

# Fully involved

VOLUME XX

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**Battalion Chief  
Rick Howard**

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## TRADITION

Some of you may recognize the name Tevye. No? Well let me go on. The movie starts with a darkened landscape of a small village then focusing on a fiddler playing music while sitting on a roof. How about now? Familiar? Of course, Fiddler on the Roof. Tevye goes on to explain why there is a fiddler on the roof; "A fiddler on the roof. Sounds crazy, no? But here, in our little village of Anatevka, you might say every one of us is a fiddler on the roof trying to scratch out a pleasant, simple tune without breaking his neck. It isn't easy. You may ask 'Why do we stay up there if it's so dangerous?' Well, we stay because Anatevka is our home. And how do we keep our balance? That I can tell you in one word: tradition!"

Isn't that so true, why we do almost anything revolves around tradition, especially in the fire service. The fire service is steeped in traditions. The most widely-accepted reason that fire engines are painted red dates back to the 1800s -- a time when there was a LOT of competition between the fire brigades of neighboring cities and towns. The firefighters of each brigade took great pride in their pump. Each brigade wanted their rig to stand out by being the cleanest, having the most brass, or being a regal color. Because red was the most expensive color, that's what color most crews chose to paint the pump.

Other sources cite the tradition of painting fire engines red going back to the early 1920's. Henry Ford wanted to make cars as inexpensively as possible and only offered cars in one color: black. With all of these black vehicles on the road, the fire service began painting their vehicles red in an effort to stand out.

Today, just as you have many more choices of colors available to you for your vehicle, so do the fire engine manufacturers, and it is not uncommon to see white, yellow, blue, orange, green, or even black fire engines, in addition to red, just look at some of our older apparatus. And while some studies hint that colors such as lime-green may be more visible to the public than traditional red, the vast majority of fire departments continue to use red fire engines -- a color instantly recognized by everyone as that of a fire engine.

Saint Florian, the patron saint of firefighters, was an officer in the Roman army during the third century. Saint Florian had converted to Christianity but kept his new faith a secret to avoid persecution. When ordered to execute a group of Christians during the persecutions of Diocletian, Saint Florian professed his faith and refused to follow the order. He then had a stone tied around his neck and he was thrown into a river where he drowned.

Florian is said to have once stopped an entire town from burning by throwing a single bucket of water onto the fire. Saint Florian is the patron saint of firefighters, chimney sweeps, barrel-makers, soap boilers, harvests, Austria, Poland and others.

One of the most notable traditions we follow is the use of The Maltese Cross. The Maltese Cross is known around the world as a symbol of the fire service. It is often seen painted on fire trucks, on the clothing of firefighters, depicted on firefighter's badges, and is quite often the chosen design of firefighter tattoos.

The Maltese cross has its origins going back to the era of the Crusades and is named after the island of Malta which came to be the home of the Knights of St. John. The Knights of St. John existed during the 11th and 12th centuries. To help identify friend from foe during the fighting, they needed a symbol that could be used to quickly and easily identify themselves. They chose the Cross of Calvary (which would later be known as the Maltese Cross) as their symbol because the Crusades were battles fought for a holy cause. During these battles, the enemies of the knights commonly used fire as a weapon. It was not uncommon for a Knight to have to risk his own life to extinguish a fire or rescue a comrade. Because of their ability to fight fires, and the pride and honor they took in the care of their sick and injured, the Maltese Cross evolved into a fitting symbol of the modern fire service. The cross has since come to represent the principles of charity, loyalty, gallantry, generosity to friend and foe, dexterity of service, and protection of the weak.

At this particular time of the year, Christmas traditions are more prevalent than most holidays. You can search for hours on the internet to read about the many different Christmas traditions there are. They are as many as there are different cultures around the world. Wikipedia explains that "Traditions can persist and evolve for thousands of years—the word "tradition" itself derives from the Latin tradere or traderer literally meaning to transmit, to hand over, to give for safe-keeping—and new traditions continue to appear today." Think of the traditions you and your family celebrate. Have they been around for thousands of years or did you and your family start them. Despite the long-standing traditions I had in my childhood-family, I feel a need to have my own traditions. I think that my children deserve a strong sense of family and continuity, and I can provide the foundation for those traditions myself-- hopefully to be passed on to my grandchildren and great-grandchildren.

