



**Fire Marshal
Kerry Evans**

**INSIDE THIS
ISSUE:**

Burn Camp	3
Featured Calls	4
Citizen Life Saver Award	5
Employee of the Month	6
Calendar	7

Fully Involved

VOLUME XXVIII

SEPTEMBER 2012

Fire Prevention Week October 7-13, 2012

This year's theme for fire prevention week is "Have Two Ways Out." We'll start out with a few facts to get your attention. The U. S. Fire Administration released that latest report concerning civilian fire fatalities. From 2008 to 2010, there were an estimated 365,500 reported residential structure fires that caused 2,560 deaths and 13,000 injuries. Cooking is the leading cause of residential fires. Building fires are higher in the cooler months peaking in January at 11 percent. The majority of fire deaths, 44.9 percent, occur while sleeping. Only 5.1 percent died from burns while the majority died from a combination of burns and smoke inhalation. The leading age group was 0-9 years old and death occurred most frequently while sleeping. There is a house fire every 85 seconds with most fatal fires killing one or two people, 19 fires killed five or more people resulting in 101 deaths. The fire report for two years showed a dollar loss of 7.4 billion dollars. These are just a few of the details in the U.S. Fire Administration report that is available online.

How much time do you have?

Consider that you only have a minute to live, sixty seconds, that's not a lot of time, but that's the longest amount of time you should take to get out safely once an alarm has sounded. There is a saying that a fire doubles in size every minute. I believe this to be an urban myth. First, fire "size" is best characterized by its Heat Release Rate or HRR. The basic relationship that generally defines HRR is the following: $HRR = (\text{fire intensity coefficient}) \times \text{time}^2$. This relationship has been proven experimentally in small test fires and large full scale fires. With regard to time, you can see during these tests that HRR will grow exponentially over time. Let's say a fire is producing a HRR of 50 KW after 20 seconds of burning - then if you double the time to 40 seconds, the fire will be 4 times as big, if you triple the time (after 60 seconds), the fire will be 9 times as big. Fires grow fast. In fact if you look at any fire growth data for furniture, rooms, etc, the data is reported in seconds, not minutes.

How about real fire doubling times? Reported test values are in the 10 second to 40 second range which corresponds to the ultrafast down to the slow growth rates, however 10 seconds can be slow for some materials. Have you ever watched a Christmas tree burn? This fire goes from ignition to 500-700KW almost instantaneously, so the fire is probably doubling every 1/10 sec or so. When it comes down to getting out of the house safely, it really depends on the location and fire load in the house. When household items are on fire the heat and smoke

accumulates rapidly causing conditions to deteriorate so fast that even the most prepared find it difficult to escape. So the question is, can you successfully escape a fire in less than 60 seconds?

Do you have a plan?

Everyone should know how to escape from his/her residence. Fire can spread quickly through your home, leaving you little time to escape safely once the alarm sounds. When you are sleeping your ability to get out depends on advance warning from smoke alarms and a successful escape due to advanced planning — a home fire escape plan that everyone in your family is familiar with and has practiced, hopefully many times.

Most people assume that today's homes are safer and built better. While engineering is better and fire and building codes are more stringent, today's building materials are somewhat different and may fail at a higher rate than the building materials used years ago. Many of the home furnishings we buy today are made out of plastics or have plastic components and give off extremely poisonous gases. Remember that the majority of deaths in home fires are caused from carbon monoxide and other poisonous gases emitted from plastics, furniture, and materials inside the house while on fire.

What You and Your Family Should Know

Be Proactive, this is not new information but how many of us really practice what we preach?

- Have a home escape plan and discuss it with everyone in your home.
- Make sure all smoke and CO detectors are functional and make sure the batteries are changed twice a year.
- Practice the plan at night and during the day with everyone in your home, twice a year. Practice in different kinds of weather. There are plenty of fires in the winter months.
- Know at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily. Weigh carefully the idea of barring or permanently locking windows for security when we should consider using the windows for a secondary escape from a fire.
- Have an outside meeting place away from the home where everyone should meet.
- Practice using different ways out.
- Teach children how to escape on their own in case you can't help them or you're not at home.
- Teach children how to escape from second story bedrooms.

