

ThePulse

BE THE HERO

Plan your family's escape *before* fire strikes

Although it can be argued that every week should be Fire Prevention Week, the annual national observance takes place in October around the anniversary of the Great Chicago Fire. The theme this year is "Every Second Counts: Plan Two Ways Out," which highlights the life-saving importance of home fire escape planning and practice.

Without a plan, families are at greater risk of falling victim to fire tragedy where they live. Most fire deaths occur where people feel the safest – in their own homes. Between



2010 – 2014, an annual average of 2,520 civilians lost their lives in residential fires in the United States. That's 75% of all civilian fire fatalities.

Smoking materials are the most frequent cause, but fatal fires can be sparked in many different ways. Although it's safest to prevent fire from even starting, it is vital that you and your family know what to do if prevention fails.

Today's homes are tightly built and filled with materials that burn hot and fast. Your firefighters are well-trained and equipped but when fire grows this quickly, responders may not get to an incident fast enough to make rescues. Nowadays, when fire breaks out, you may have as little as two minutes to

escape. That's why home escape planning and practice are so critical; these measures help ensure that everyone in the household knows how to use that small window of time wisely. Use the handy escape planning directions and grid inside to be the hero that saves your family's lives in the event of a fire in your home.



A Poulsbo couple had only moments to escape when fire struck their home during the summer of 2013. Because the blaze broke out in the middle of the day, the pair was awake and ready to act. What if fire strikes in the middle of the night? Would you and your family be prepared to act fast?

Is your child's classroom participating in the annual Escape Planning Contest? See our web sites for contest materials!

The Pulse, published jointly at least once every year, is one of many cooperative efforts between your two local fire departments.

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FIRE & RESCUE**

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Also in this issue:

- Updates on the fire districts
- Handy Escape Planning Grid
- More resources to help keep you and your family safe

News from the Fire Districts

Thanks to the on-going support of the community and careful stewardship of resources, both fire districts continue to make progress toward recovery from the effects of the long economic downturn. Still, there's more that needs to be done.



Newly-hired Poulsbo Firefighter/Paramedic Dustin Pickert is a veteran of the U.S. Navy and a personal trainer.

Poulsbo Fire Department has hired three firefighter/paramedics within the last year. Dustin Pickert, 35, was raised on the East Coast.

The U.S. Navy brought him to Washington and he decided to stay when he completed his service. He subsequently received his Associate's degree in paramedicine from Tacoma Community College (TCC). Dustin lives in Seattle with his wife, a paramedic in Skagit County. Doug Seitz was born in Brazil and lived there until the age of 12 when his family moved to Connecticut. With a Bachelor's of Science degree in Information Systems Management, he worked in IT until a layoff presented the opportunity



Doug Seitz, one of Poulsbo's newest firefighter/paramedics, is fluent in three languages: Spanish, Portuguese and English.

for a career change. After exploring the field as a volunteer EMT, Doug found he loved it and entered TCC's paramedic program. He honed his skills working for a private ambulance company before accepting a position with Poulsbo Fire. The 39 year-old and his wife have two children. They also live in Seattle. Josh Warter is a native Washingtonian, growing up on Anderson Island. That's where he first became involved with the fire service and fell in love with emergency medical services. The 34 year-old is also a graduate TCC's paramedic program. After six years with North Mason Regional Fire Authority, he made the difficult decision to leave there to join Poulsbo Fire. He and his wife live in Gig Harbor with their two children. Please join us in welcoming all three to the community!

Poulsbo Fire has been successful at earning a pair of federal grants. The first provides the majority of funding for a fire-rescue boat. Construction is scheduled to be complete in October. After crews have been trained and the craft goes into service, it will be moored on Liberty Bay – thanks to an agreement with the Port of Poulsbo. The district is also getting a

SAFER (Staffing for Adequate Fire & Emergency Response) grant that will cover the cost of three new firefighter positions in the near future.

Despite this good news, there remain challenges on the horizon. The district is working on a plan to meet pressing needs that include the replacement of two more engines, refurbishment of more ambulances and remodeling parts of the 28 year-old headquarters station.