Building tradition from scratch isn't easy, but there are pointers on the internet for making new family traditions. Traditions are what memories are made of and if they are never established then unfortunately time passes and the opportunity for them is gone. Incorporating a little bit of family (or crew) together time can be fun and easy, and it really can go a long way. If you sit down together and figure out what you all like to do and what you could all be a part of, you might be surprised to find that a tradition is easier to develop than you think. Maybe a tradition you begin in your family or here at the firehouse will be one that is incorporated into the lives of many to follow.

Maybe we will all keep our balance on the roof by believing in one word: tradition!"

### CALL TOTALS - December 2011

#### Station 81

**Medical: 74**

**Fire: 24**

**Total: 105**

#### Station 82

**Medical: 53**

**Fire: 24**

**Total: 77**

### December Birthdays



- Jake Beck 12/3
- Rickey Casper 12/11
- Randy Harding 12/14
- Lincoln Paxman 12/20
- John Hammond 12/23
- Trent Stanley 12/29



**Fire Marshal  
Kerry Evans**

## CHRISTMAS FIRE SAFETY

As the holiday season approaches, the most joyous of time of the year can also be deadly. During the Christmas season, Christmas trees are involved in approximately 260 fires annually, according to the National Fire Protection Association, typically resulting in more than a dozen deaths, dozens of injuries and more than \$13.8 million in property loss and damage. Short-circuiting tree lights, poor choice and uses of extension cords and candles used for heating and decorations are the leading causes of residential fires. On average, one of every 21 reported fires that begin with a Christmas tree resulted in death.

Below are some helpful hints on choosing and maintaining the right decorations for your safe Christmas holiday.

### **Natural Christmas Trees**

Before buying a tree, test for freshness by tapping the base of the tree on the ground or pulling lightly on a limb. If many needles fall off or needles can be easily pulled off, the tree is too dry.

Keep your tree as fresh as possible by placing the stump of the tree in a bucket of water out of doors until you are ready to decorate. Before setting up the tree inside the house, trim two inches off the trunk diagonally so it can absorb water. Mount the tree securely in a large, wide based reservoir stand and add water each day to ensure the tree is well watered.

Choose a suitable location for your tree, ensuring that it is well away from heating sources and clear of all exits. Close all heat registers near the tree to prevent the tree from drying out.

### **Artificial Trees**

Though fireproof, metal or aluminum trees are electrically conductive and should not be decorated with any electrical product. The metal can cause a short and a fire, or simply become "hot" or deliver a nasty shock. Aluminum trees can be illuminated by a colorful spotlight placed a safe distance from the tree, as set out in the manufacturer's instructions. If you use an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire retardant.

### **Decorations and Presents**

Christmas wrapping and decorations can be highly combustible, and should be kept away from heat sources such as candles, lamps, heaters, fireplaces and wood-burning stoves. Gift wrap and boxes should be collected as soon as gifts are opened, and discarded with the garbage or recycled where appropriate. Do not dispose of the wrappings in the fire place.

### **Indoor Lights and Electrical Decorations**

Use only those lights that have been UL tested and labeled "indoor" by an approved testing laboratory.

Examine light strings, cords, plugs and receptacles before using. Discard any that have frayed cords, cracks in the lamp-holders, or loose connections.

Do not overload electrical circuits or extension cords, and follow instructions on cord labels regarding connecting light strings to extension cords.

Do not connect more strings of lights than the manufacture instructions allow.

Never place furniture or other objects over electrical cords and in particular, never run electrical cords under a rug. With a rug covering a cord, any damage the cord may sustain can go unnoticed.

Always unplug the light string before attempting to replace a bulb. Ensure the voltage and/or wattage marked on the light set is compatible with the replacement light. This is especially important with mini-lights as they come in different voltages.

Avoid using timers on indoor lights. Tree lights could turn on when no one is at home and create a potential fire hazard. Always turn Christmas lights off before leaving home or going to sleep.

### **Holiday Parties**

Decorate with flame-retardant or non-combustible materials. Have large, fire-proof, non-tip ashtrays available for guests who smoke. Empty ashtrays regularly into a metal container and after the party, check inside and under upholstery and trash cans for misplaced cigarette butts that may be smoldering.

