

## CASCADE LOCKS FIRE & EMS

# THE FIREHOUSE TIMES

A QUARTERLY PUBLICATION

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### GREETINGS FROM THE CHIEF

In this fourth installment of the Firehouse Times, we continue to bring you the most current information about what we have been up to and what important safety tips need to be remembered this holiday season. The fire department family wishes to extend to our community family the warmest of holiday greetings and wishes. The upcoming year will be very exciting for our community and the fire department. We are in the final stages of the construction document drawings and hopefully by press time we will have gone out to bid. Having a new home for your department is almost as important as the rolling stock and the volunteers that it houses. Often looked at as the center point of a community, our new station, when complete will be just that. The volunteers have waited long and hard for a new home and are equally excited to make the community proud. With the cold and icy winter weather fast approaching, remember to take your time while driving the freeway, make sure your car is tuned up and most importantly make sure your family, your house has a 72hour kit ready. A 72 hour kit is a package of goods you put together to make yourself prepared in the event of a major emergency or disaster. Our town has been cut off by severe weather in the past. When that happened no food, trucks, or other essentials could make it down the interstate to our town. For more information go to [www.ready.gov](http://www.ready.gov) where you will learn a multitude of information.

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Firefighters Jessica Bennett, Wayne Overcash and Zach Belt making entry into a garbage truck that caught fire on I-84. The cargo container was ferrying trash from the city of Portland to Arlington to a landfill.

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## THE VOLUNTEERS VOICE BY JESSICA BENNETT

Many children and adults long to do what a firefighter does, but so few actually do it. Many people consider firefighters as courageous and brave. Courage is the quality of mind or spirit that enables a person to face danger or pain without **feeling** fear. Bravery is a quality of spirit that enables you to face danger or pain without **showing** fear. Every person that works in emergency services (including police) has a soul about them that allows them to do things that most other people couldn't. They are a rare breed of people that take a lot of abuse from others and handle large amounts of stress all at one time. When a firefighter enters a building to pull someone out that's not courage; it is really bravery. Despite the fear and the instinct to run, a firefighter still goes in and gets the job done. Firefighters have memories from when they were children; they never got over the sound of the sirens or the sight of the lights. Children look up to firefighters because they stand for what is good and honest in life, preserving another person's life. By preserving another's life you are ensuring happiness and hope for people around you. Very few people can say that they met someone having the worst day of their life, seeing a person at their all time low, and brought them back to a place where they can have another chance to be happy.

Most people in the fire service are volunteers. Firefighters aren't just firefighters anymore and EMT's are no longer just EMT's. Everyone is trained to handle any kind of emergency that they may ever be called to. Additionally, these people go out to save others never knowing exactly what's going on, what they will see, or the challenges they will face. They risk their lives for people they have never met and will probably never see again, yet unwilling to give up a single second of it. The families of these incredible people will never understand why those in this business have chosen to do it, to dedicate themselves to the safety of mankind, but they will always be there when they come home to support them and be with them.

The families are always the most forgotten part of a firefighter. People look at firefighters and see them and what they do, but they never see the family. When the next call comes out and the family is left, they will be waiting for the return of their loved ones because they are truly the biggest part of a firefighter. Remember to thank your firefighters and EMT's for their dedication to the community, but also remember their families, they would appreciate thanks too.

The firefighters are there to help in every way, and don't want to hurt or cause hardship to anyone. Offer to help out your firefighters because you may be a person they help out down the road.

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## CARBON MONOXIDE THE FACTS.....



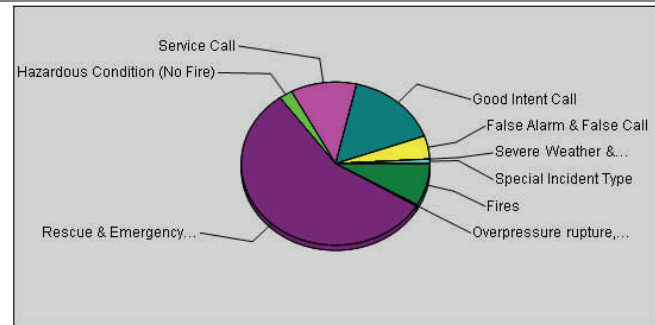
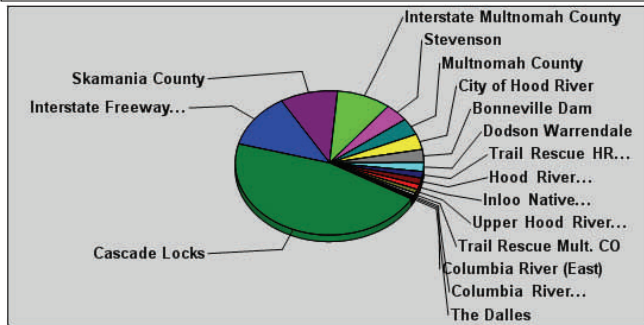
CO alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and CO alarms.

Often called the silent killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.

