



Fall 2011

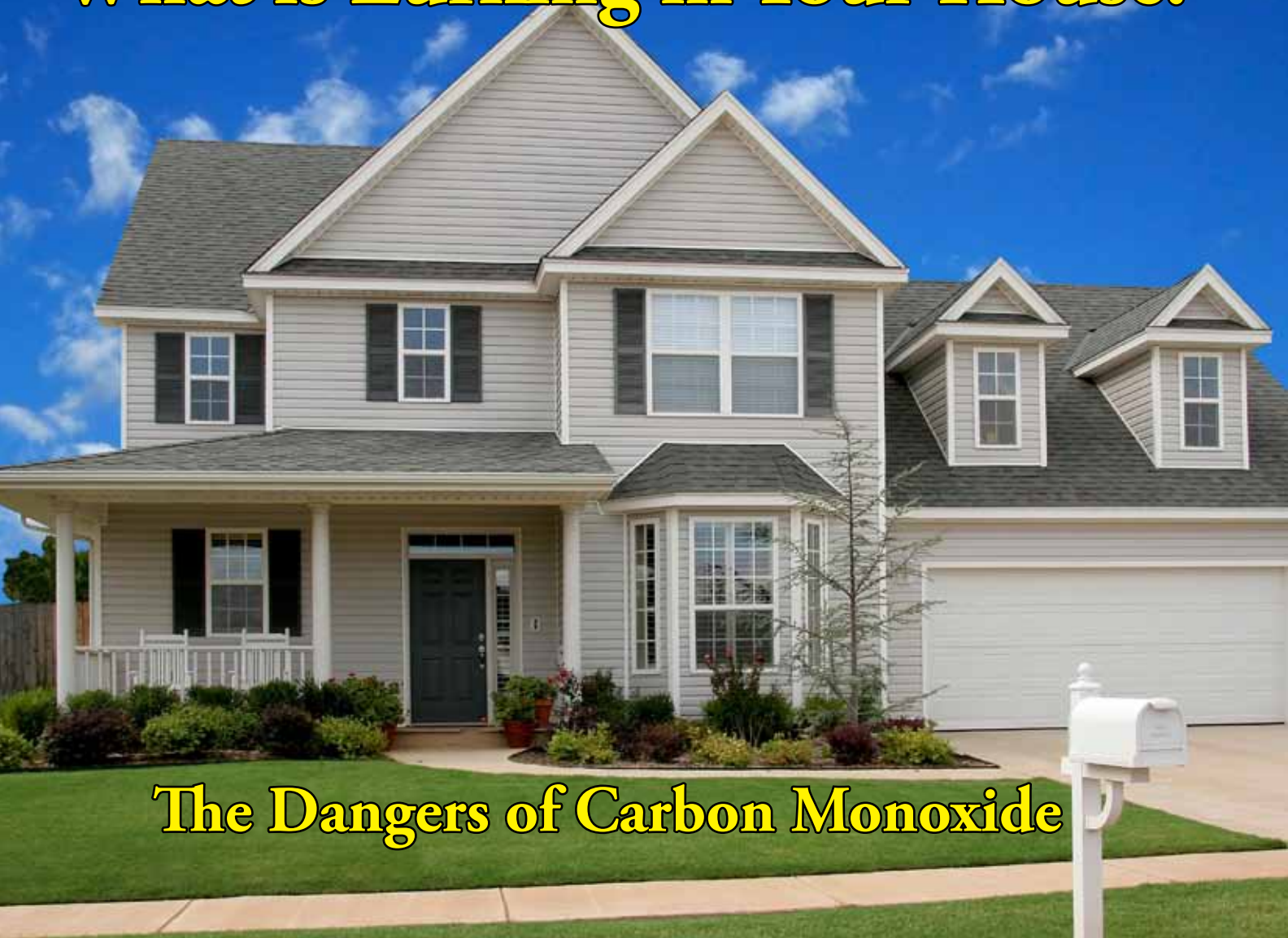
Woodinville Fire & Rescue

Fire Watch

www.wf-r.org

Volume 18

What is Lurking in Your House?