React Quickly

- If the smoke alarm sounds, get out and stay out. Do not go back inside.
- If you have to escape through smoke, get low and stay close to the floor, go under the smoke to find your way out.
- Feel the knob and door before opening a door.
- Close doors behind you as you leave.
- Call 9-1-1 from outside your home.
- Be mindful of the use of cheap extension cords especially during Christmas time.
- Be careful when using indoor heaters that they are not used close to combustibles.

BE SMART - PROTECT YOURSELF AND YOUR FAMILY TODAY!



Captain Robert Stanley

BURN CAMP

On the afternoon of August 7, Kim and I took a ride up Millcreek Canyon to Camp Na Na Mah, also known as Camp Tracy, to check out the U o U's Burn Camp. As we drove along we talked about things we needed to be doing that evening if we had stayed home. We decide that this was probably the right thing to do.

Being our first year, we were not quite sure of what to expect. We weren't given an assignment prior to our arrival and we were thinking we would be lost in the shuffle. We were wrong. It was the final day of camp and the night of the carnival for all the kids and their families.

As we walked into the camp we saw a few familiar faces of PFFU members. While shaking hands with friends we were grabbed by the event organizer and told they were expecting us. She rushed to our assigned areas, Kim to the popcorn and cotton candy makers, me to help make balloon animals. They were expecting close to three hundred people, sixty two campers and their families, that night to participate in the carnival and dinner and they needed all the help they could get.

As the first campers made their way to our area it became clear that this was definitely the right place for us to be that night. I don't know what I was expecting but it didn't take long to figure it out. We were introduced to several young people that had been affected by burns. As we spoke with the campers and their parents, it became apparent how important the burn camp is to both the campers and their families. It is a place where they can be with others that have had similar experiences. They aren't worried about being stared at or having to answer questions about their accident and scars. It was amazing to see how at ease the kids felt while at the camp. The only worry they had was which balloon animal they wanted and how to get some cotton candy.

Each camper, along with two others, is assigned to a counselor. Many are firefighters; several are former campers that enjoyed their time at the camp as a child and have decided to dedicate a week out of the year to give back. As I visited with several of the counselor, they said it can be a challenge to take care of three kids for a week, but the satisfaction of seeing the kid enjoy themselves outweighs any inconvenience. We were told that for most of the kids this is the highlight of their year and that is what brings most of the counselor back.

As you know, the locals of the PFFU provide all the meals for the campers. Little did I realize what a coveted opportunity this is. It looks like we will have a meal assigned to us for next year. I have to give kudos to Provo Firefighter's Union, Local 593, for the dinner they provided that night. It was a BBQ for the kids, their families' and all the volunteers. They have been given that meal assignment each year and have dedicated it to one of their fallen brothers, Mario Guerrero, who passed away several years ago in a medical helicopter accident while responding to a call. It is a wonderful tribute and they did an awesome job.

On our drive home, we decided we were the beneficiaries of the night's event. It was well worth the few hours we spent away from home.



***Lehi City Fire Department Urges Residents to “Have Two Ways Out!”
During Fire Prevention Week, October 7-13, 2012***

If you woke up to a fire in your home, how much time do you think you would have to get to safety? According to the nonprofit National Fire Protection Association (NFPA), one-third of Americans households thought they would have at least 6 minutes before a fire in their home would become life threatening. Unfortunately, the time available is often less.

That’s why Lehi City’s Fire Department is teaming up with NFPA during Fire Prevention Week, October 7-13, 2012, to urge residents to “Have Two Ways Out!” This year’s theme focuses on the importance of fire escape planning and practice.

