



FALL IS HERE

THE HOLIDAYS ARE NEAR...

Does your home have a fire safety plan?

CKFR Weekly

CENTRAL KITSAP FIRE & RESCUE

Issue: October 4, 2019

UPCOMING EVENTS

OCTOBER

*We are promoting
Cancer Awareness
all month long!*

October 5

**CKFR's Annual Chili Feed
& Open House**
Station 51
12:00—2:00 PM

October 14

BOC Meeting
Admin Building
4:00 PM

**Seattle Sounders FC
First Responders Day**

Vs. Minnesota United
CenturyLink Field
1:00 PM

October 28

BOC Meeting
Admin Building
4:00 PM

Come eat chili with your local firefighters!

Does your home have a fire safety plan? National Fire Prevention Week (October 6-12)

Firefighters provide lifesaving public education in an effort to drastically decrease casualties caused by fires. Fire Prevention Week is observed each year in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage.

It's a good time to be aware of the dangers of fire and the measures you need to take for fire prevention.



FIRE PREVENTION LOOK... LISTEN... LEARN...

Top Tips for Fire Safety

- *Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- *Test smoke alarms every month. ...
- *Talk with all family members about a fire escape plan and practice the plan twice a year.
- *If a fire occurs in your home, GET OUT, STAY OUT and CALL FOR HELP.



CHILI FEED



October 5 12:00—2:00 PM

Station 51 10955 Silverdale Way NW

**Engine Rides!
Meet Sparky!**



We welcome donations for the Central Kitsap Food Bank

NEW SCBA FILL STATION

Station 41 has a new SCBA fill station. The 4 bank cascade meets current safety standards by having the 4,500 psi cylinders filled while in an enclosure. Each bank has 2 cylinders each and has the capability of filling 3 SCBA cylinders at one time. It cost \$19,000, which came from the apparatus and equipment bond. Pictured next to the new fill station is the old one. SeaWestern is the company we purchased from and had installed.



RESCUE SYSTEMS 1

This week LT Putnam, FF Dalle, and AO Nilson completed the Rescue Systems 1 course hosted by East Jefferson Fire & Rescue.

Captain Elliott and Lt Rhodes were instructors throughout the week also.

Each day the students, instructors and R64 crews learned and practiced disaster operations such as rope rescue and heavy lifting.

This is a picture of the completed class on Friday!



Forcible Entry



“A” Shift capitalized on the opportunity to train on forcible entry at the old Central Kitsap High School. Here is a photo of A/O Whitish preparing to force entry into the "In School Suspension" room.



Relaunching Drone Program



Earlier this week, PM Bresnan completed his small unmanned aerial systems class and passed his FAA 14 CFR part 107 sUAS (drone) test! The class was several hours long of learning how to read aeronautical charts (as pictured here), terminal aerodrome forecasts (weather), crew resource management, terminology, safety practices, etc.

The department has had and used a drone for some time, but was temporarily “grounded” after new FAA regulations were put in place for government agencies. With this certification we will be able to use the drone again!

The sUAS program is also currently awaiting approval from the FAA to

create an internal training program that will allow us to train more people in our department for use on emergency scenes! This program will allow us to use drones on fire scenes, search and rescue, boats in distress, etc.

Watch to see us take to the skies again and utilize this invaluable tool!



CKFR Family,

It is with a great deal of sorrow that I inform you of the passing of retired Division Chief, Gary Eddings, who passed away from his health complications on Monday, September 30th.

Gary began his career with the Fire District in October 1974 as a Firefighter/EMT. He completed paramedic school and served as one of the first paramedics in the County. Gary was a charter member of IAFF L-2819 and served in almost every rank throughout his career. He retired from Central Kitsap Fire & Rescue as the Division Chief – Medical Officer on March 31, 2005.

