

EMPLOYEE SPOTLIGHT

PROMOTIONS



Congratulations to newly promoted **Driver Operator Adam Perron.**



Congratulations to newly promoted **Driver Operator Joe Strong.**



Congratulations to newly promoted **Driver Operator Tim Lambach.**

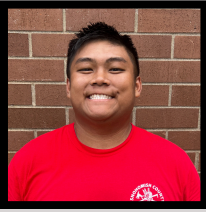


Congratulations to newly promoted **Driver Operator Landon Bell.**



Congratulations to newly promoted **Administrative Leave Specialist Brittany Bazinet.**

NEW HIRES



Join us in welcoming **Recruit Firefighter Romey Xayamouangbo.**



Join us in welcoming **Recruit Firefighter Hunter Fritz.**



Join us in welcoming our new **IT Administrative Assistant Jerit Smith.**



Join us in welcoming our new **Confidential Support Specialist Kristi Szilak.**

PREVENTION CORNER: WINTER WEATHER SAFETY

HEATER SAFETY

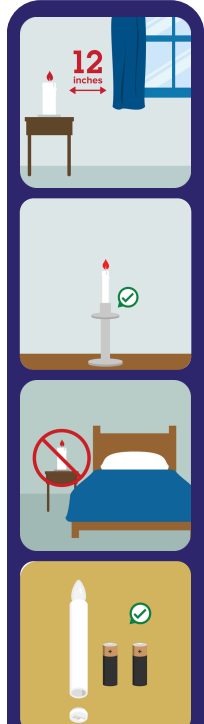
During the winter months, most homes need a little extra help when it comes to heating. Many use fireplaces or space heaters to warm their homes. Taking precautions when using these heat sources can significantly decrease the risk of a preventable house fire. Snohomish Regional Fire & Rescue urges residents to keep safe while they keep warm. The following tips are some safety precautions to help you and your loved ones stay warm in the safest way possible.

- Change furnace filters to keep equipment running efficiently and safely. Contact the gas company or a heating contractor if you suspect that your furnace is not functioning properly.
- Place all space heaters at least three feet away from furniture, walls, curtains, or anything that burns. Make sure to turn them off when you leave home or go to bed.
- Never install unvented gas heaters in bedrooms or bathrooms, where the small room size poses a risk of rapid carbon monoxide build-up.
- Have your chimneys inspected and cleaned by a professional before each heating season, and have them cleaned regularly.
- Never burn trash, paper, or green wood in your fireplace. These materials cause a combustible build-up on the lining of your fireplace that may eventually catch fire, possibly damaging the chimney and threatening your home.

CANDLE SAFETY

During the dark winter months, many people also like to use candles to brighten their home. This last fall, SRFR Responded to two house fires caused by candles, and so far has responded to over 1,000 fire calls in 2024. Candles may be pretty to look at, but they are a cause of home fires – and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn. Snohomish Regional Fire & Rescue and NFPA recommend the following:

- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 1 foot away from anything that can burn.
- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down – put it out before it gets too close to the holder or container.
- Never use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



Learn more at: www.NFPA.org

Snohomish Regional Fire & Rescue also reminds you to make sure your home is equipped with working smoke and carbon monoxide alarms. Don't forget to install, test, and maintain these devices in accordance with the manufacturer's instructions. It is also important to know two ways out of every room and to plan and practice your escape in case of a fire.



SNOHOMISH REGIONAL FIRE & RESCUE

WINTER 2025 NEWSLETTER

SCOUT DAY at the Fire Station

ANNUAL COUNTRYWIDE

Open to all scout groups and community

- First Aid & CPR
- Fire Safety
- Disaster Preparedness
- And more!