Lehi City Fire Department recommends the following tips for planning your family’s escape:

- Make a map of your home. Mark a door and a window that can be used to get out of every room.
- Choose a meeting place outside in front of your home. This is where everyone can meet once they’ve escaped. Draw a picture of your outside meeting place on your escape plan.
- Write the emergency telephone number for the fire department on your escape plan.
- Have a grown-up sound the smoke alarm and practice your escape plan with everyone living in your home.
- Keep your escape plan on the refrigerator and remind grown-ups to have your family practice the plan twice a year or whenever anyone in your home celebrates a birthday.

The Lehi Fire Department will be hosting an **open house on Saturday October 13th, 11:00am – 1:00pm at Station 81 (176 N. Center Street)** to promote “Have Two Ways Out!” Through these educational, family-oriented activities, residents can learn more about the importance of fire escape planning and practice, as well as the power of prevention.

Featured Calls

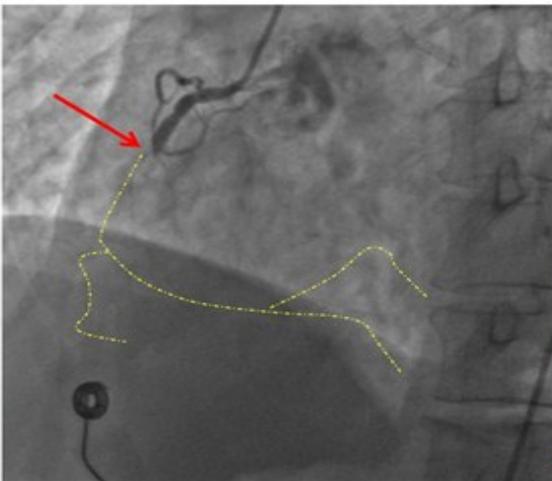
There wasn't one call in particular that stood out as the featured call this month, instead a rather unique circumstance of 3 ST Elevation Myocardial Infarctions (STEMI's) within a week's period of time. STEMI's, otherwise known as a heart attack in progress, is the leading cause of death in the United States, they are caused by atherosclerotic plaque buildup or a clot in a coronary artery.



Firefighter Shad Hatfield

You may be saying sarcastically to yourself, "Wow, 3 heart attack calls...big deal, what makes this so special?" Well, I'll tell you what makes this so special! Three lives were saved due to highly trained Paramedic's and EMT's who were able to diagnose these STEMI's using 12 lead EKG monitoring capabilities. We are able

BEFORE



AFTER



to rapidly identify the STEMI, provide the proper treatments, rapidly transport to the closest heart catheterization facility (Timpanogos Hospital in these cases), and transmit the EKG via blue tooth to the hospital. This allows the ER and cardiologist to view the pre-hospital EKG prior to our arrival at the hospital which speeds up the process of opening up the coronary artery to restore blood flow. We all know time is critical during a heart attack and the longer the heart goes without blood and oxygen the more damage is done which ultimately increases the risk of death.

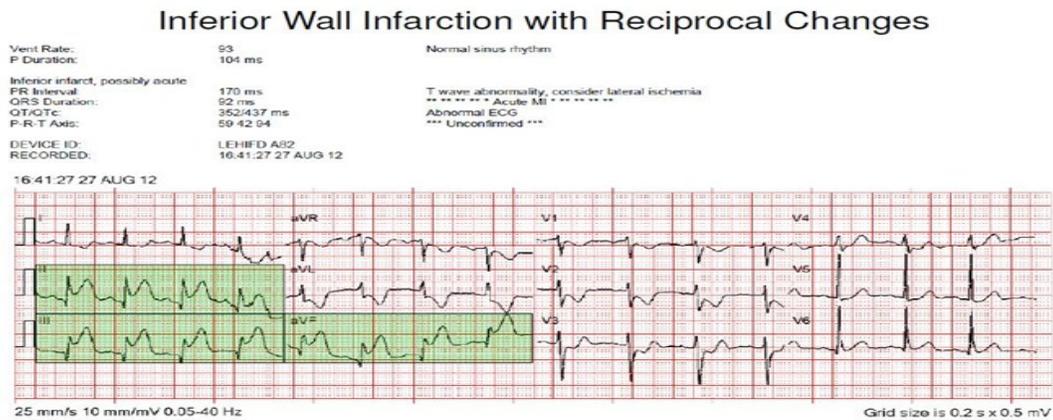
The national standard for "hospital door to balloon (stent) time" is 90 minutes. What this means is the second the patient



