

Newberg Rural
Fire Protection
District

Think Safety...

Promoting Emergency Preparedness Around the House

THINK SAFETY...

Fall 2011

You're
Invited!

Newberg Fire
Department's
Turkey Carnival
Nov 4th & 5th
This year the
Turkey Carnival
will only include
Bingo—see back
cover for details.

Falls and Fires: *Help Protect Older Adults*



FALLS

Newberg Fire responds to about 9 calls per week for elderly adults that have fallen. Most of these are ground level falls where the patient has tripped or lost their balance and fallen to the floor.

Unfortunately, because older adults often have more brittle bones and less muscle mass than younger adults, these falls cause serious and sometimes life threatening injuries. In fact, according to the Oregon Office

shoes with non-slip soles.

3. Keep pathways in your home clear. Eliminate from walking paths all loose rugs, electrical cords, shoes, clothing, books, plants, and any other clutter. Wipe up spilled liquids immediately. Watch out for pets and small children.
4. Install grab bars on the wall in the tub and shower, and next to the toilet.

10. Keep active! Regular exercise builds strength, balance, and coordination.

What to do if you fall:

If at home, stay quiet for a moment, don't panic.

If you want to try to get up —

Use strong, stable furniture for support. After you get up, take time to recover. Tell someone you had a fall. Get medical help if

Think Safety...
is a semi-annual publication, edited and printed by the Newberg Fire Department on behalf of the Newberg Rural Fire Protection District. Rural board members: Stan Gaibler, John Fawcett, Eric Bergquam, Christian Boenisch, and Kathy Fitzgerald.



the unthreatening injuries. In fact, according to the Oregon Office of State Fire Marshal, falls are the leading cause of hip fractures and traumatic brain injury among Oregon's elderly population. Falls are the leading cause of injury and death among Oregonians age 65 and older.

Older adults are at increased risk for falling from one or more of the following:

- *Medication side effects*
- *Poor vision*
- *Poor balance*
- *Difficulty walking*
- *Trip hazards at home*

What can be done to help prevent falls?

1. Take care of yourself. Talk to your doctor about your medications and their side effects. You may be able to plan your time to be up and around while the medication effects have worn off.
2. Use canes, walkers, or wheelchairs if needed. Wear sturdy, well fitting, low-heeled



5. Slow down! When standing, get your balance before walking. Get out of chairs slowly, sit up on the edge of the bed for a moment before standing up. Don't rush to answer the door or phone.
6. Use night lights in hallways and bathrooms. Stairs should be well lit from top to bottom.
7. Use rugs that have a rubber, non-skid backing. Use non-slip mats in the bathtub and shower floors.
8. Install easy to grip handrails along the full length of both sides of the stairs.
9. Visit the eye doctor every year to help correct vision problems.

time to recover. Tell someone you had a fall. Get medical help if necessary.

If you can not get up —

Slide or crawl to get help if you can. Tell someone or call for help. Remain calm until help arrives. Keep warm and comfortable. Medical alert systems can ensure that help arrives more quickly.

FIRES

Fire safety for older adults is critical also. In Oregon, adults 50 and older are more likely to die in a residential fire than any other age group.

Our elder population is more prone to serious injuries and death in home fires because they simply can not move as fast and are not as agile as younger people. Older adults tend to let clutter pile up which not only causes fires, it becomes a hindrance to escaping.

Help your older friends and relatives. Assist in keeping their home and yard cleaned up and tidy.



We are under construction!

Thanks to a FEMA grant, the downtown station is getting some improvements.

We are increasing the size of the training room, adding additional

Housekeeping

Fires need a place to start. Unfortunately, we give it a place when we don't keep our homes clutter free and clean. Most of the fires we respond to are the result of an unkept house. We rarely have fires in homes that are orderly and picked up. Here are some tips on ways to clean your home with an eye toward fire safety.

- Remove newspapers from around the fireplace, and keep kindling and logs at least 3 feet away.
- Dispose of fireplace ashes in a metal container and place out-

side, but not on a wood deck.

- Keep the clothes dryer's lint trap and outside vent line clean.
- Do not store flammable liquids inside your house. Store them only in approved containers in the garage or shed.
- Do not store or allow combustibles to accumulate near furnaces or water heaters.
- Keep the basement, garage, storerooms, and attic free of rubbish, oily rags, old papers, mattresses, and broken furniture.
- Keep weeds, bushes, and trees trimmed and cut away from

the house.

- Do not let clothes and towels pile up behind the dryer.
- Store combustibles in the cupboard, do not let them pile up on the counter, especially near the stove top.
- Clean furnace filters on a regular basis.
- Clean bathroom exhaust fans on a regular basis.

A clean and tidy house is a fire safe house.

Two New Members Join the Board Kathy Fitzgerald & Christian Boenisch

The rural district's board of directors has recently sworn in two new members. Both are

long-time district residents. Kathy is a member of the Committee of the Corporate Counsel Section of the Oregon State Bar. Christian is currently the Deputy County Counsel for Yamhill County. He is a Newberg High graduate and enjoys spending

time with his family. Kathy already has a long history assisting the fire department with our Toy and Joy program. As an A-dec employee, Kathy took part in fundraising

adding additional sleeping bunks, and installing a diesel exhaust system. Construction should be complete just before the annual pancake breakfast in May.

new members. Both are long time district residents who enjoy volunteering their time and energy in helping the fire department serve the rural district. Here is a short introduction to your new members.

For several years Christian Boenisch has volun-



Left to right: Kerry, Max, Jillian, Christian, and Claire Boenisch

teered on different community and professional committees including the Dundee Transportation Advisory Committee and the Executive

Deputy County Counsel for Yamhill County. He is a Newberg High graduate and enjoys spending time doing whatever current activity the kids are participating in, and working on their new home.