South County Fire: Saturday, March 1, 11a-1p
Mariner Fire Station 11, Everett

Snohomish Regional Fire & Rescue: Saturday, March 15, 11a-1p
Clearview Fire Station 71, Snohomish

Please register for this event: bit.ly/SnocoutDay2025

- ### TIPS TO KEEP SAFE WHILE OUT IN THE COLD
- Wear warm clothing, and come indoors periodically to prevent hypothermia or frostbite.
 - Make sure to use the proper gear, like helmets, when you are skiing, snowboarding or playing ice hockey.
 - Even though it's cold outside, it's important to use sunscreen and stay hydrated. Compared to adults, children have higher risk of dehydration.



CONNECT WITH US: www.snoRegionalFire.org @SnoRegionalFire

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MESSAGE FROM THE CHIEF

Reflections on a positive 2024!

Dear Neighbor,

The start of the new year is an exciting time. It brings hope for the future and the opportunity to reflect on prior accomplishments. This past year was full of positive changes here at SRFR, all thanks to the amazing community support we receive.

I am pleased to share the good news that we have completed the improvement project at Station 83 in Machias. This station received updates to plumbing and electrical systems, proper decontamination facilities, and critical seismic retrofitting. Additionally, we are on track to complete our emergency vehicle maintenance facility remodel in Monroe, where our skilled mechanics service everything from our ambulances to our 76,600-pound ladder truck, which responds to structure fires and supports rescue operations. In 2024, we purchased property for the relocation of Station 32, a move that will improve response times and better serve the greater Monroe community. Additionally, our design team has been busy planning for the rebuild of Station 81 in Lake Stevens.

Along with facility improvements, we completed several planned updates to our emergency response fleet. Specifically, we are grateful to have placed five new fire engines in service. This investment enhances the safety of both our firefighters and the community, as these units will be a dependable part of our fleet for many years to come. Looking ahead, we are set to take delivery of a new ladder truck next year, allowing us to decommission our oldest frontline ladder truck after 28 years of service.

Over the coming year, our first responders will continue to uphold high training standards in critical lifesaving skills. From emergency medical care to fire suppression, water rescue, technical rescue, hazardous materials response, and wildland fire suppression, our responders are equipped and prepared to face any challenge. SRFR remains fully committed to honoring public trust, providing responsive service from highly trained personnel, and managing the community's resources responsibly.

As your Fire Chief, I want you to know about the professional dedication and high level of service provided by the entire Snohomish Regional Fire & Rescue team. Behind the scenes and on the frontlines of emergencies, we are committed to caring for you, your family, and your loved ones. Thank you for partnering with us to save lives, protect property, safeguard the environment, and take care of people.

With sincere appreciation,

Kevin K. O'Brien
Your Fire Chief



FIREHOUSE FEATURE SRFR EMS DIVISION

Snohomish Regional Fire and Rescue (SRFR) provides emergency medical services (EMS) to over 160,000 residents within our fire district. Although we respond to all types of calls, over 80% of our emergency calls are for EMS. All of SRFR's firefighters are cross-trained as firefighter/EMT's or firefighter/paramedics. Many of them enjoy the dynamic nature of EMS and the ability to help people in a time when they need it most: "I like helping people. I like being there when people are in need and in their most vulnerable moments." Firefighter/EMT Chris Pack states. Each EMS call requires teamwork often with



firefighter/EMT's and firefighter/paramedics working together to ensure that each patient receives the best possible care: "I love that it is a team oriented approach. We are always going together in crews of 2, 3, and 5, and together we problem solve," states BC Justyn Shevlin, who was a paramedic for 23 years before he promoted into his current role as Battalion Chief.

A medic unit, is an ambulance that is staffed with firefighters at the paramedic level, who are able to provide Advanced Life Support (ALS). SRFR has three dedicated medic units, one in each battalion, as well as two additional cross-staffed medic units to bolster ALS service in outlying areas. SRFR medic units also respond to neighboring districts to provide mutual aid as needed. In 2024, SRFR continued to

provide patients with the highest level of EMS care. As of November, SRFR responded to a total of 9,899 EMS incidents in 2024. EMS calls continue to make up the majority of the calls we see each year. Because of this, the EMS Division sees the importance of continuous training and innovation.

