

Thank you for your support.

*East Pierce Fire Chief
Bud Backer*



East Pierce firefighters practice removing patients trapped in a vehicle following a crash.

OPEN HOUSE, cont. from pg 1

important safety messages, East Pierce firefighters will be selling discounted life jackets, bike helmets and multi-sport helmets. All purchases include a custom fit. Children and adult sizes will be available on a first come, first served basis. 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.

Other interactive demonstrations and booths include:

- Fire Safety Trailer
- Spot the Tot Demonstration
- Antique Engine Display
- Face painting and balloons
- Hands-Only CPR Instruction

We hope to see you there!

Free parking is available at the Sound Transit Park and Ride at 184th Avenue East, just off State Route 410 East. A free shuttle provided by GLM Charters will run to and from the East Pierce headquarters station during the event.

RECRUITS HAVE LONG ROAD PREPARING FOR DUTY

Volunteer Corner

Seven new volunteer recruits are currently earning their Firefighter 1 certification at the recruit academy at Brown's Point. For six months, they will attend classes and participate in drills, preparing for the day they will join the 22 other volunteers as members of East Pierce Fire & Rescue.

Seventeen people originally applied to join the volunteer program. Following an initial orientation, background checks and a review of driving records, only eight made it to the next step—medical, physical and psychological tests. Seven moved through to the fire academy.

Once they complete fire academy training, the volunteer recruits will attend a three-month emergency medical technician (EMT) class. Upon graduation, they will start running calls on probationary status as a third person on a fire engine or medic unit.

"It's a year from the time we start the process to the time they are competent and safe enough to put on the streets," says East Pierce Operations Chief Ed Goodlet. The cost of initial training and providing firefighting gear to the recruits



The 2016-17 Volunteer Recruit Class includes (from left) Kevin Bellack, Will Cuberos, Mathew Boyce, Corey Hall, Steven Thor, Nick Shamberg and Paul Craig.

is about \$10,000 per volunteer.

Eventually, the new volunteers will serve as an extra firefighter-EMT on fire engines and medic units, supporting career firefighters who run approximately 10,000 calls per year.

Typically, volunteers fall into one of two categories: Those who want to give back to their community as volunteer firefighters and those who are interested in making the fire service a career. Goodlet says that the majority of volunteers want to be career firefighters, serving 2-3 years as a volunteer before either East Pierce or another fire department hires them. The downside is that the department is in almost constant need of new volunteers. "In a sense it's a positive thing for us. The department can hold

its head high for training quality people who are hired as a career firefighter," he says.

Volunteers are held to similar training requirements as the career firefighters. East Pierce volunteers are expected to complete five hours a week of training, in addition to the calls they run. "It's a huge commitment," Goodlet says. "When I started, we trained three hours a week. Plus, we were only running about 200 calls a year, so getting up once a week in the middle of the night was not a big deal."

Despite the long nights and endless training, being a volunteer is an extraordinary opportunity. "Your life will change," he promises. ■

HEALTH WATCH: STROKE

East Pierce part of national research effort to determine best practices in stroke care

Just a few short years ago, there wasn't much medical providers could do for patients suffering from a stroke. Today, time-critical treatments are available to restore blood flow to affected areas of the brain in order to minimize damage and prevent death or permanent disability.

How a person is affected by a stroke depends on where the stroke occurs in the brain and how much of the brain is damaged. For example, someone who had a small stroke may only have minor problems such as temporary weakness of an arm or leg. People who have larger strokes may be permanently paralyzed on one side of their body, lose their ability to speak or suffer memory loss. While some people completely recover from strokes, more than two thirds will suffer some type of disability. Stroke is the leading cause of adult disability in the U.S.

Paramedics and EMTs are critical in ensuring that stroke patients quickly get to specialty hospitals, equipped and staffed to provide emergency stroke treatment. However, there is still work to be done to learn how pre-hospital providers (paramedics and EMTs) can best screen, care for and transport these patients. Research is underway to determine the critical decisions regarding management of stroke patients based in sound medicine and best practices.

East Pierce Fire & Rescue was selected to participate in a national study looking at best practices on how we can better assess, treat and transports critically-ill stroke patients. The Washington Department of Health received a grant to help fund the five-year, research project. East Pierce has received \$20,000 this year to participate. Additional funds will be awarded for each year of the project.