- According to the [National Safety Council](#), 200-300 unintentional-injury deaths a year are due to carbon monoxide poisoning.
- The dangers of CO exposure depend on a number of variables, including the victim's health and activity level. Infants, pregnant women, and people with physical conditions that limit their body's ability to use oxygen (i.e. emphysema, asthma, heart disease) can be more severely affected by lower concentrations of CO than healthy adults would be.
- A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.

## CALL VOLUME

Below are the response results from January 1st 2007 to November 1st. As you can see we have been incredible busy. In comparison to last year at this time, the fire department had only responded to 305 requests for service. That's a 15% increase! Also, important to note is that over 56% of service calls were medical in nature. While we are the "fire department" most of our requests for assistance are for medical related problems.



ZONE	# of CALLS
Cascade Locks	158
Interstate Freeway HR County	42
Skamania County	34
Interstate Multnomah County	32
Stevenson	14
Multnomah County	13
City of Hood River	12
Bonneville Dam	10
Dodson Warrendale	7
Trail Rescue HR County	5
Hood River Hospital (Interfacility Trans-	5
Inloo Native American Fishing Area	4
Upper Hood River County	3
Trail Rescue Mult. CO	2
Columbia River (East)	1
Columbia River (Multnomah County)	1
The Dalles	1

**TOTAL: 344**

MAJOR INCIDENT TYPE	# INCIDENTS	% of TOTAL
Fires	29	8.4%
Overpressure rupture, explosion, overhear - no fire	1	0.3%
Rescue & Emergency Medical Service	194	56.2%
Hazardous Condition (No Fire)	8	2.3%
Service Call	39	11.3%
Good Intent Call	55	15.9%
False Alarm & False Call	16	4.6%
Severe Weather & Natural Disaster	0	0.0%
Special Incident Type	3	0.9%

## SYMPTOMS OF CARBON MONOXIDE POISONING

CO enters the body through breathing. CO poisoning can be confused with flu symptoms, food poisoning and other illnesses. Some symptoms include shortness of breath, nausea, dizziness, light headedness or headaches. High levels of CO can be fatal, causing death within minutes. The concentration of CO, measured in parts per million (**ppm**) is a determining factor in the symptoms for an average, healthy adult.

- 50 ppm: No adverse effects with 8 hours of exposure.
- 200 ppm: Mild headache after 2-3 hours of exposure.
- 400 ppm: Headache and nausea after 1-2 hours of exposure.
- 800 ppm: Headache, nausea, and dizziness after 45 minutes
- 1,000 ppm: Loss of consciousness after 1 hour of exposure.
- 1,600 ppm: Headache, nausea, and dizziness after 20 minutes of exposure.
- 3,200 ppm: Headache, nausea, and dizziness after 5-10 minutes; collapse and unconsciousness after 30 minutes of exposure.
- 6,400 ppm: Headache and dizziness after 1-2 minutes; unconsciousness and danger of death after 10-15 minutes of exposure.
- 12,800 ppm: Immediate physiological effects, unconsciousness and danger of death after 1-3 minutes of exposure.



## CASCADE LOCKS FIRE & EMS

505 Wa-Na-Pa Street  
P.O. BOX 308  
Cascade Locks, Oregon 97014

Phone: 541-374-8510  
Fax: 541-374-8152  
E-mail: firechief@clbb.nrt

WE'RE ON THE WEB!

[WWW.CASCADELOCKSFIREFIRE.COM](http://WWW.CASCADELOCKSFIREFIRE.COM)

*"Pursuit of excellence, Through community service"*



Assistant Chief Jess Zerfing Firefighter/EMT Jessica Bennett (At vehicle) and firefighter Bruce Bilodeau working to treat a patient of a Motor Vehicle crash and contain the hazardous materials from spreading any further. Also seen is an ODOT representative managing the necessary traffic control measures (Orange Vest).

## CHRISTMAS TREE SAFETY TIPS

- When decorating your tree, always use lights listed by a tested laboratory. Some lights are designed only for indoor or outdoor use, but not both. Larger tree lights should also have some type of reflector rather than a bare bulb.
- Follow the manufacturer's instructions on how to use tree lights. Any string of lights with worn frayed or broken cords or loose bulb connections should not be used. Connect no more than 3 strands of push-in bulbs and a maximum of 50 bulbs for screw in bulbs.
- Always unplug Christmas tree lights before leaving home or going to bed.
- Bring outdoor electrical lights inside after the holidays to prevent hazards and extend their life.
- Never use lit candles to decorate a tree, and make sure any lit candles in a room are placed well away from tree branches.
- Try to keep live trees as moist as possible by giving them plenty of water daily. Do not purchase a tree that is dry or dropping needles. Check for fresh, green needles. And place your tree in a sturdy tree stand designed not to tip over.
- Make sure the tree is at least three feet away from any heat source, such as fireplaces and radiators. Try to position the tree near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.
- Safely dispose of the tree when it begins dropping needles. Dried out trees are highly flammable and should never be left in a house or placed or placed against your house.



On average, one of every 9 reported home Christmas tree fires resulted in a death.