### **Outdoor Lighting**

- Use only those lights that have been tested and labeled by an approved testing laboratory and are marked for outdoor use.
- Turn off the electricity to the supply outlet before working on outdoor wiring.
- Keep electrical connections off the ground and clear of metal objects. Use insulated tape or plastic hangers not metal nails or tacks, to hold strings of outdoor lights in place. Be careful not to tape the cords either over, under, or along metal eaves troughs.
- Waterproof all electrical connections. Run cords above ground, keeping them out of puddles and snow to avoid moisture buildup.
- Tape all plug connections with plastic electrical tape to make them as watertight as possible. To prevent moisture from entering bulb sockets, bulbs should face the ground.
- When using spotlights or floodlights to light your home or trees, ensure they are marked for outdoor use to withstand snow and rain. Indoor floodlights should never be used outdoors.
- Turn the lights off when you're not at home and when you retire for the night.  
For added electric shock protection, plug outdoor lights into circuit protected outlets.

### **Candles**

Candles lend a special light to the holiday season of all faiths. Candle safety is important 365 days a year, but especially during the October-January holiday season. Here are some basic rules that everyone should commit to memory.

- Young children should be taught to stay away from lit candles. Keep lit candles out of reach of children and pets. Candle lighting is not an appropriate activity for small children, so keep all matches and lighters out of the sight and reach of children. Older children can learn to use them under adult supervision.
- Burn candles away from drafts, other heat sources, and all flammable objects or materials. In other words, *never* use candles near windows or exits. Don't place them on Christmas trees, real or artificial. Keep burning candles away from curtains, wrapping paper, combustible decorations and displays, flammable liquids, and aerosol sprays, such as hair spray, which can **explode**. Never allow a candle flame to touch any glass surface. Don't burn candles more than four hours at a time.
- Unattended candles are an invitation to disaster, so don't forget to snuff out candles before leaving the room or going to bed. Blowing candles out doesn't do the trick: Extinguish them by wetting the wick.

- Candles other than jar candles must be used in an appropriate non-tipping, non-flammable holder. Make sure that candle containers and holders are made from tempered glass or have a proper glaze. All candles should be placed on a safe, heat-resistant dry surface. If possible, place glass chimneys or shades over them. For Christmas luminaries, use 15-hour votive candles in holders, placed in paper bags filled with at least 2 inches of sand. The candle must be of a size that will allow adequate space between the candle and bag so as not to ignite the bag.
- Remove labels and tags from candles before burning.
- Keep wicks trimmed to ¼ inch at all times. This inhibits smoking and carbon build-up at the tip of the wicks and provides a cleaner burn.
- Sometimes a layer of liquid wax forms that causes the wick to fall to the side. To maintain an even burn, keep the wick centered. This will also protect the candle holder, since a flame that's too close for too long may crack the holder.
- Keep the wax pool free of foreign objects such as wick trimmings and matches. They will interfere with proper burning and are flammable.
- Extinguish taper or pillar candles when they get within 2 inches of their holders. Discontinue use of containers candle when ½" of wax remains.

Matches and lighters are tools not toys! Store them up high where children can't reach them.

### **Fireplaces**

Have your chimney inspected at least once a year and have it cleaned if necessary. Always use a fire screen, and burn only material appropriate for fireplaces. Burn only wood - never burn paper or pine boughs in a fireplace as the burning particles can float up your chimney and onto your roof or into your yard. Never use flammable liquids in a fireplace. Because ashes may rekindle, never store them in your home. Always remove ashes from your fireplace in a metal container.

Use care when using "fire salts" which produce colored flames when thrown on wood fires. Fire salts contain heavy metals that can cause gastrointestinal and breathing problems if ingested or breathed in.

### **Fire Safety in the Kitchen**

Practice fire safety in the kitchen during the festive season. Don't leave cooking food unattended - oil or fat can ignite. If you are faced with a grease fire, remember, put a lid on it and turn the heat source off! Always turn pot handles to the back of the stove when cooking, to avoid pots being pulled or knocked off.

