

# KIDS CORNER

Complete these activities and share with us!  
@snocountyfire7

## BICYCLE SAFETY!

MAKE SURE YOUR BIKE IS PROPERLY EQUIPPED WITH REFLECTORS, LIGHTS AND A HORN.

A MIRROR IS ALSO A GOOD IDEA.

HONK! HONK!

AND... ALWAYS WEAR YOUR HELMET!

## PEDESTRIAN SAFETY... CROSSWORD!

Use the clues below to solve the puzzle and learn about being safe when crossing streets and near cars, trucks, buses, trains and trolleys.

**ACROSS:**

- Cross the street in a \_\_\_\_\_.
- Hold your parent's \_\_\_\_\_ when walking in a parking lot.
- Always walk in \_\_\_\_\_ of the school bus' yellow bar.
- Wear \_\_\_\_\_ colored clothing to be seen better.
- Stop when the sign flashes "DON'T WALK", and \_\_\_\_\_ when it flashes "WALK".

**DOWN:**

- Look left, right and \_\_\_\_\_ again before crossing the street.
- Walk on sidewalks, not in the \_\_\_\_\_.
- A crossing \_\_\_\_\_ will help you cross the street safely.
- Never run out into the street for \_\_\_\_\_, like a ball or toy.

**WORD BANK:** hand, guard, front, crosswalk, left, anything, street, go, light



# SNOHOMISH COUNTY FIRE DISTRICT 7

## SUMMER 2020 NEWSLETTER

## Weekly Firefighter Homeschool Lessons with Fire District 7

With the onset of the Coronavirus Pandemic, people have been challenged to rethink the way they do their jobs and live their lives. It is said that necessity breeds innovation and invention, and this has been true for Snohomish County Fire District 7. Upon hearing the news that all public education lessons and events would be canceled as a result of COVID-19, Fire District 7's Public Education Team chose to be innovative and create interactive lessons that have been taught weekly Live on Facebook.

Our Public Education Team for Fire District 7 is made up of two former classroom teachers, Public Information and Education Officer Heather Chadwick and Public Education Specialist Kaitlin King.

"Both of us were high school teachers before transitioning into our careers in the fire service. Naturally, our experience in the classroom and training as educators has allowed us to further develop curriculum that meets the safety messaging needs of our communities, while integrating learning standards our teachers use in the classroom," says Kaitlin King.

To continue with the value of building trust and resilience while connecting with our communities during these uncertain times, Fire District 7 launched a weekly Firefighter Homeschool Lesson Curriculum. The lessons are taught every Tuesday live on Facebook.

"Teaching these lessons live on Facebook gives us the opportunity to still interact with the families we serve while teaching vital safety skills while reviewing standards they would be learning in the classroom," says King.

All of the lessons have been created using a three pronged approach. Each lesson:

- Meets state teaching standards
- Delivers a safety message
- Highlights the diverse roles our firefighters and team members play on a day-to-day basis

The state learning standards that are addressed range from Next Generation Science Standards, Common Core Math State Standards, and Washington State Art Teaching Standards. Each lesson contains a safety message linked to the lesson's instructional content. Since starting the lessons on March 24th, students have learned how to practice water safety, how to create home escape plans, why it is important to know their address in emergency situations, and how to find hazards in your home. The lessons have also highlighted the numerous, and diverse, jobs and skillsets that firefighters and support staff use on a daily basis to serve our communities. Furthermore, the lessons are also full of lesson specific learning objectives, vocabulary, experiments, and of course HOMEWORK!



All lessons and homework can be viewed on our website at: <http://www.snofire7.org/education>

Congratulations to Lieutenant Duane Stal on his retirement after 30 years in the fire service.



Congratulations to Lieutenant Tom Withrow on his retirement after 32 years in the fire service.



## EMPLOYEE SPOTLIGHT

CONNECT WITH US: @snocountyfire7 | 360.794.7666 or 425.486.1217 | [www.snofire7.org](http://www.snofire7.org)

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## MESSAGE FROM THE CHIEF

When you call for help, Fire District 7 is here for you twenty-four hours a day, 365 days a year. Day or night, sunshine or rain, and throughout the COVID-19 pandemic. When help is needed, an alarm sounds, fire station doors open, and highly trained men and women get on our trucks to serve you. We are here for you when you need us.