Christian sees his role on the board as "...a great way to stay involved in the community. I'm very interested in ensuring that the fire protection needs of all district residents are being met. In my short time on the committee I have only positive things to say about the management and operation of the district and its very positive relationship with the City of Newberg and the Newberg Fire Department. I love the new water tender but hope never to see it in my driveway!"

Kathy Fitzgerald's passion—spending her free time on the family farm on top of Chehalem Mountain along with her husband, two teenage sons, and their two 7 year old labs that Kathy says still act like puppies. Kathy and her husband, Buck, are avid Oregon State Beaver sports fans.

program. As an A-dec employee, Kathy took part in fundraising during Turkey Carnival, then organized other A-dec employees in purchasing Christmas gifts for the fire department to distribute to disadvantaged kids in Newberg.

When asked by Stan Gaibler, Chairman of the NRPFD



Kathy Fitzgerald Newberg Fire

Department community and glad to contribute to and assist the department in continuing to provide exceptional service to the community in all activities which they perform."

Thank you both for your service to our rural district.

THINK SAFETY...

New Water Tender

The rural fire district recently purchased the department's newest fire truck, a 3000 gallon water tender.

When dispatched to a fire in the rural area, which is not covered by a hydrant system, we take our own fire fighting water with us. On our initial response we haul about 12,000 gallons of water to the scene on any type of structure fire in the rural area.

From that point if more water is necessary to continue firefighting, the tender travels back to the nearest hydrant to re-fill.

The tender carries a folding, portable tank that holds the entire 3000 gallons, allowing quick return to a hydrant. It also has pumping capabilities to fight fires, including a deck-gun mounted on top of the tender for use on large fires.

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Hypothermia & Cold Weather Attire

Hypothermia is a Potentially Fatal Condition Caused by a Progressive Loss of Body Temperature.

When a person is chilled at a rate greater than the body's ability to generate heat, body functions slow or diminish. Hypothermia can become a problem in relatively mild conditions too. When wind-chill temps drop below 50° and a person becomes wet from precipitation or sweat, conditions are possible for hypothermia. The primary causes for hypothermia are improper dress, over exhaustion, improper eating and drinking, and

Treatment for Hypothermia

- **Stop immediately!** Find shelter out of the wind.
- **Re-warm** the body with dry clothing. If a sleeping bag is available, get in while getting clothes as dry as possible.
- **Stay hydrated.** Drink hot liquids if possible. Avoid caffeine.
- **Eat** high calorie/carbohydrate-energy foods such as an energy bar or jerky.
- **Avoid eating snow.** It uses too much body energy. Heat snow and melt to drink.

survival, so clothing must be chosen and fitted with care.

The key to comfort and survival in winter conditions is to maintain a near constant skin temperature. If skin temperature drops, you're losing energy and the internal body controls go into high gear to produce more heat. If the skin temperature is too high, sweating starts in an attempt to cool the body. Both conditions are not favorable for health or safety in cold weather.

Proper clothing for any winter activity consists of three basic layers.

1. The **skin layer** should insulate, but more importantly, wick moisture away from the body as perspiration is produced. This re-

APPROPRIATE
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proper dress, over exhaustion, improper eating and drinking, and getting wet.

If not treated immediately death could result within a matter of hours.

Symptoms of Hypothermia

- Grogginess
- Intense shivering
- Difficulty in manual dexterity
- Slurred speech
- Sluggish thinking

much body energy. Heat snow and melt to drink.

- **Keep drinking and eating** until body temperature is back to normal.

Dress for the Cold—Appropriate Clothing Helps Prevent Hypothermia.

During hostile winter weather, clothing that creates a comfortable and safe personal environment will withstand any number of varying weather conditions. This thin buffer against the elements defends your very

ture away from the body as perspiration is produced. This reduces evaporative heat loss. Wear undergarments with synthetic fabrics, such as polypropylene and polyester.

2. The **insulating layer(s)** should be fleece, wool, goosedown, or synthetic fibers. Avoid cotton for outside winter wear. It retains too much moisture, does not dry quickly, and is a poor insulator.
3. **Shell outerwear** must be waterproof, breathable, and windproof to protect from the elements and still let body vapor escape.

Yamhill County Helps Fight Fires in Central Oregon

Remember this past August when for a few days the Willamette Valley was choked with smoke from the fires in Central Oregon? Firefighters from Yamhill County got a first hand look at those fires.

Crews from Newberg, West Valley, Dayton, Dundee, and Lafayette spent five days

battling as fires threatened hundreds of homes in the Madras area.

A group of several fires, termed the High Cascades Complex, pushed flames and smoke through several thousand acres of grassland, timberland, and several neighborhoods. Yamhill County crews assisted

in protecting homes from the fires. In the end, only one outbuilding was destroyed.

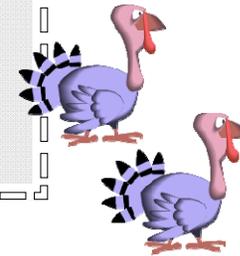
Newberg crew members included Gert Zoutendijk, Justin Behrens, John Tish, and Jeremy Friedrich.



Pic courtesy of Gert Zoutendijk



70th Annual Turkey Carnival



Due to construction at the fire station, this year's Turkey Carnival will consist of Bingo and dessert.

**Doors Open at 6:00pm
Bingo Starts at 6:30pm**

Fri Nov 4th & Sat Nov 5th

Mountainview Middle School

2015 Emery St.

Don't Miss It!!

Bingo...Prizes

Pie and Coffee

Newberg Rural Fire
Protection District
414 E 2nd St
Newberg, OR 97132

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Have A Fire Safe Holiday Season