### **Prevent Scalds and Burns**

- Young children are at high risk of being burned by hot food and liquids. Keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet (1 meter) around the stove.
- Keep young children at least 3 feet (1 meter) away from any place where hot food or drink is being prepared or carried. Keep hot foods and liquids away from table and counter edges.
- When young children are present, use the stove's back burners whenever possible.
- Never hold a child while cooking, drinking, or carrying hot foods or liquids.
- Teach children that hot things burn.
- When children are old enough, teach them to cook safely. Supervise them closely.

- To prevent spills due to overturn of appliances containing hot food or liquids, use the back burner when possible and/or turn pot handles away from the stove's edge. All appliance cords need to be kept coiled and away from counter edges.
- Use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stovetops. Never use wet oven mitts or potholders as they can cause scald burns.
- Replace old or worn oven mitts.

Treat a burn right away, putting it in cool water. Cool the burn for 3 to 5 minutes. If the burn is bigger than your fist or if you have any questions about how to treat it, seek medical attention right away.

## **12 Tips for Christmas**

- Make sure your home is equipped with at least one working smoke detector on each level of your home. Have your family implement and practice an emergency home fire escape plan.
- Ensure that your home heating appliances (furnace, gas fireplaces, wood burning appliances, chimneys) are all in good clean, working condition.
- Carbon monoxide is a silent and deadly killer; know how to identify the symptoms and install a CO detector in your home.
- With the joyous season upon us again, use sound judgment when installing your Christmas lights. Make sure you are using UL or CSA approved units only, do not overload circuits, and make sure all cords & outlets are in good condition.
- When choosing your fresh Christmas tree, ensure that it does not have any loose needles or brown spots. Keep it as fresh as possible by re-cutting the base at an angle before placing it in the stand. Check the water level daily to ensure that it is well watered. Fresh trees are highly combustible especially when they are dry so keep it away from any open flame or heat sources. If you use an artificial tree, ensure that it has had a flame-retardant treatment.
- Gift wrapping paper and Christmas gift boxes are highly combustible. Make sure all such materials are at least three (3) feet away from heat sources such as fireplaces, candles, portable heaters, lamps, and all wood burning appliances. Wrapping paper is highly flammable and burns at extremely high temperatures because of the additives in the paper. All wrapping papers and boxes should be discarded in the garbage or recycled. Do not burn in the fireplace or wood-heating appliance.
- Use candles with extreme care; never leave lighted candles unattended especially with children around. Place candles in non-tip and noncombustible holders and ensure they are well away from the Christmas tree, Christmas decorations or other combustible materials.
- When cooking for the holiday season, practice kitchen fire safety with your family. Do not leave cooking food unattended especially when cooking with oil or fat. If grease or oil ignites, remember to cover the container with a lid and turn the heat source off. You should have an ABC fire extinguisher available in your home.
- Careless smoking remains a serious holiday fire hazard. Ensure that all cigarettes and matches are completely extinguished before discarding. Place all butts and matches in a metal container or dampen with water before discarding. Before going to sleep, check all furniture and garbage for smoldering embers.
- Outdoor Christmas lights are exactly that, for outdoors use only. Do not use them in your residence, especially on

- your tree or near any combustible materials. These lights generate too much heat for indoor use.
- Prior to going out or going to sleep, make sure that you shut off all indoor electrical decorations. This will minimize the potential for fire to occur.

If we follow these simple guidelines everyone should have a safe Christmas season.

## Pre-Plan, Center Creek Dental Office

Pre-plan for the new Center Creek Dental office located at 10 East State Street.



This building is a clean, organized and newly constructed single story professional office building with one fully finished floor below grade. Note: most of the basement is visible from outside the building. The “A” side of the building for this pre-plan is the parking lot side (south) for purposes of orientation – and is where the main entrance door is located. Construction is light weight with regular TGIs, light weight trusses and asphalt shingles. The “A” side is somewhat deceiving when determining the construction type, due to the heavy timber décor design provided on the front of the structure. There is a greeting/waiting room area, office area, several exam rooms - with typical dental equipment, a small laboratory room, and employee break room located on the main floor. The basement contains office space, a large open training/recreational room (without furniture at present time) and utility rooms, with stair access on the D (east) side.