Like the rest of the world, COVID-19 has changed the way we do things. We must take more precautions, adjust procedures, and fortify the protective equipment we wear so we can stay safe to serve you. The recent merger with Lake Stevens Fire has been very helpful during the pandemic response. We have strength in numbers! With the merger, we have a larger, more coordinated regional team of responders to answer 911 calls and improve overall emergency service to our great communities.

Regional partnerships have been a great success! At the very beginning of the outbreak, we began planning and teaming with our surrounding fire departments, the County, and other emergency response partners. Together, and with help from NASA, we developed a "Play Book" which is a procedure manual we use to respond to emergencies during the pandemic. We have also worked together to procure protective equipment like masks, gowns, gloves, and goggles from the U.S. Emergency stockpile. Through lots of hard work and collaboration, our responders have remained safe and we have had adequate protective equipment.

While the pandemic overshadows everything we do, we have a responsibility to continue to provide the highest level of service through thoughtful financial, logistical, and operational plans. We are currently in the process of developing a new strategic plan to help guide us in our service delivery to the community in a fiscally responsible manner. Community input will be critical. We will be establishing a citizen's committee to help us in the process.

Summertime brings warm weather and lots of fun to be had in our beautiful lakes and rivers. We encourage everyone to be safe, wear life jackets when appropriate, and keep your eyes on the little ones. Due to the COVID-19 pandemic the life jacket loaner cabinets will not be opened. While enjoying the water be sure to preplan for everyone's safety.

All of us at Snohomish County Fire District 7 are grateful to have the opportunity to serve our amazing cities and communities. From Monroe to Mill Creek; Lake Stevens to Maltby, we are one unified team always ready to answer your call for help.

I hope you have a safe and enjoyable summer.

Respectfully,

**Kevin K. O'Brien, your Fire Chief**



## PREVENTION CORNER

### It Might Be Time to Replace Your Carbon Monoxide (CO) Alarm

Fire District 7 has seen a trend in emergency calls where a person called 9-1-1 after their CO alarm beeped intermittently. Upon further investigation, it was discovered that there was no emergency but that the CO alarms in question had reached their end-of-life and were sounding every 30 seconds to indicate expiration.

Carbon monoxide is an odorless, colorless, and poisonous gas. CO is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces. CO can build up indoors and poison people and animals who breathe it. Exposure to CO can cause serious injury and even death.

In January of 2013, it became required to install CO alarms in all rental housing units in Washington.

Washington State law (RCW 19.27.530) requires CO alarms to be installed in new residences and in existing rental properties. Owner-occupied single-family residences, legally occupied before July 26, 2009, are not required to have carbon monoxide alarms until they are sold or when a building permit application for interior remodeling is submitted.

CO alarms have a life expectancy of around 7 years. All CO alarms produced after August 1, 2009 have an end-of-life warning notification that alerts the resident that the alarm should be replaced. The CO alarm will beep every 30 seconds or display ERR or END.

If a CO alarm is at its end-of-life, replacing the battery will not stop the beep. Some CO alarms have a feature that will silence the signal for 30 days but this will not solve the issue as the CO alarm will continue to beep after the 30 day period ends.

A CO alarm that beeps continuously without stopping could indicate that carbon monoxide is present.



*If your CO alarm is sounding continuously and you have signs of CO poisoning such as dizziness, headache, vomiting, or flu-like symptoms, find fresh air and call 9-1-1 immediately.*

## WILDFIRES IN WESTERN WASHINGTON: WHAT'S THE BIG DEAL?

Over the past several years, Fire District 7 has invested in personnel training and deployment to wildland fires. Firefighters have deployed to Eastern Washington, Oregon, California, and - what surprises many people - to Western Washington. In 2019, Fire District 7 was dispatched to 71 brush fire incidents in Snohomish County alone. Statewide so far in 2020, there have been twice the average number of wildfires.

The Prevention Services Division has been focusing over the last year on preparing the district to support the advent of community wildfire protection programs. In February, district staff met with professionals from across Western Washington at the Northwest Regional Fire Adapted Communities Coordination Workshop to share resources and strategies for prevention of wildfire.

This new approach to encouraging and supporting fire adapted communities comes at a time when wildland fires in Western Washington are increasing. Most all fires of any type are caused by human activity, and wildland fire incidents are no exception. In Western Washington, 95% of wildland fires are human-caused.

