



Lake Stevens Fire FACTs

"Touching Lives Today ~ Planning for Tomorrow"

Volume 10 Issue 25

February 22, 2017

From the Desk of Chief O'Brien...

It is with great honor that Lake Stevens Fire celebrates the retirement of Battalion Chief Bruce Huston on Saturday afternoon, April 15, 2017, at the Lake Stevens Fire Conference Center.

B.C. Huston joined Lake Stevens Fire in June of 1987 and was hired as a career firefighter on December 21, 1989. Through his nearly 30 years of service, dedication, and leadership; B.C. Huston inspired many and helped Lake Stevens Fire be the great organization it is today.

On a personal note, B.C. Huston was one of the first people I met at Lake Stevens Fire. In March of 2015, my son Keenan and I visited Station 81 while he and the "C" Shift crew were preparing for the Robert Marshall memorial. Despite being busy with a very important task, he and the crew invited us in for a cup of coffee where we talked about ladder trucks and I learned how kind the people of Lake Stevens Fire are. Since his warm welcome, I have appreciated his positive attitude, heart, and dedication to service.

B.C. Huston will work his last shift with Lake Stevens Fire on March 27. He will be missed as a Battalion Chief and coworker, but will remain as a good friend to all at Lake Stevens Fire.

With tremendous shoes to fill, we will initiate Chief's interviews for the top three candidates on the current Battalion Chief Eligibility List. We hope to have a new Battalion Chief selected prior to B.C. Huston's last shift.

Lake Stevens Fire continues moving forward with the architectural planning process. Our architect, Frank Lawhead and Associates is working on developing a temporary housing solution for Station 83 while beginning the preliminary evaluation and planning for a new or remodeled fire station in Machias. We have also begun work researching the remodeling and construction options at Station 81.

At the recommendation of Lawhead and Associates and to make sure we are exercising due diligence, LSF will soon be advertising for the services of environmental analysis, geotechnical analysis, and surveying for the projects at Stations 83 and 81.

During the week of February 14, B.C. Perry Putnam, Mechanic Jack Sharpe and I travelled to Sioux Falls, South Dakota to perform the final inspection of our second Rosenbauer fire engine. The engine is excellent and close to an exact twin to Engine 82. In March, the new engine should be delivered to General Fire, in Spokane, for some cabinet and tool fitting, and then on to Lake Stevens. Special thanks to B.C. Putnam and Mechanic Sharpe for the attention to detail and professionalism they have devoted to the construction process of our new Engine 81.

When the new fire engine is ready for service we will plan a "wetting ceremony" similar to Engine 82 and invite our community to join us as we welcome it to service.

Quick FACTs

First Aid in the Workplace

Wednesday, February 22nd
LSF Conference Center
10:30am—Noon

Coffee with the Chiefs

Wednesday, February 22nd
Lake Stevens Buzz Inn
2pm—3pm
Stop by and say hi!

Kiwanis Pancake Breakfast

Saturday, March 4th
LS Boys & Girls Club
7:30am—10:30am

Commissioner Meeting

Thursday, March 9th
HQ Board Room
5:30pm

C-Trail Run

Saturday, March 11th
Centennial Trail, Lake Stevens
5k / 10k / Kids Fun Run

Commissioner Meeting

Thursday, March 16th
HQ Board Room
5:30pm

BC Huston's Retirement

Saturday, April 15th
LSF Conference Center
More details to come!

Locution Station Alerting Systems

By Battalion Chief Matt Bernethy

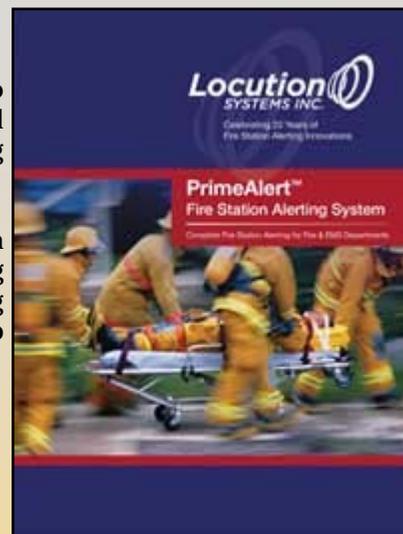
Back in July we began the research for updating our station alerting systems to integrate with SnoPac. Currently SnoPac utilizes the New World Computer-Aided Dispatch (CAD) system with the radio version of Locution's Fire Station Alerting System.

