



COWLITZ COUNTY FIRE DISTRICT #5

382 N.E. Frontage Rd.
PO Box 280
Kalama, WA 98625

Phone: 360-673-2222
Fax: 360-673-3389
website: www.cowlitzfd5.org

We Are You

We can't do this job alone



Find us on Facebook



www.sparky.org

Home Address Signs

Finding some homes during an emergency can be a challenge. Some addresses are out of order while others could just be downright confusing to locate! Help us find addresses quickly. Make sure your home is properly marked from the road. Solid color signs that have 3" - 4" reflective numbers work best. Rural residents of Cowlitz County Fire District #5 are eligible for FREE home safety address signs!

These signs will be provided by and installed by members of the Kalama Volunteer Firefighters Association. You can call the District Office to request a CCFD#5 address sign at 673-2222. We will need your name, phone number and address.

Please allow several days for us to order the numbers and assemble your sign. We will have someone come out and install the sign as soon as it is ready.

If you would like to support the Kalama Volunteer Firefighters Association and continue programs like this, you can send your donations to:

KVFA

P.O. Box 293

Kalama, WA 98625



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PAID
EDDM RETAIL

September 2023



COWLITZ COUNTY FIRE DISTRICT #5

NEWSLETTER

Transitioning from Summer to Fall

As summer comes to a close and fall rapidly approaches, we all notice the decrease in temperatures. However, as the temperatures do decrease, we ask that your fire safety and awareness does not. A few items to think about as we approach a new season and the holidays that come with it:

1. Please ensure your fall and/or holiday decorations are placed safely. According to the National Fire Protection Association (NFPA), over 900 house fires are first ignited by flammable decorations. 40% of these come from candles igniting the decorations.
2. We've all heard the phrase "When the clocks change, change your smoke detector batteries" – and this comes with good reason. More than half of all fatal residential fires occur in homes that do not have operational smoke detectors. And remember, Cowlitz County Fire District 5 offers FREE smoke detector installation and batteries. Call (360) 673-2222 to learn more.
3. And finally, remember to have increased awareness while driving. With kids going back to school, holidays, and an increase in rain all coming this fall, driver awareness is paramount. Watch out for increased traffic and slick roadways as the holidays approach and the sunshine becomes less frequent.

Thank you for doing your part in keeping yourself, your family, and our community safe. We hope these few tips help you enjoy the new season safely.

Victor Leatzow IV—
Firefighter/EMT



Regular Board Meetings are held on the 2nd & 4th Tuesday of each month at 3:30pm

Have you considered taking a CPR (Cardiopulmonary Resuscitation) course?

Over 400,000 people in the US died of sudden cardiac arrest in 2020.

As a community member, you could play an important role in the chain of survival of a cardiac arrest patient. Your local firefighters and EMS (Emergency Medical Service) providers work hard to respond quickly and render care during emergencies, but a cardiac arrest patient's outcome and well-being after resuscitation is often decided within the first few minutes.

While your firefighters and EMS providers have many tools at our disposal, the combination of early CPR and AED defibrillation (which can be available to the public) has been shown to be the key factor in positive cardiac arrest outcomes.

Some studies have shown that effective bystander CPR can as much as TRIPLE the survival rate of a cardiac arrest patient. Early CPR and AED defibrillation together can increase survival odds by as much as x5!

CPR acts as an important temporary aid, returning some blood flow to the brain while the heart has stopped pumping effectively. AED defibrillation serves as a possible remedy to cardiac dysrhythmias that could be causing the ineffective pumping of the heart.

Some important statistics:

- Cardiac arrest patients who receive immediate CPR and defibrillation within 1 minute of cardiac arrest statistically have a 90% chance of survival.
- Survival rate decreases by 10% each additional minute without defibrillation, even while receiving CPR.
- Permanent damage to the brain can occur within 4 minutes without blood flow.
- Death can occur within the following 4 to 8 minutes.

Your role:

- Activate 911 immediately.
 - Time is of the essence during cardiac arrests.
 - When in doubt that cardiac arrest has occurred, call anyways. Your firefighters and EMS personnel would rather you be safe than sorry when the stakes are so high.
- Begin CPR, if trained. Or call out for help, to possibly attract someone who is trained.
 - This will give the cardiac arrest patient the best fighting chance to have a positive outcome while further help arrives.
- Locate and use an on-site AED, if trained.
 - This intervention, alongside CPR, gives a cardiac arrest patient the highest chance of survival.
 - An AED defibrillation can reverse fatal cardiac dysrhythmias and return patients' hearts to a normal state.



What else can you do?:

- Take a CPR course.
 - Look online, or talk to your local EMS professionals, to locate a certified course.
 - Courses are offered in person, online, or via a hybrid method of the two.
- Are you an employer?
 - In the US, approximately 10,000 sudden cardiac arrests occur a year in the workplace.
 - On average, only 40% of sudden cardiac arrest patients receive CPR prior to EMS arrival.
 - Consider hosting a CPR course for your employees.
 - Consider having an AED on site, and make sure all employees know its location and are trained.

Fire Prevention Week

- Fire Prevention Week is October 9th through the 14th. Each year, Fire Prevention Week is observed during the week of the 9th in commemoration of the Great Chicago Fire.
- Each year there is a different theme. This year's Fire Prevention Week theme is "Cooking safety starts with YOU. Pay attention to fire prevention". This works to educate everyone about simple but important actions they can take to keep themselves and those around them safe when cooking.



Cowlitz County Fire District #5 will be hosting an **OPEN HOUSE** to kick off Fire Prevention Week!!

When: October 7th, 2023 12pm - 2pm

Where: Station 52 — 415 Todd Rd, Kalama, WA 98625

Cost: FREE

EVERYONE is welcome. There will be activities for the kids to participate in, free handouts, snacks and drinks, tours of our apparatus and more!

We look forward to kicking off Fire Prevention Week with you during our Open House!