The significant factors in Western Washington wildfires are a simple recipe of low fuel moistures, an easterly wind with warm, dry air, and an ignition source. Temperature and precipitation are key factors which contribute to low fuel moistures. We know that since 1900, the average temperature has increased 1.8 degrees (F). Additionally, between 1950 and 2006 the Cascade snow pack has shrunken by 25%. The greatest variable is the warm, dry easterly wind. When meteorologists predict this wind, firefighters double up in their response preparations, knowing that the ingredients for wildfire are all in place.

"It's cliché for sure, but for firefighters in Western Washington, it is not a question of if, but when. We know we have increasing opportunities for wildfire, and we understand the science behind the recipe for wildfire. Besides our readiness to respond, we are focusing our efforts on reducing risks in our community to protect against structural loss," said Fire District 7 Deputy Chief of Prevention Services Michael Fitzgerald.

Most of these protection efforts involve collaborating with other agencies and supporting state and national programs by sharing these resources with local communities. Fire District 7 can provide education and training to communities - right now through online video conferencing. Prevention specialists are conducting home ignition potential assessments in communities committed to establishing a wildfire protection plan.

If you would like to receive information or training about wildfire protection for your community, please email [riskreduction@snofire7.org](mailto:riskreduction@snofire7.org). Additionally, please keep an eye on our website at [snofire7.org](http://snofire7.org) to learn more about wildfire protection efforts.

"We know the wildfires are coming. The outcome of wildfires is dependent upon what our communities do to adapt to an environment of wildfire and protect against loss," said Fitzgerald.



SCAN ME

Scan to view the King5 news story about fires in Western Washington by Glenn Farley

## SNOHOMISH COUNTY FIRE AGENCIES PARTNER TO PRESERVE PPE

As first responders across the nation continue to cope with scarce supplies of personal protective equipment (PPE), Snohomish County fire agencies are finding innovative ways to preserve PPE and protect firefighters. Agencies across the county have now added ultraviolet (UV) light units and electrostatic cleaners to their arsenal of tools used to fight COVID-19.

UV lights are being used to disinfect N-95 masks, enabling firefighters to safely reuse masks a limited number of times. These UV units sanitize without harsh chemicals and will also be used to clean items like radios, cell phones, pagers, and other items firefighters use daily.

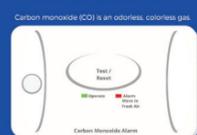
While conservation efforts have helped stabilize PPE supplies at most county fire departments for now, agency leaders are preparing for possible future supply issues.

Fire District 7 and some additional fire agencies in Snohomish County have been using portable electrostatic cleaners to thoroughly and quickly disinfect patient EMS transport vehicles and fire stations. Electrostatic cleaners emit a charge that helps a sprayed cleaning solution cover all sides of an object, without touching or wiping.

These methods and others have developed as Snohomish County fire agencies continue coordinating their response to the COVID-19 pandemic to protect the public and personnel.



### CARBON MONOXIDE ALARMS



#### Replace your CO Alarm if:

- It was installed in or before 2013. They generally have a 7-year life span.
- It is beeping every 30 seconds signaling it's at end of life. Some alarms may differ. Refer to the manufacturer's instructions.

#### Go outside and call 9-1-1 if:

- The CO alarm is beeping continuously without stopping, which could indicate that CO is present.
- If you feel sudden signs of CO poisoning such as dizziness, headache, vomiting or flu like symptoms.

### DETECTORES DE MONÓXIDO DE CARBONO



#### Reemplace su detector de monóxido de carbono en los siguientes casos:

- Se instaló en 2013 o antes de esa fecha. Por lo general, tienen una vida útil de 7 años.
- Emite un pitido cada 30 segundos que indica el final de su vida útil. Es posible que no todos los detectores sean iguales. Consulte las instrucciones del fabricante.

#### Salga de su casa y llame al 911 en los siguientes casos:

- El detector de monóxido de carbono emite un pitido constantemente sin parar. lo que podría ser un indicador de la presencia del gas en el ambiente.
- Detecta signos repentinos de intoxicación por monóxido de carbono, tales como mareos, dolor de cabeza, vómitos o síntomas similares a los de la gripe.

On cover: SCD7 firefighters participate in a training exercise