

THE SIREN



Presented By

Sisters-Camp Sherman RFPD

May 2009

CHIEF'S CORNER

Welcome to the May 2009 edition of the Siren.

My message this month is all about safety. As you know, we have been doing a comprehensive risk analysis in conjunction with the creation of the Department Health and Safety Officer Position (Chief Karjala). On April 27, we experienced what is often referred to as a "near-miss" situation with one of our department apparatus. While it is important to wait for the safety committee to do its review and provide recommendations, there are some lessons around this incident which I felt needed to be told as soon as possible.

On the evening of the 27th, Captain Schell arrived at station 701 to take the Camp Sherman Tender (734) to Salem for pump repairs. Les volunteered for this assignment with no compensation. Fortunately, he had decided to take the tender home and leave the next morning for the valley. As he left Sisters he noticed a vibration that was not normal for the tender. As he drove West on Highway 20, the vibration increased significantly. When he arrived home in Camp Sherman, he inspected the front tires and found that the right front steering wheel had all but come off, with half of the lug nuts almost off, and 2 significant cracks noted in the steel rim.

Clearly, this was as close as you can come to having a front steering wheel come off of a large and very heavy truck. As we all reviewed the damage, the reality of what could have happened to Captain Schell and others on the road really hit home. It is clear to me that this is a system induced situation which will be addressed immediately. We will be looking into our equipment maintenance procedures, apparatus condition, training, and situational awareness in order to ensure this "near-miss" never happens again. A special thanks to Captain Schell for sharing his experience with us. We are blessed that he is ok.

So, you can expect a prompt and comprehensive review, an aggressive plan to correct these system issues, and hopefully none of us will ever experience this type of problem again.

Finally, I want you all to know that we are closely following the current potential pandemic and that the department is taking every measure to protect you and your family while continuing to provide quality service to our customers.

As always, my door is open and I look forward to seeing you.

ASSOCIATION NEWS

-President, Jeff Liming

The 2009 Sisters – Camp Sherman Community Easter Egg Hunt took place at one pm Easter Sunday in Creekside Park in Sisters. I was very pleased to see nearly twenty of our Association members present as well as several volunteers from Cloverdale. The Easter Bunny arrived early and was in good form for the kids. Several hundred kids attended with many more parents, friends and relatives to make for a busy afternoon. Thanks very much for your volunteerism with this Association event! I want to thank Dave Wheeler for his work in organizing the hunt and especially in helping us promote our fire safety message to the children. It took nine minutes for all six thousand eggs to disappear into baskets. Might be a new record!

Our Association was honored to help with the Oregon Fire Chief's Association dinner at Eagle Crest Resort a couple of weeks ago. Many thanks to our dozen volunteers who worked over seven hours each to prepare, serve, and clean up for the event! That's a lot of hours. We helped feed over three hundred Oregon Fire Chiefs and their guests on time and with a professional flair that was very much appreciated by the attendees. We would not have been successful without you! Thank you very much!

We had a great April Association meeting. Thanks for your attendance. I encourage you to mark your calendars for Chan Cathcart's memorial service May 16th in Camp Sherman. We look forward to representing our Department in uniform for the event. Please also consider joining the June 13th Rodeo Parade as a rider or driver of station apparatus. Let me know! Thanks also for your consideration of crewing an ambulance for one of the five rodeo performances. We need you! Our scholarship committee reports student applications are coming in and the history committee is beginning research and looking for new members...give Liz McKittrick a call and be a part of this effort! We look forward to our Department Pole, Peddle and Paddle team competing this month on Mount Bachelor. We are pleased to support the team!

Thank you very much for your continued support of the Sisters – Camp Sherman Fire and Ambulance Association!

CHAPLAIN'S CHAT

-Chaplain Hayes

May grace bestow peace upon your every day.
 May you be gifted with a gentleness of spirit.
 May your journey be long and pleasurable.
 May health and happiness be your companions.
 May joy find its way to you repeatedly.

May you trust the grand plan for your life.
 May your friends be many.
 May gratitude spill from you at the end of each day.
 May you find rainbows during stormy times.
 May faith be your firm foundation.
 May you know love in all its forms.

SCBA INFORMATION

-Captain Brown

Fire Medic Jay Crawford is taking on the responsibility for repairs and maintenance of the SCBA's. New responsibilities usually mean specialized training and he just returned from the manufacturer-sponsored class. He shared some of what he learned which was encouraging as he is now up to date on the latest procedures and processes. He also relayed some of the advances

in the equipment since our last purchase and upgrades. It seems that even though we have great SCBA's and related equipment, the technology has changed just as quickly as computers. We will be looking in to what we can afford to upgrade or replace, but this will continue to be a challenge (or opportunity!) with funding being a concern for everyone.