The 2017 budget includes updating all stations with the PrimeAlert IP-Based Station Alerting System. Prime Alert is a comprehensive, modular fire station alerting system including automated 911 voice alerting, visual alerting devices, lighting systems, sound systems and mechanical control devices. Locution Systems help public safety departments by:

- Speeding up response times by seconds and minutes.
- Reducing call stacking and delays in handling multiple emergency calls.
- Reducing stress for communications center dispatchers and responders.

This system will include the IP based alerting computer and software for Station 82 as well as response timers and a 42" LCD in the dayroom that will show all LS Fire apparatus status. Stations 81 and 83 will also have an IP based alerting system, new lighting and speakers in sleeping quarters and common areas, response timers, and a 42" LCD in the day rooms with apparatus status.

This system is configurable and modular. Since it's a software-based system LS Fire has many different options for how PrimeAlert functions, and the ability to add more fire station alerting technologies as deployment models or facility improvements change. The current Radio Based alerting system will remain intact to ensure full NFPA 1221 compliance as a secondary backup.



LS Chamber Announces 2016 Awards



Chamber Business of the Year:
Ixtapa Restaurant

Chamber Member of the Year:
Laana Larson
Lake Stevens Fire

Hall of Fame:
Kim Daughtry
Rehabber
Extraordinaire

Autism Awareness

By Assistant Fire Marshal / CRRO David Petersen

People with Autism Spectrum Disorder (ASD) often have problems with social, emotional and communication skills. Many people with ASD also have different ways of learning, paying attention or reacting to things. Signs of ASD begin during early childhood and typically last throughout a person's life.



Some things to look for in someone with ASD:

- Have trouble relating to others or not have an interest in people, at all.
- Avoiding eye contact, displaying odd movement patterns such as: hand flapping, head slapping or covering the ears or eyes and wanting to be alone.
- Repeat of "echo" words or phrases said to them, or repeat words or phrases in place of normal language.
- Have trouble expressing their needs using typical words or motions.
- Repeat actions over and over again.

Special considerations:

- People with ASD may respond aggressively to an unwanted touch.
- During a stressful time, people with ASD may run away from the situation, even if they are hurt. Some people will not respond to someone calling their name to stop! This behavior may result in the person running into traffic or other hazardous areas.
- People with ASD do not adjust well to a change in their surroundings or routines. These people are usually set in a certain routine and are extremely comfortable in their known surroundings. Any changes to that routine could be met with aggressive behavior.

How can we assess the patient with ASD?

- Patients with ASD are not aware of any present dangers. To safely secure the patient, reduce the risk of danger before encountering the patient.
- Ask the parent/caregiver to assist you during your interview. They are the advocate for their family member/patient.
- Provide the patient with a favorite object, which may not necessarily be a toy. Ask the parent/caregiver to assist you.
- If possible, ask the parent/caregiver to assist in the "refocusing" phase. If a parent or caregiver is not present and the situation is urgent, try clapping your hands to get the patient's attention. Be aware of a possibly aggressive response to an unwanted touch or change in routine.
- Be patient. Most often patients with ASD need time to figure out their surroundings and who we are as first responders.

Thank You from LS Family Center

Thank you so much for your donation! So many kids got a Christmas because of your kind hearts.

We were able to help 155 families and 443 kids. We couldn't have done it without you!

Thank you for always supporting us!



Thank You from Hawkins House

Thank you so very much for the work you do for our community.

Merry Christmas and best wishes for the New Year!



Thanks for all you do and for what you did for me when I needed your help.

Avoiding Cardiac Events for Firefighters



Submitted by Captain Shane Nelson

Extracted from a series by Dr. Karlie Moore, Fit for Duty Consulting

Cardiac events continue to be the leading cause of death in the U.S. Fire Service. Even with the emphasis on wellness in recent years, the incidence of heart attacks has decreased marginally. Research demonstrates that cardiac events among firefighters do not occur at random. Of the firefighters who have died on duty of a stroke or heart attack, almost all possessed one or more risk factors for heart disease. The six risk factors for a firefighter cardiac event are the same as those for heart disease. They are as follows:

1. Hypertension (>140 systolic and/or >90 diastolic)
2. Poor cholesterol (high LDL/total cholesterol and/or low HDL)
3. Obesity
4. Smoking
5. High blood glucose/Type II diabetes
6. Inactivity/low aerobic fitness

Firefighters also have an increased risk compared to the general population due to stress and sleep deprivation. These contribute to systemic inflammation in the body, a major contributor to cardiac events. The following are some effective ways for firefighters to avoid a cardiac event.