Two new engines have entered service at North Kitsap Fire & Rescue. The pair have replaced older models that, due to their service years, were no longer considered acceptable by

Quick Facts About NKF&R

Service Area: 46 square miles
Population Served: 19,726 (2016 OFM estimate)
2017 Operating Budget: \$6.9 million
2016 Total Calls: 3,076
2016 Medical Calls: 1,938 (63%)
Non-Response Employees: 7
Response Employees: 37
Volunteers: 22
Fire Insurance Rating: 5

the Washington Survey and Rating Bureau, an organization that measures fire department capabilities for the purpose of setting some fire insurance rates. Two aging staff cars have been replaced with new vehicles while an older van with low miles has been refurbished. The district continues to explore options for at least two of its



Firefighter/Paramedic Josh Warter came to Poulsbo from another department. During firefighter training, he earned a spot in his academy's prestigious Chief's Company.

hard working ambulances as the rigs' age and total miles start to threaten their reliability. One of North Kitsap's water tenders (tanker trucks that supply water to firefighting operations when there are no nearby hydrants) has been taken out of service unexpectedly with irreparable holes in



Two new fire engines entered service at NKF&R in 2017. One of the new rigs is assigned to the district's Suquamish station and the other is assigned to Hansville.

the tank. Until a permanent solution can be implemented, North Kitsap is borrowing a tender from its neighbors at Bainbridge Island Fire Department.

Quick Facts About Poulsbo Fire

Service Area: 54 square miles
Population Served: 25,107 (2016 OFM estimate)
2017 Operating Budget: \$7.7 million
2016 Total Calls: 3,702
2016 Medical Calls: 2,458 (66%)
Non-Response Employees: 6
Response Employees: 39
Volunteers: 20
Fire Insurance Rating: 4

Protection through prevention and preparedness

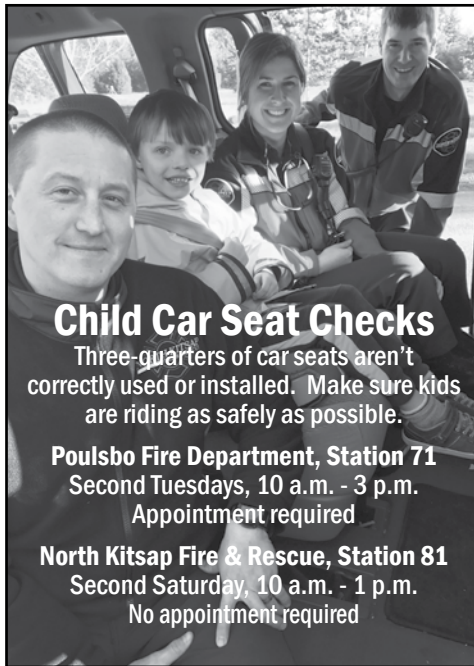
We know that preventing emergencies is the most efficient way of achieving our mission to protect lives and property, so we invest what we can in these types of initiatives. We can help with smoke alarms, home safety surveys, fire extinguisher training, CPR classes, life jackets, bike helmets, senior fall and fire prevention, disaster preparedness and more. Let us know how we can partner to keep you and your family safe.

North Kitsap Fire & Rescue

www.nkfr.org (360)297-3619

Poulsbo Fire Department

www.poulsbofire.org (360)779-3997



Child Car Seat Checks

Three-quarters of car seats aren't correctly used or installed. Make sure kids are riding as safely as possible.