I know the focus right now is getting prepared for the upcoming wildland season, but remember to review the SCBA related skills and equipment. You don't want to need a "refresher" at 3 AM!

FIRE PREVENTION

-Captain Wheeler

I would like to thank everyone who helped with the Poison Prevention Program at the Sisters library on the 8th. We had approximately 50 children take part in the program and even some parents who took material afterwards. It was a great program that had Tony Lompa singing the poison prevention song, a puppet show as well with Mr. Yuk making an appearance. The costume was designed and made by Miss Sew-It-All, Marsha Marr. She spent about a year working on it, trying out different designs and ideas and charged us a nominal fee. If you see Marsha in town, tell her thank you.

As always, the parents and children at the Easter Egg Hunt loved it. I would like to say thank you to the department members from both Cloverdale and Sisters-Camp Sherman Fire Districts. I would also like to thank the community members who helped us with this opportunity to educate the kids with a fire prevention message and still have fun hunting Easter eggs.

The Sisters-Camp Sherman Fire District along with the Cloverdale Fire District is working toward a new goal this year during FireFree weekend. This year's dates are May 16th and 17th at the Fryrear transfer station. This is a great project that ultimately helps us be able to protect the community's homes in a wildfire. If you can help, please sign up. It is only for the weekend and lunches and drinks will be provided.

As always, if you have any questions please call or stop by.

Please wish the following people a Happy May Birthday...

- *Peter Storton* 5/11
- *Brian Wade* 5/12
- *Brett Miller* 5/15
- *Nathan Arguien* 5/17
- *Jan Liming* 5/20
- *Sana Hayes* 5/22
- *Ryan Karjala* 5/24



FACILITIES

-Captain Brown

Since the first of 2009, there has been a new “exercise” implemented each month. Chief Enoch is doing a station inspection at one of the stations. He is ensuring that the stations are being kept clean and that there are no safety concerns or repairs that need attention. This has gone well each month with just a few items that seem to repeat themselves. Some minor repairs have been found and they are scheduled to be completed.

There usually seems to be some items left out of place that are either labeled as unsightly or a possible tripping hazard. One might think that the turnout area of the station would be a target for this, but most everyone is doing a great job of keeping their equipment storage neat. The stations that do not have the Gear Grid racks for turnouts have the biggest opportunity to leave items out and about, but this has not been the case. The work areas (tool room, janitor areas, storage) are mostly the unkept places. We all know that unanticipated things happen, but remember to go back and put away anything left out. Also, if

you notice something out of place or just needing to be picked up and thrown away, take the few seconds to take care of it.

Along with the work area cleanliness, look for any safety problems such as slipping/tripping hazards, items not secured when put back (apparatus equipment), or extension cords left laying out or being used for permanent power. If you see anything in question, contact one of the Chiefs or Shift Commanders for a solution.

Another concern is having enough clear walkway around apparatus and equipment. There is an OSHA rule for the amount of clear space necessary for walkways and this includes completely around each piece of apparatus (3 ft). Some of our stations are quite crowded and proper parking is necessary to allow for enough space between rear walls and bay doors. This has been reported as a “favorite” of OSHA inspectors. Be sure to use a backer when returning the engine to the bay and make sure it is spotted properly, allowing for the clear space.

Your continued help will keep the stations sound, neat and safe for everyone.

RESPONSE INFORMATION

-Captain Brown

Although it seems unusually quiet for calls this last month, we will average 2 per shift and this is up from last year. Not much, but an increase just the same. Once again, thanks to all who respond to calls or are available to help drive the equipment when maintenance (pump testing) or repairs by others are needed. Your willingness to help in this way is very important, especially during the school year when the students may be in classes.

Something I want to address regarding response to calls: if you are spending time at the station hoping to go on a call, make

sure the Shift Commander is aware of this. We will make a spot available for you that fits your response level or training and ensure you get to go on the call. There have been a couple of times we thought an individual was at the station for response, but did not go on the call for one reason or another. Sometimes we run around trying to locate them, adding time to the response. Additionally, if the shift is training, please join us. The more people involved with the training, the better it goes. Also, the career staff need to keep skills up and helping you do the same is good for us. We have more opportunities to train than just once per week, and everyone should take every chance to work on or improve their firefighting and EMS skills. Remember, if you don't use it you will lose it.

COMMUNICATIONS

-Captain Brown

First, I want to thank the Chiefs for their patience in our attempts to get the Santiam repeater up and running. It has been a long journey and the road has been filled with obstacles. Right now we seem to be at the mercy of the equipment gnomes who are probably having a laugh at our expense. We have had the repeater operational twice now, but when we try to run a test to check the coverage it has been off line for no apparent reason. This last time we were lucky to have the ODF Communications Technician assist and he found some needed

equipment repairs. He was able to correct the problems and had it working when he came back to Sisters. He relayed that he was able to transmit from Station 701 that same day. Unfortunately, when Chiefs Robertson and Enoch made the trip up to conduct the operational test, it was not working at all. The Chiefs and I are discussing what route to take next as this is an important tool for our safety.