Coronary thrombosis removed from the artery.

comes through the hospital doors they need to be assessed, determined to have a need to go to the cath lab, find the occluded coronary artery and then have their artery opened up all within 90 minutes. Our crews, in conjunction with Timpanogos Hospital did an exceptional job on these 3 STEMI's with "EMS arrival on scene times to balloon times" of 44 minutes, 57 minutes and 65 minutes. This is well below the national standard for "hospital door to balloon times" and should be commended. We are able to assess the patient and determine the need for the cath lab activation out in the field which helps to cut the times way down.

This goes to show the importance of the pre-hospital 12 lead EKG program and how it can make a huge difference in someone's life...you know, the part of their life where they still get to be alive.



Citizen Life Saver Award



On August 28, 2012 Lehi City recognized and awarded Staker Parson company and a few of their employees the "Citizen Life Saver Award" for their role in saving the life of one of their own. Scott Hicken (pictured on bottom row left) collapsed at work after complaining of some chest pain. Scott was not breathing and pulseless and his co-workers quickly started CPR which was crucial to his outcome. The dispatcher (pictured to Scott's left) was able to coach them through continual CPR until the Lehi Fire Department arrived. Scott was defibrillated twice, intubated, given bilateral IO's with all necessary cardiac meds, and was treated with therapeutic hypothermia. It was because of his fast acting co-workers starting and continuing CPR that Scott is alive today.

Employee of the Month - Lehi City

We are proud to announce that our Administrative Assistant Angie Andrus was awarded employee of the month for Lehi City. In her nomination memo, Chief Dale Ekins has this to say.

“Angie has been a very loyal city employee since she was hired several years ago and has taken many assignments that have made her “stretch”. She is currently learning and managing several new computer programs that we have bought and she is teaching the process to our firefighters. The new technology will make our department run smoother with better information available to us here. She has always followed through with her assignments and completed what she is asked to do.

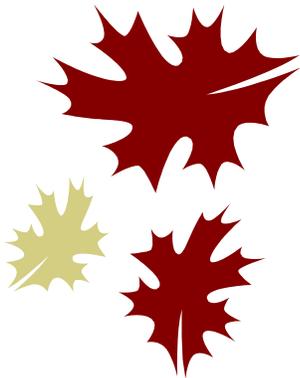
Angie also has the personality to survive the full-time fire department environment. Many of our employees are type A personalities that can be somewhat stressful at times. Angie has “gone with the flow” and gets along very well with our members. She handles our scheduling which can be complicated at times. Overall Angie is a great asset to our department and is a team player with our city as well.”

Congratulations Angie on this well deserved award!



Administrative Assistant Angie Andrus

Birthdays



- *Kevin Beck 9/7
- *Brian Beck 9/14
- *Blake Edwards 9/22
- *Angie Andrus 9/28



September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Bountiful Bas- kets Food Co-op - station 82
2	3 LABOR DAY City Office's Closed	4 Payroll	5	6	7	8 Bountiful Bas- kets Food Co-op - station 81 & 82
9	10 SRT Training	11	12 SRT Training	13 Officer's Meeting @ station 82	14	15 Bountiful Bas- kets Food Co-op - station 81 & 82
16	17 Payroll	18	19	20	21	22 Bountiful Bas- kets Food Co-op - station 81 & 82
23	24	25	26	27	28	29
30						