As a part of this continuous improvement and innovation, at the end of 2023, the division updated the district's intubation equipment by purchasing new video laryngoscopes. This important equipment allows providers to perform the life-saving skill of intubation using the newest technology. New innovations like these allow us to continue to strive to provide the highest quality prehospital medical care to our community. We are grateful for the support of the public which, in turn, allows SRFR to continue to

provide the highest quality healthcare in the moments that matter the most.



Learn more about a career in fire & EMS!

SCAN ME

PUBLIC EDUCATION PROGRAMS

Resolve to be ready this New Year.

In our continued efforts to create a safer community, Snohomish Regional Fire & Rescue offers a variety of community education and prevention programs to the communities we serve. We believe in preventing injuries & emergencies before they even happen. Learn more by using the QR codes or by visiting our website at www.SRFR.org.



School Visits



Each school year, Snohomish Regional Fire & Rescue partners with our local schools, from preschool to high school, to deliver age-specific fire & life safety lessons to students. Our lessons are fun and engaging, and aligned with the fire safety curriculum designed by the National Fire Protection Association (NFPA). If you would like us to visit a private school or homeschool group, please go to our website, www.SRFR.org, or follow the QR code to submit a request.



FF Homeschool Lessons



For those that prefer to learn at home, we have 17 different video lessons that are fun for the whole family.

VIDEOS INCORPORATE:

- State Learning Standards:
 - Next Generation Science Standards
 - Common Core State Standards
 - Washington State Teaching Standards
- Science, Math, Music, & Social Studies Concepts
- Worksheets & Interactive Experiments & Activities

VIDEOS HIGHLIGHT:

- Safety Messages
- Firefighter Careers, Special Teams, and Skills



Adult & Senior Safety Classes



We want to make sure you feel prepared for any emergency or disaster that may come your way. Because of this, Snohomish Regional Fire & Rescue offers virtual adult and senior safety classes. Our online 2025 class schedule is as follows. Use the QR Code, or visit www.SRFR.org to sign up for a class! If you are wanting to schedule an in-person class for you and your group, email CommunityRelations@SRFR.org.

Disaster Preparedness Aging in Place Home Fire Safety

- | | | |
|----------------|---------------|-------------|
| • January 8 | • February 19 | • March 12 |
| • April 9 | • May 14 | • October 8 |
| • September 10 | • November 12 | |
| • December 10 | | |



PulsePoint Respond



In partnership with the Medic One Foundation, Snohomish Regional Fire & Rescue offers PulsePoint Respond to our residents. PulsePoint Respond is an app designed to improve cardiac arrest survival rates through increased bystander CPR performance. This smart phone app empowers the public to provide lifesaving assistance for victims of sudden cardiac arrest before first responders arrive. Download the app today!



Bike Helmets

Snohomish Regional Fire & Rescue provides FREE bike and multisport helmets throughout the year at various events throughout our district. Follow our social media pages for updates about the next bike helmet event near you! Need a bike helmet but cannot afford one? Contact us at CommunityRelations@SRFR.org, and we may be able to help. Please note that supplies are limited.



Life Jackets



Need to borrow a life jacket? Free loaner life jackets are available at **Station 31, 163 Village Court, Monroe, WA 98272**. Come to the fire station with the person who needs the life jacket. There, you can get fitted, borrow the jacket, and return it when you are done. Remember, when having fun out on the water, everyone should wear a properly fitted life jacket.



2025 Community Events

Save the date for some of our upcoming 2025 events!

- **March 15th** : Scout Open House, Station 71, Clearview
- **July 8th**: SRFR Water Safety Camp, Lake Tye
- **July 16th**: SRFR Water Safety Camp, Lundeen Park
- **July 25th-27th**: Aquafest, Lake Stevens
- **August 5th**: National Night Out, Multiple Locations
- **October 4th**: Fire Prevention Week Open House, Station 31, Monroe