Finally, a reminder to review the operation of the mobile and portable radios in preparation for the wildland season. This is a time when you will be required to move around the channels more to get the right information and communicate properly.

FIRE & EMS EQUIPMENT HIGHLIGHTS

-Captain Ast

My presence at the station will be scarce for a bit. I'm attending the National Fire Academy and will be absent from April 19th to May 1st. I should be here for most of May, but we are expecting our child around the last week of May or first week of June; at which time I'll be taking a couple weeks of paternity leave. Jay Crawford will be assuming my position as AIC Captain for most of my leave.

As part of this year's capital purchases, we've upgraded our Holmatro hydraulic rescue tool system. Included items are: a portable pump with hoses and tool coupling conversions. The new components are manufactured by Genesis, and are compatible with our current system. There are several features with the Genesis brand that the equipment committee reviewed as part of the decision to purchase the different brand. The portable pump allows for rescuers to access vehicles that may not be reached from the hose reels that we have been using. The pump also allows for all power to be transferred to a single tool to increase performance. The new hose, while still a twin-line hose, has a larger internal diameter, which allows the fluid to move faster, which also increases tool performance. The new tool couplings are "one-step", meaning there is a single coupling between the tool and the hoses, rather than the two coupling system we've been using. These couplings are also "hot swappable", so you can switch out tools without shutting off the line at the pump.

The old Holmatro pump and hose reels will remain in service on 760, however until the old hose on the reels is replaced,

(hopefully next year) the old system should only be used as a backup. This is due to the age and worn condition of the hoses.

With the changes resulting from the rescue system upgrade, if you were not able to attend the in-service training, please contact the duty shift commander to schedule the overview.

The Zoll defibrillators in 770 & 771 have been upgraded to allow for cellular phone transmission of ECG's to hospital fax machines. This will be a valuable tool for improving our treatment of patients we suspect are experiencing cardiac problems; by reducing the amount of time that is spent transferring patient information between EMS and hospital staff. It's also part of the new protocol that's intended to bypass the ER in order to transfer certain cardiac patients directly to the "Cath Lab". This upgrade was made possible through funds allocated by local area cardiologists.

I'll also be introducing a new job aid for communicating with Spanish speaking persons that are unable to effectively speak English. The new aid is a picture based laminated card that allows rescuers/patients to point at various emergency situations, both medically & fire related, in order to communicate. Thank you to Jeremy Storton for recommending the new aid, which he found at a medical vendor's booth at a recent EMS conference.

There are several equipment purchases that I have made, such as the new communication job aid, as a result of recommendations by many of you. Thank you for your efforts and suggestions for equipment that will make our job easier and improve our service to the public. Keep them coming!

Have a safe month of May.

EQUIPMENT NEWS

-Captain Lovegren

The snow tires have been removed from most vehicles and we will continue to get all the vehicles ready for summer. The warm spring weather has been so nice, I hope you all have had a chance to enjoy it.

734 has had a mechanical seal failure in the Hale pump and is going to H&W to be repaired. This made it very difficult to get a prime from draft. The tender should be repaired in a couple of weeks and be back in service soon.

Braun Ambulance sent a repairman down to work on some of the issues we have had with 770. He repaired the blower fan in the patient compartment and replaced the trim in rear of the cabinet by the back door.

Thank you for all your careful driving through the winter season; we went through the winter with no driving incidents. Pat yourselves on the back, good job. Keep up the good work. Remember to use backers both at the stations and in the field. Let's keep this great record going and be accident free for the summer also.

TRAINING

-Captain Karjala

We have some excellent training coming up during the month of May. Scheduled drills include SCBA quarterly evaluations, structure triage, and wildland structure protection. Due to the Memorial Day Holiday we will not have an EMS drill for the month.

You will notice that this month we be starting a quarterly drill specifically for SCBA evaluations to include donning (within 1 minute), doffing and inspection processes. This drill will be held each quarter to ensure we meet the respiratory standards. I have included a short definition from the standard for you to read as to why the department will be doing this drill.

“The Department shall assure that training and education is conducted frequently enough to assure that each employee is able to perform their assigned duties and functions satisfactorily and in a safe manner so as not to endanger other employees or the public. All fire department members (firefighters) shall be

provided with training at least annually. In addition, fire department members who are expected to perform interior structural fire fighting shall be provided with an education session or training at least quarterly”.