According to East Pierce Fire & Rescue firefighter-paramedic Jen Killion, this is believed to be the first time EMS has been part of a national stroke study. "EMS is a major component that's often missed when determining stroke protocols, so it's really exciting to

be part of this study," she says. Killion says that East Pierce must meet certain deliverables, including:

1. Perform an analysis to review current stroke response and identify gaps within the organization and in partnerships with area hospitals;
2. Remove barriers to improving stroke identification and care;
3. Report responses to 9-1-1 calls for stroke patients to a state-wide data collection and analysis repository to compare East Pierce results with other fire and EMS departments throughout the state; and
4. Work with local hospitals on exchange data. "By receiving patient outcomes from the hospital, we can identify quality improvement opportunities," Killion says.

It isn't surprising that East Pierce Fire was selected for the study. The department has long been a leader in implementing best practices regarding stroke care. When East

Pierce firefighters suspect their patient is having a stroke, they alert the receiving hospital, allowing physicians to prepare for the patient's arrival—saving critical time. "We are actively looking at ways we can better identify a stroke in the field and determine the best hospital for the most appropriate care," Killion says.

Last year, East Pierce firefighters saw 163 patients they suspected of having a stroke. "As of June 30, 2016, we have already seen 75 patients," she says.

Part of the problem is that many stroke patients don't call 9-1-1. Instead, they either wait too long to call for help or they get a ride to the hospital from family or friends--wasting precious time. "We need to get them to definitive care within six hours of the start of a stroke," Killion says. "The new medications and interventions only work if provided within that window of time."

To help raise awareness, East Pierce will host a booth about strokes at the annual Open House on October 1st. ■

Think F.A.S.T for a Suspected Stroke

A stroke is a "brain attack" that can happen to anyone at any time. It occurs when blood flow to an area of brain is cut off, leaving brain cells deprived of oxygen. Without oxygen, brain cells die, damaging the ability to control that area of the brain.

Most people wait for hours before calling 9-1-1 when they suspect a stroke, leaving little time for the new treatments to work. How do you know if someone is having a stroke? Think F.A.S.T. When you spot the signs, call 9-1-1 right away.

F.A.S.T. is:

- F** Face Drooping—Does one side of the face droop or is it numb? Ask the person to smile. Is their smile uneven?
- A** Arm Weakness—Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** Speech Difficulty—Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a sentence, such as "Is the sky blue?" correctly. Can they do it?
- T** Time to call 9-1-1—If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1. Check the time so you'll know when the symptoms first appeared.

The Clowns Are Back in Town!

The East Pierce Life and Fire Safety Squad (LAFSS) took the 2014/15 school year off due to budget cuts, but we're glad to announce that our silly friends are planning their return to a school near you this fall!

The unique, educational program teaches fire and life safety skills to area school children. To make the 25-minute, assembly-style presentation memorable, the clowns "Backdraft", "High-rise" and "Bunkers" engage the kindergarten-through-third graders with songs, 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 bike helmets should always be worn, 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



We are glad to announce that our silly friends are planning their return to a school near you this fall!

Photo by Bob Noble Photography

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

To minimize the financial impact on the district's annual budget, half of the school assemblies will

be scheduled for the fall of 2016, and the remaining schools will be scheduled for the winter of 2017. By the time the troupe finishes, they will have performed at all 18 of the elementary schools within the fire district, entertaining—and educating—more than 5,000 students. They will host an extra assembly at Cascade Christian Puyallup Elementary where special invitations will be extended to private school and home-school children.

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.

LAFSS stayed busy making appearances at our cities community events over the summer. Now they're polishing up their clown noses for the school assemblies. "It keeps us busy," says Lieutenant Marc "Backdraft" Lash. "We're having just as much fun as the kids!" ■

LIFELINE EMS AWARD

Fire District Recognized

East Pierce Fire & Rescue has received the American Heart Association's Mission: Lifeline® EMS Gold Award for implementing improved systems of care for patients with severe heart attacks.

Last year, East Pierce was presented the Silver Award. East Pierce received a Gold Award for exceeding a 75% compliance level with national "best practice" protocols and standards. East Pierce firefighter-paramedics rapidly identify suspected heart attack patients using 12-lead electrocardiogram (ECGs) and alert designated hospitals so specialized cardiac teams are ready to receive incoming patients.