- **Be a healthy weight.** Obesity causes systemic inflammation, which is a major contributor to the progression of heart disease. Losing weight also reduces unhealthy cholesterol levels, and reduces the risk of developing hypertension and Type II diabetes.
- **Reduce the amount of fatty meat and high fat dairy products in your diet.** They are typically high in saturated fat and cholesterol, which is a major contributor to high levels of bad cholesterol. Keep in mind that cutting your cholesterol by only 1% can reduce your risk of developing heart disease by 2-3%. Choosing low fat meats and low/non-fat dairy products can have a big impact on bad cholesterol levels.
- **Eat more fruits and vegetables.** The antioxidants in fruits and vegetables prevents coronary plaque formation (the source of heart disease), reduces inflammation in the body, contributes to healthy weight loss, and contains fiber that controls blood sugar and lowers cholesterol. Many fruits and vegetables are high in potassium which lowers blood pressure.
- **Eat more good fat.** These are the unsaturated fats found in foods such as seeds, nuts, avocados, salmon, tuna, olive and canola oils, among others. These fats raise good cholesterol known as HDL, which is just important as reducing bad cholesterol (LDL). Many foods that contain good fats also contain beneficial fiber.
- **Exercise.** This is the single most effective thing firefighters can do to avoid suffering a fatal cardiac event. Exercise reduces every other risk factor associated with cardiac events (except smoking). Exercise decreases blood pressure, improves good cholesterol, reduces obesity, improves aerobic capacity, and improves insulin sensitivity thereby reducing the chance of diabetes.



Good Food & Good Company!

Lake Stevens Fire Admin wraps up another great year and celebrates the team's accomplishments. Way to go team!

"Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities."

~Anonymous

Chain Grades

By Captain Augie Cardona

Over Head Lifting:

ONLY alloy Chain **Grade 80** or Grade 100 should be used. Alloy properties reduce elongation and improve the wear and tear that the chain will experience.

Tie Down/Tensioning:

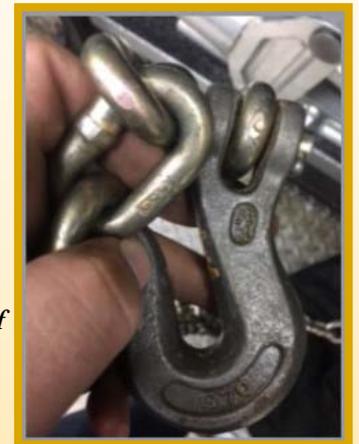
Carbon **Grade 70** chain is a heat treated carbon steel chain that has no alloying elements added to the steel. Grade 70 chain has a gold chromate finish to help resist corrosion. A preferred use in auto extrication.



Securement/Towing:

Grades 30 and 43 is a general-purpose utility chain. "Hardware grade".

**Please note we have a mix of chain grades on our engines. Make sure to familiarize yourself with all of the chains located on each engine.*



	ASTM & NACM Grade	CM Chain Embossment	ASTM Specification	Name	Typical Uses
	GRADE 30	G30	A413	Proof Coil	General-purpose, low-carbon chain for industrial and agricultural applications including guard rails, logging and load securement. Not to be used for overhead lifting.
	GRADE 43	G43	A413	High Test	Grade 43 chain is manufactured to meet ASTM & NACM specifications. Typical uses include container securement, logging, towing and marine industry applications. Grade 43 is available in many finishes. Not to be used for overhead lifting.
	GRADE 70	G70	A413	Transport	A higher-strength, heat-treated carbon steel chain typically used by truckers, loggers and highway crews for load securement, towing, lashing and as trawler chain. Load ratings of Grade 70 chain are approximately 20% higher than Grade 43. Not to be used for overhead lifting.
	GRADE 80	HA800	A391	Alloy	A higher-strength, heat-treated alloy steel chain primarily used as a sling component for overhead lifting, but can also be used in rigging and tie-down applications where a lighter weight, higher strength chain is desirable. Recommended for overhead lifting by NACM, ASME and OSHA.
	GRADE 100	HA1000	A973	Alloy	With approximately 25% higher strength than Grade 80, Grade 100 chain is used primarily as a sling component for overhead lifting. Grade 100 chain can be used for all of the same applications as Grades 30 through 80. Recommended for overhead lifting by NACM, ASME and OSHA.

Oaths of Commitment & Years of Service

Lake Stevens Fire recognizes the importance of celebrating career milestones and recently honored members with Oaths of Commitment and Years of Service.

“...I will faithfully promote Lake Stevens Fire’s mission of serving people, saving life, and protecting property and will consistently endeavor to fulfill the needs of the people we serve. I am accountable for the behavior and performance of myself and will strive to positively influence others...”



We are dedicated to providing exceptional service!