The Dangers of Carbon Monoxide

Learn to Take 5 and Prepare

**Woodinville
Safety Fair**

**Saturday, October 29
10:00 a.m. to 2:00 p.m.
Fire Station 31**

Protect Against CO Poisoning

If you were told there was something that you cannot see, touch or smell and it could cause sudden illness or death, would you be concerned? That is the danger of carbon monoxide (CO), an odorless, colorless gas that can build up inside your home and cause severe illness or death. Each year, there are more than 400 deaths in the United States and more than 20,000 visits to the emergency room from CO poisoning. Fatalities are highest among people 65 and older. This danger can be avoided by learning what causes CO to build up in a home and ways to prevent it from happening.

Places Where CO Can Build Up

- hot water heater
- furnace
- stoves
- cars in garage
- barbecues
- chimney



Prevention

- Install a battery operated CO detector in your home and replace the batteries when you change your clocks each spring and fall.
- Have a water heater and furnace appropriate for your dwelling and have it serviced by a qualified technician.
- When purchasing gas equipment, make sure it has a seal from the American Gas Association or Underwriters' Laboratories (UL).
- Don't allow a car to run in the garage even with the door open.
- Don't put barbecue grills/stoves indoors.
- Run generators away from the house.
- Make sure the chimney is clean and unblocked.



What to Do if your CO Alarm Sounds

- **Get out!** It is best to evacuate the building until it is determined that it is safe.
- **Call 911.**



Woodinville Safety Fair

Take 5 Minutes to Prepare

By David Weed, Community Services Officer

People often avoid doing something because they get overwhelmed by the task. This can hold true when it comes to being prepared for a disaster or severe weather incident. Where do I start? What do I need to consider? How much is it going to cost? These are great questions, but it really comes down to taking the initiative. It's simple - **take 5 minutes to prepare**. Give yourself 5 minutes each week to tackle one of the items on the list below.

- **Do I have enough food and water? (1 gallon/person/day. And don't forget your pets!) An emergency water supply is an easy addition to your grocery list.**
- **Make a plan for members of your household to re-unite should an emergency separate you.**
- **Discuss how you will prepare food and cook should the power go out for an extended time. (Remember NO BARBECUE GRILLS/STOVES IN THE HOUSE! See "Protect Against CO Poisoning" on page 2.)**
- **Know how to use a fire extinguisher. Watch for the demo at the Safety Fair.**
- **Test your smoke alarms and practice a fire escape plan.**
- **Know when and how to shut off utilities such as gas, water and power.**

By spending just 5 minutes a week on one of the items above, you will find yourself prepared in no time.

To learn more, attend the Woodinville Safety Fair on Saturday, October 29 from 10:00 a.m. until 2:00 p.m. at Fire Station 31.

Sponsored by

Woodinville Fire & Rescue, Woodinville Water District and the City of Woodinville.

Kids' Activities

Safety Information

Pancakes in the morning

Hot dogs in the afternoon

Safety

Demonstrations



Commissioners Corner

By Timothy Osgood, Board Chair

Your Woodinville Fire & Rescue Commissioners are looking forward to seeing you at the Woodinville Safety Fair on Saturday, October 29th. This event is an excellent opportunity to meet your first responders, learn more about the hazards facing our community, assess your personal or business preparedness and learn about specific steps to take to reduce your risk.

The District's staff work tirelessly to serve our citizens better. We hope this Fire Watch newsletter and events like the Safety Fair benefit you and your family.

Please take a few minutes to go through the information provided in this newsletter regarding carbon monoxide poisoning – what it is, how to prevent it and what to do if your alarm sounds. This information should be shared with all members of your household.

We hope to see you on October 29th – bring your emergency preparedness questions. We're here to help.

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**We will be moving to an all electronic format with our
newsletter in the future, so sign up today.**

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Save a Life - New Standards in CPR



When a heart stops beating, the best chance of survival is when CPR is performed immediately. You can make a difference by learning lifesaving skills such as CPR and how to use an Automatic External Defibrillator (AED).

Want to save a life? Here's how:

- **Confirm the person is unresponsive and not breathing.**
- **Call 911.**
- **Place your hands in the center of the chest.**
- **Push down at least 2 inches.**
- **Push at a rate of 100 beats per minute. (You can sing "Staying Alive" to stay on tempo!)**
- **Keep going until 911 arrives.**

Classes

**Go to www.wf-r.org to see a
list of current classes
held at WF&R**

**Sign up for a class today to practice
these steps and learn additional
lifesaving skills.**

Woodinville Fire & Rescue

Fire Watch is a semiannual publication produced by WF&R.

For more information on any of the articles in this publication, please contact Community Services Officer David Weed at 425-483-4481 or by e-mail at dweed@wf-r.org.

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