Gary helped to build this Fire District from the ground up by laying a foundation of professionalism and excellence in patient care and customer service. He was among the first handful of full-time employees in what is now become the greatest Fire District in the state. Throughout his career, Gary was a source of strength to many who knew him – he was a peer, mentor, coach, leader, and friend.



**John Oliver
Fire Chief**

**Memorial service will be held at:
Silverdale Methodist Church
9282 Silverdale Way
Saturday, October 5, 2019
2:00 PM**

Division Chief, Gary Eddings



Honoring the survivors and remembering those we have lost...



Admin Staff should plan to wear their **pink CKFR t-shirts** every **Monday** in October!

PulsePoint

All totals for the month of September 2019

Total number of followers	11199
Total number of followers with CPR alerts enabled	6055
SCA incidents	17
SCA incidents in public location	1
CPR Alerts sent	1
Number of devices alerted to CPR needed events	6
Total number of incident notifications	57
Total number of incidents appearing in <u>PulsePoint</u>	704

Followers by notification type (EOM September 2019)

Structure Fire notifications enabled	2644
Working Structure Fire notifications enabled	2653
Vegetation Fire notifications enabled	1993
Working Vegetation Fire notifications enabled	2038
Traffic Collision notifications enabled	2601
Traffic Collision Expanded notifications enabled	2700
Technical Rescue notifications enabled	1186
Hazmat Response notifications enabled	1896
Water Rescue notifications enabled	1287
NEWS notifications enabled	1765
CERT notifications enabled	1441
DISASTER notifications enabled	2360

Become CPR Certified

Catalog

Site

Search for books and more

Read & Watch & Listen

Download

Research

Visit

Classes & Events

Guides

Become CPR Certified

Central Kitsap Fire & Rescue paramedic Doug Bekenyi will teach CPR basics.

Where: Silverdale

When: Tuesday, January 14, 2020 - 4 p.m. to 6 p.m.

Registration: [Call or register online](#)

Event Type: Community Classroom

Age Ranges: Adult

Recommended For: Ages 21+

Add Event: [iCal](#) [Outlook](#) [Google](#) [Yahoo](#) [Twitter](#) [Facebook](#)

Silverdale
3450 NW Carlton St.
Silverdale, WA 98383
Phone: +1 (360) 692-2779
[Directions from Google](#)

Paramedic Doug Bekenyi will be conducting a Family and Friends Compression only CPR w/ AED class at the Kitsap Regional Library.

For more information, log onto:

<https://www.krl.org/events/become-cpr-certified>

Ride Along Program

Our request for a District ride-along is now on our CKFR web page. Current District members are not required to complete the forms and just need to contact the station officer directly to set it up, however, if you are in EMT school, please contact me directly for EMT Student ride time. If you get request from non-district personnel please direct them to the web site. We also now have an online customer survey on our web page, so feel free to direct people to www.ckfr.org so they can provide feedback.

Resuscitation Academy

Class Details:

November 13, 2019

8:30 AM to 4:30 PM

**Harrison Medical Center,
Silverdale Campus**

**1800 NW Myhre Rd
Silverdale, WA 98383**

**This is a FREE training
opportunity for EMTs,
Paramedics, and Hospital
Personnel.**

Please register at:

www.ckfr.org/resusacademy

Spots are limited to the first 100.

*Thanks to a generous donation
by CKFR Medic One Foundation,
breakfast and lunch will be provided
with registration.*

*All raffle proceeds will be donated to
the CKFR Medic One Foundation.*

Quality CPR, Optimal Resuscitation

Cardiovascular disease is the single greatest cause of death in the United States. Each year, upwards of a quarter of a million persons receive attempted resuscitation from cardiac arrest by Emergency Medical Services (EMS). The prognosis for the majority of these arrests remains poor.

Quality CPR is a means to improving survival from cardiac arrest. Scientific studies demonstrate when CPR is performed according to guidelines, the chances of successful resuscitation increase

substantially. Minimal breaks in compressions, full chest recoil, adequate compression depth, and adequate compression rate are all components of CPR that can increase survival from cardiac arrest.