Central Oregon Community College will be conducting student testing on May 15th, 16th and 17th. The test will include a written exam, physical agility and an oral interview. If you are interested in assisting with this process please contact me by May 6th. We will have two student positions open this year so your help in the selection of those student is greatly appreciated.

The Oregon Volunteer Firefighters Association conference is going to be hosted in White City June 24th- 27th. The conference classes fill up quickly, so if you are interested in attending and supporting OVFA please see me for registration soon. If you would like further information please go to the OVFA website at OVFA.org.

As always my door is open and I look forward to seeing you!

FIRE FITNESS

-Fire Medic Storton

One doesn't have to be a "Treky" to remember that whenever the starship Enterprise was in a bad situation and needed to flee, Captain Kirk would call down to the Engineer, Scotty. Do you remember the famous line? "She just can't do it Captain. She doesn't have the powerrrr!" Consider for a second how this situation might arise in a fire ground operation, or even trying to quickly move a larger patient; hence the need for power in our line of work. Plyometrics will end my series on power, but I hope it will be the sign of great things to come for you all.

Plyometrics is a type of exercise training designed to produce fast, powerful movements, and improve the functions of the nervous system. These exercises, in which a muscle is loaded and then contracted in rapid sequence, uses the strength, elasticity, and innervation of muscle and surrounding tissues to jump higher, run faster, throw farther, or hit harder, depending on the desired training goal. The caveat to Plyometric training is one needs to have a good fitness base in order to avoid injury. The other caveat is that it is task specific. If one wants to get stronger at chopping, for example, then he/she needs to do Plyometric chopping.

The following are examples of Plyometric exercises. Keep in mind that Plyometrics has to do with technique, not a particular exercise. Think quick and explosive through the full range of movement. To begin, do two sets of each exercise, 8 – 10 reps

each. ***Please do not do these exercises until you have established a good fitness base.***

Lower Body Plyometric Exercises:

1. Squat Jumps: Squat down and jump as high as you can like you are trying to grab on to a bar just out of your reach.
2. Box Jumps: Jump up to a slightly elevated platform. One can also use the flat bench or stairs. Start low and make sure your aim is true to avoid missing and injuring yourself.
3. Split Squat Jumps (aka Telemark Lunges): Squat down with one leg forward and one back, then jump up and switch legs while in the air.
4. Lateral Box Pushoffs: Step sideways up to an elevated platform (the flat bench work great). Switch feet on platform and step down the other side.

The above four exercises are my personal favorites. See me if you want to learn about more of them or go to this link to see animated examples of lower body Plyometric exercises.

<http://www.sport-fitness-advisor.com/plyometricexercises.html>

Upper Body Plyometric Exercises:

1. Truth be told, the Medicine Ball throws from last months Fire Fitness are Plyometric exercises. Remember, quick and explosive.
2. Power Pushups: Instead of simply raising your body off the ground, explode upward and get your hands off the ground. Some people like to clap. I'll leave that up to you.

Fire Fitness - continued

Once again, the link will show you animated drills for upper body Plyometric exercises. I'm also available for help if you want to go over these.

<http://www.sport-fitness-advisor.com/plyometric-drills.html>

Upcoming events

I'd like to challenge you all to create or sign up for an event that will motivate you to move forward with your fitness.

www.racecenter.com is a great resource for knowledge and event listings locally and regionally. There are plenty to choose from if you are willing to travel, but here are some good local events are listed below:

6/6	Try a Triathlon	Sisters Athletic Club
6/7	Heaven Can Wait	Bend Walk/ Run
6/ 26-28	Pacific Crest	Sunriver Tri/ Du/ Walk/ Run
7/ 18-19	Deschutes Dash	Bend Triathlon/ Duathlon
9/20	Stride Into Autumn	Sisters Athletic Club Walk/ Run

Fitness room orientation

We have a fitness policy that is about to make its official debut. Before anyone can use the fitness room, volunteers and staff

will need to go through a quick 5 – 10 minute orientation with me. Please see me on C shift to get the low-down before you pump up. Among other things, the policy will address safety, hours of use, cleaning, etc. After going through the orientation, department members will be able to use the fitness room. Sorry, but due to liability reasons, family members will not be allowed to use the fitness room.

Fire/ EMS Safety, Health and Survival Week

This coming June 14 – 20 we will be observing the Safety, Health and Survival Week put on by the International Association of Fire Chiefs (IAFC). This year's theme is: *Protect Yourself: Your Safety, Health and Survival Are Your Responsibility*. I am still getting things together for this week, but we are planning to have free cholesterol screening for the first 20 people to sign up sometime around June 1st. If there is anything you would like to see during this week let me know right away so I can look into planning it.

The fitness ball is beginning to roll here at the department. Are you ready to play? Let me know how I can help.

Ready. Set. Go!