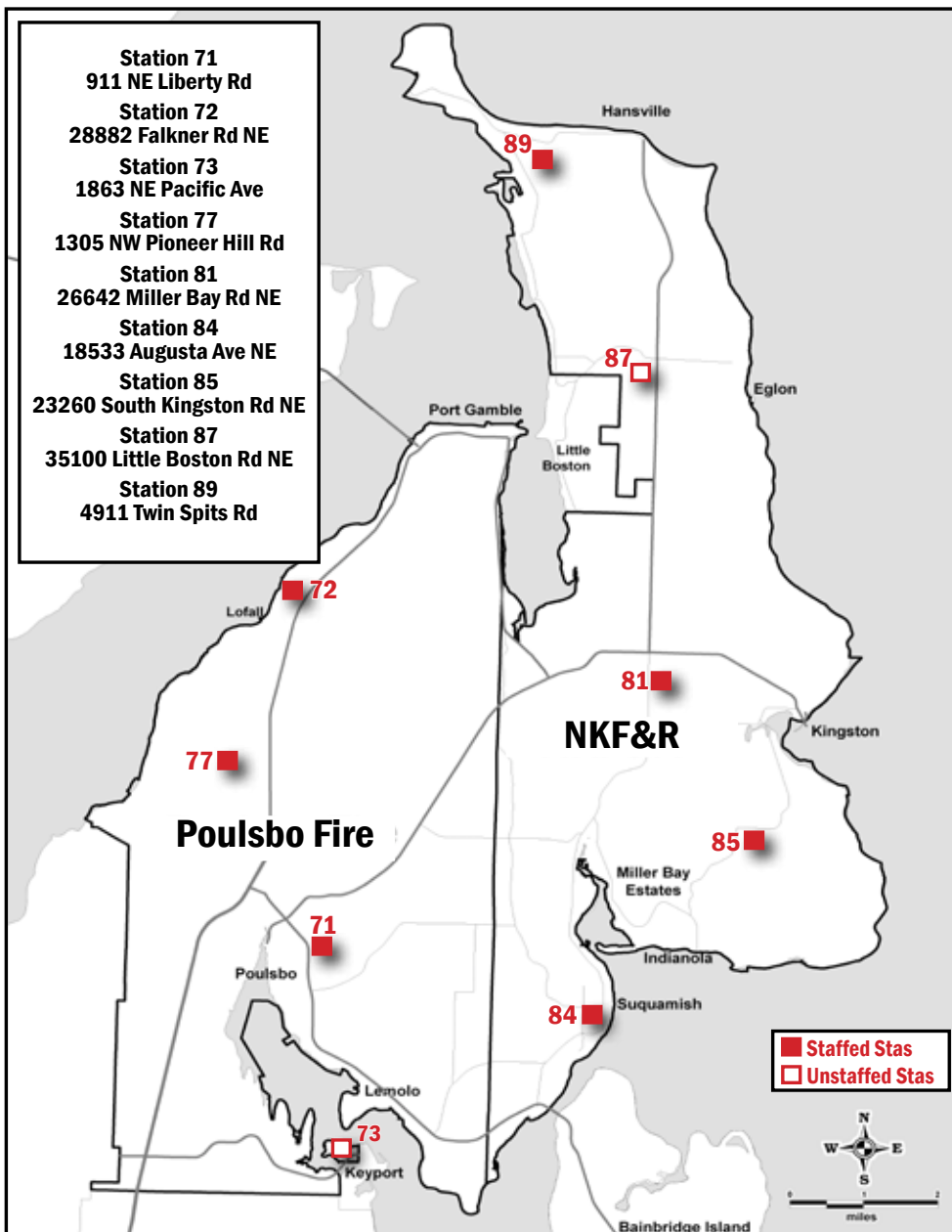
Poulsbo Fire Department, Station 71
Second Tuesdays, 10 a.m. - 3 p.m.
Appointment required

North Kitsap Fire & Rescue, Station 81
Second Saturday, 10 a.m. - 1 p.m.
No appointment required

It's easy to plan a great escape

The National Fire Protection Association and your fire departments recommend preparing for fire with the following steps:

- Check that your home is equipped with enough working smoke alarms, including one on every level, one in every bedroom and/or outside every sleeping area. Test alarms every month, change batteries as recommended for your particular alarms and replace the units every ten years.
- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit. Use the handy grid on the back of this publication or see our web sites to download tools to help you plan.
- Choose one meeting place outside and make sure everyone knows its location.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- As soon as it's practical, teach children to sleep with their doors closed and how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave — this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.






Need assistance with smoke alarms or escape planning? Call us. We can help!

Design your family's fire escape here

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*****ECRWSS*****
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Does your plan include ...

-  The location of every smoke alarm?
-  Two ways out of every sleeping room?
-  One meeting place outside?

Don't forget to practice the plan