"EMTs and paramedics play a vital part in the system of care for those who have heart attacks," says James Jollis, MD, chair of the Mission: Lifeline Advisory Working Group. We applaud East Pierce Fire & Rescue for achieving this award that shows it meets evidence-based guidelines in treating patients with severe heart attacks."

Annually, more than 250,000 people in the United States experience an ST Elevation Myocardial Infarction (STEMI), a type of heart attack caused by a blockage of blood flow to the heart. To prevent death, it's critical to restore blood flow as quickly as possible by mechanically opening the blocked vessel.

However, a significant number of STEMI patients don't receive this promptly enough.

To help improve survivability from this type of heart attack, East Pierce Fire has worked closely with Good Samaritan Hospital, as well as other regional hospitals, in developing a comprehensive emergency cardiac care system. "This system benefits the 20-30 district residents each year who suffer a severe STEMI heart attack, along with residents who experience other cardiac emergencies," says East Pierce EMS Chief Russ McCallion.

"We are dedicated to making our service among the best in the country. The Mission: Lifeline program is helping us identify processes which improve the quality of care for all cardiac patients."

While East Pierce is working with its partner Good Samaritan to decrease the time to care for STEMI patients, McCallion says that many patients still wait hours before calling 9-1-1 with heart attack symptoms—such as unexplained chest pain or discomfort, shortness of breath, dizziness or sweating. "When in doubt, check it out and call 9-1-1," he says. ■

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.

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

In 2006, voters in Pierce County Fire District 12 and South Prairie Fire District 20 overwhelmingly passed a special election to merge with East Pierce.

Two years later, the citizens of the City of Sumner and Pierce County Fire District 1 also voted to join the East Pierce family.

On February 9, 2010, Edgewood residents voted in favor of merging with East Pierce.

In 2013, Milton residents became part of the fire district when they voted to annex into East Pierce.

Today, East Pierce serves a population of approximately 90,000 residents living in and around Bonney Lake, Sumner, Lake Tapps, the Ridge Communities, South Prairie, Tehaleh, Edgewood and Milton. The district covers approximately 152 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 are able to respond to both medical emergencies and fires.

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

Commisioners

Dale Mitchell, Chair
Mike Cathey
Edward Egan
Kevin Garling
Pat McElligott
Jon Napier
Victor Proulx

Staffed Stations

Station 111	(Headquarters Station) 18421 Veterans Memorial Drive East Bonney Lake, 98391 253.863.1800 www.eastpiercefire.org
Station 112	12006 - 214th Ave. E., Bonney Lake
Station 113	800 Harrison Street, Sumner
Station 114	3206 W. Tapps Drive E., Bonney Lake
Station 116	10515 - 234th Ave. E., Foothills
Station 118	10105 24th Street East, Edgewood

Fill the Boot Campaign Update

Firefighters from East Pierce Fire & Rescue collected donations for the Muscular Dystrophy Association (MDA) through the annual "Fill the Boot" campaign at four collection sites throughout the fire district. According to the event organizer, East Pierce Firefighter Matt Reinke, the total for this year for three days came to \$8,991.67, despite losing a day due to inclement weather. "A big thanks to the residents around Lake Tapps where the most funds (more than \$4,000) were raised," Reinke says.

The East Pierce Firefighters International Association of Firefighters Local 3520 sponsors the Fill the Boot campaign. The money they raise assists families affected by muscular dystrophy in the Sumner, Lake Tapps, Edgewood, Milton, Tehaleh, South

Prairie and Bonney Lake communities. "A big part of raising this money is to help send kids to MDA Summer Camp," Reinke says. East Pierce Firefighter Ben Paradis and Reinke also volunteered at the summer camp this year.

The MDA was founded in 1950 to fight 43 neuromuscular diseases, including ALS or Lou Gehrig's Disease, which affect millions of Americans. The term muscular dystrophy describes a group of diseases characterized by the degeneration of voluntary muscles. The Association's programs are funded almost entirely by individual, private contributors. MDA seeks no government grants, United Way funding or fees from those it serves.