In order to have effective HP CPR ALL involved must work as a team, not as separate entities.

The Kitsap Resuscitation is about one unified team with one unified goal – Optimal Resuscitation!



**CENTRAL KITSAP
Fire & Rescue**

October Healthy Lungs Month



We rarely think about breathing except when it's hard to do. That's why the entire month of October is devoted to Healthy Lung Month, an annual event. Many organizations have joined forces to educate the public about the importance of protecting our lungs against general neglect, bronchitis, mold, air pollution, and smoking. Bottom line: If we take care of our lungs, our lungs will take care of us.

How To Observe Healthy Lung Month

1. **Exercise.** Building up lung capacity can take a little time. But once you do, your efforts will pay off with an improved ability to breathe deeper and longer. Celebrate Healthy Lung Month by starting on a regular exercise regimen. Mix it up with swimming, long walks, or dancing. Go easy and slowly build up to a schedule that works for you and your lungs.
2. **Get a check-up.** The best way to know if your lungs are functioning properly is to check in with your doctor. Discuss any shortness of breath and be honest about any symptoms. Pretending that symptoms don't exist won't make them go away. With a good bill of health and an action plan for better lung maintenance, you'll breathe easier in October and beyond.
3. **Clean your house.** Lots of people have allergies, especially to dust and animal dander. Make sure that you are regularly dusting your house, washing your blankets and rugs, and brushing your dogs and cats for any excess hair they shed. Change your household cleaners to gentler, non-toxic varieties. They may cost more but in the long run, you'll be helping yourself and the environment.

If you have a cough that won't go away, see your doctor. It may be nothing but it could be an early warning sign of a respiratory condition affecting your lungs. Other symptoms include tightness of the chest, wheezing, and ongoing shortness of breath, especially when physically exerting yourself. During Healthy Lung Month in October, discover community resources (many at low or no cost) that can help you breathe easy for years to come.

Kitsap 911 2019 Fire & Aid Activity Report

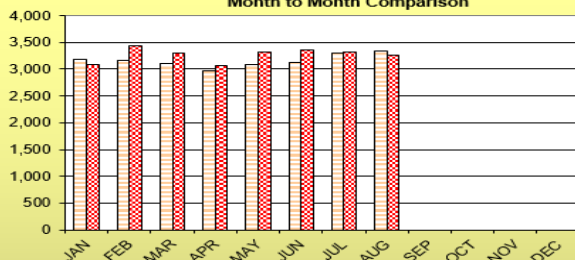
AUGUST END OF MONTH

September 24, 2019

FIRE DISTRICTS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	2019 Y-T-D TOTAL	2018 Y-T-D TOTAL	% change
BREMERTON	727	833	836	714	758	783	718	823					6,192	5,907	4.82%
CK FIRE & RESCUE	658	769	712	665	797	773	757	684					5,815	5,470	6.31%
NK FIRE & RESCUE	241	252	220	248	262	278	301	271					2,073	1,855	11.75%
BAINBRIDGE ISLAND	236	291	268	269	241	274	288	268					2,135	2,215	-3.61%
SK FIRE & RESCUE	904	972	909	832	878	867	925	875					7,162	7,046	1.65%
POULSBORO	261	276	294	257	352	342	314	320					2,416	2,375	1.73%
Subtotal	3,027	3,393	3,239	2,985	3,288	3,317	3,303	3,241					25,793	24,868	3.72%
MISC (ALRTE, TONE, TESTF)	57	34	64	76	38	36	26	30					361	390	-7.44%
Total Events	3,084	3,427	3,303	3,061	3,326	3,353	3,329	3,271					26,154	25,258	3.55%
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**NKFR/PORT GAMBLE	14	14	24	19	17	23	31	42					184	147	25%

Month to Month Comparison



Fire & Aid Activity