**Engineer Randy Wells**



The electrical shut off panel is located on the “B” side basement at the bottom of the stairs, with gas shut off on the “C” side basement. Water shut off is located off the “BC” corner – northwest corner of the property.



There is a hydrant located next to the building, on Center Street, on the “AB” corner, with a secondary hydrant located approximately 200’ to the south on Center Street – the same side of the road.



There are combustible gases – oxygen and nitrous-oxide – used and stored on the property. They are kept in a storage closet on the “AD” corner and have an outside door for access.

This building does not have an FDC/sprinkler fire suppression system, and no alarm panels were found. Attic access is available from inside the building and is located near the employee break room. Roof top access is available only by placing ladders on the outside of building.

Access to the building is available through the Knox box key located near the “AB” corner, just to the right of the main door entrance.



## Current Events

There comes a time when it is evident how real and how strong the “brotherhood” of the fire service is, and it is not just something that we say. That time has been seemingly constant over the past several weeks.

As a brotherhood we were able to stand together and effect a positive change in the voting against propositions 4 & 5 in the recent elections. Thanks to all that helped hand out flyers, post signs, inform their neighbors and for making it to the polls to vote!

As a brotherhood, I witnessed great support and affection toward one of our own during a recent hard time, I am glad to see that when it counts, the support is always there. Like he said to me, “it makes you really appreciate where you work.”

As a brotherhood there has been great support and affection to help Mike Stentzel and his family during the recent tragedy and subsequent road to recovery. Mike suffered a sudden hemorrhagic stroke following a PT test. Fortunately his brothers on his crew recognized the signs early and were able to get him the care he needed in a short time period. There are efforts being made to help his family shoulder the financial burden. If you are interested in donating, there are envelopes for collecting donations at station 81 and 82. Captain Kim Beck is over the station 82 envelope, and Clark Clifford over the station 81 envelopes. Donations can also be given directly through this blog in his name <http://oremfiremike.blogspot.com/>.



Engineer  
Dan Harris



Firefighter  
Patrick  
Cullen

## Featured Call

On Wednesday, November 23, 2011, Company 81 was at Macey’s grocery store conducting a “fill the boot” for a fellow firefighter facing unforeseen medical problems. At approximately 17:15, Engine 81 and Ambulance 81 were paged to the Macey’s grocery store for a fall patient inside. Bystanders stated the patient was at the meat counter when all of a sudden she stated that her head hurt really bad, and went unconscious, falling to the floor. It was approximately 32 seconds from the time of page to patient contact. An elderly female was found lying on the ground, not conscious, with shallow, labored breathing. Fast patches were quickly placed on

the patient and showed a heart rate of 31. No palpable pulse was noted. Oxygen therapy was started and pacing was being set up. As these actions were being taken and ventilations were assisted, the patient started to improve. Her heart rate increased, her eyes opened and she was able to follow simple commands. An IV was established, and the patient was loaded for transport. During transport the patient became slightly combative, removing her IV. The patient’s behavior and verbal response at this time made no sense. A second IV was then established and a 12-lead ECG was conducted.

The patient was transported to American Fork Hospital. We were never able to obtain a blood pressure, but the hospital’s first BP take was 80/39. After Dr. Shelton’s initial assessment of the patient, we asked what his thoughts were. He stated at this time he was thinking patient was possibly severely septic or had an aortic dissection.

About an hour after returning to quarters we received a telephone call from Dr. Shelton informing us that indeed it was an aortic dissection, and the patient was not expected to make it through the night. Unfortunately she did pass away a few hours later.

\*Note: From the time of page to arrival the hospital ED was 20 minutes.

# December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Bountiful Baskets Food Co-op - station 82
4	5	6	7 Officer's Meeting @ station 82	8	9 Career Day @ MATC	10 Bountiful Baskets Food Co-op - station 81 & 82
11	12 Payroll	13	14	15	16	17 Bountiful Baskets Food Co-op - station 81 & 82
18	19	20	21	22	23	24 Bountiful Baskets Food Co-op - station 81 & 82  Christmas Eve
25 Merry Christmas!!	26 Payroll  City Offices Closed	27	28	29 Association Christmas Party 6pm @ Jack & Jills	30	31 New Years Eve