"Thanks again for everyone's help this year!" says Reinke. ■



Firefighter Jason Freeman helped raise nearly \$9,000 for the annual Fill the Boot campaign.

Preventing Gun Tragedies

Having a gun in the home can be a significant risk factor for injury or death, especially in children. In Washington State, 158 children (age 17 or younger) were hospitalized and 108 children died as a result of guns from 2010 to 2014. Most of these incidents could have been prevented by safely storing the weapons.

"Please don't interpret this as an anti-gun message," says East Pierce Fire Chief Bud Backer. I've had to revisit this issue myself, now that I have grandkids visiting from time to time. From gun safety to working smoke detectors, homes need to be a safe place for our children."

Guns can be a natural curiosity for children. Any small child who finds a gun is going to put a finger on the trigger and click it. The best way to prevent a child from finding a firearm is to keep guns in a locked box or gun safe. "If you can't hide Christmas presents from your kids, you won't be able to hide guns either!" says East Pierce Firefighter-paramedic Craig Williams, a father of three and a long-time hunter.

Don't forget to gun-proof your children, as well as your home. "Teach your children about gun safety at home, and what to do if they encounter a gun at school or a friend's house," Williams says. "Tell them to never play with guns.

If you find one, leave it alone and tell a grown-up." Repeat the "Don't play with guns" message with children frequently. Reinforce it by quizzing them on what they would do if they found a gun.

Gun owners should take these important precautions to keep children safe:

- Always remove ammunition from guns.
- Secure unloaded guns with a trigger lock, alarm or other type of tamper-proof device.
- Store unloaded guns in a locked gun cabinet, safe or gun vault. This will also deter theft, should your home be burglarized.
- Lock and store ammunition separately, out of sight and reach of children.
- Keep gun storage keys away from the "everyday" keys.

Do you need a gun lock? Project Childsafe, a nationwide program that helps ensure safe and responsible firearm ownership and storage, partners with many law enforcement agencies to provide free safety kits to their communities. The kits include a cable-style gun lock. Contact the following local police departments to obtain your free kit:

- Bonney Lake 253.863.2218
- Sumner 253.863.6384

- Edgewood 253.952.3299
- Milton 253.922.8735
- Pierce County Sheriff Department 253.98.3278.

Gun safety starts in the home. Teach children safe gun practices from the start. Check out **www.eastpiercefire.org** for more information. ■

WE'RE ALL EQUIPPED WITH LIFE SAVING DEVICES

HANDS-ONLY CPR

REGISTER FOR OUR FREE, ONE HOUR CPR CLASS.
Visit www.eastpiercefire.org for more information.

East Pierce Classes & Public Education

FREE! TO EAST PIERCE FIRE & RESCUE CITIZENS

LIFE JACKET LOANER PROGRAM
Wearer must be present for fitting | Headquarters Station
18421 Veterans Memorial Drive East, Bonney Lake

CHILD SAFETY SEAT INSPECTIONS
District residents can call 253.863.1800 for appointment. Our certified child passenger safety technicians will check to make sure your child is in the right seat, your 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 with 10-year battery. Call 253.863.1800 for appointment.

BLOOD PRESSURE CHECKS Stop by any station during regular business hours. (Subject to staff availability)

FIRE EXTINGUISHER TRAINING Learn how to use a fire extinguisher in case of a residential or commercial emergency. Call 253.863.1800 to schedule.

HANDS-ONLY CPR CLASS
Non-certification class for adult CPR, from 6:30 p.m. - 7:30 p.m. (1 hour) November 17

SERVICES OFFERED

CPR 9:00 a.m.–12:30 p.m. | BASIC FIRST AID 1:00–4:30 p.m.
East Pierce Fire & Rescue Headquarters Station
18421 Veterans Memorial Dr. E., Bonney Lake
October 15 or 27 | November 19 | December 9

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 during regular business hours or register online at www.eastpiercefire.org.

HELMET SALES AND FITTING* Wearer must be present for custom fitting. Bike helmets sold for \$7 each. Multit-Sport helmets sold for \$10 each.

LIFE JACKET SALES AND FITTING* Wearer must be present for custom fitting. Life jackets are sold for \$14 each. Exact change is appreciated.

* Sponsored by East Pierce Professional Firefighters Local 3520