

# CLACKAMAS FIRE DISTRICT #1



May 31, 2009

## Clackamas Fire District #1 Newsletter

### **Election Results**

The election results have been tabulated. Congratulations to Don Trotter and Toby Forsberg. Don ran unopposed for Position #2. He was appointed to the Board in June 2007 to complete the term of office upon the death of Director Tiny Lidstrom. Toby won for Position #4. He will be the first Board member to represent the City of Oregon City. Their four-year terms in office officially begin July 1, 2009. They will be sworn in at the July 21, 2009 board meeting.

### **Training Chief to Receive Award of Excellence**

BC John Oliver, Training Division Chief, was awarded the "Award of Excellence" by the Oregon Fire Chiefs Association (OFCA) at their Annual Oregon Fire Service Meritorious Award Banquet on May 30. He is receiving this award for his excellent and outstanding work as our Training Division Chief. The "Award of Excellence" may be presented to any individual who performs one or more of the following: a) An act of intelligence and valuable service, demonstrating special faithfulness or perseverance; b) Highly credible acts of fire service over an extended period of time; c) Continuous professionalism, as indicated by superiors and performance evaluations, or who has, in a specific instance, performed his/her duties in a particularly admirable manner; d) Developed a program, process or equipment that positively affects the Fire Service; or e) Currently serves as the President or Chairperson of an Oregon-based fire-related Association that is recognized by the Oregon Fire Service. Congratulations BC Oliver!

### **Mass Casualty Incident Training Drill**

The Fire District conducted a major mass casualty incident (MCI) training drill during the last two weeks of May. Each week consisted of two days of training. Station crews from the southern part of the District participated in it during the first week and crews from the south stations participated during the second week. The drill was held on property owned by Pacific Seafood on 130th. This training will prepare firefighters and paramedics for a large scale train crash. Because dozens of trains pass through the Fire District every day, we are being proactive to make sure our crews are prepared and equipped for this type of rescue. The training drill included 40 simulated patients (rescue dummies donated by Portland Fire and Rescue) with real time dispatching, response of resources and a Life Flight helicopter landing during the morning sessions. The crews will be expected to triage, order additional resources, deal with hazardous materials and safely work around large twisted chunks of steel, which has encapsulated and trapped many victims.

### **Fire District's Open Burning Policy Survey**

The Fire District is gathering input to help shape its future Open Burning Policy. We are conducting a survey and would like to have as many District residents as possible participate in completing it. The survey will be open until we gather adequate responses over an estimated 60 days. This Public Open Burning Survey is now on our homepage on our website at [www.clackamasfire.com](http://www.clackamasfire.com) or the Fire Prevention/Open Burning homepage at [www.clackamasfire.com/fireprevention.html](http://www.clackamasfire.com/fireprevention.html). If you have any questions regarding the survey, please call our Fire Prevention Office at 503-742-2660.

### **Fire District Training Center Facilities' Plan**

The Fire District's Board Capitol Projects Committee and staff met with a design engineer and architect for a facilitated training center master plan work shop. The session was very productive and provided the consultant with the information needed to begin working on a facilities' plan. This will be a long-term plan that will meet the needs of the Training Division over the next 30 to 50 years.

Staff also met with a commercial real estate broker for the purpose of identifying available properties within the Fire District that could potentially be considered for a future site should relocation be necessary.

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### **Swine Flu Update**

Swine Flu continues to be closely monitored by staff. A daily update is posted on the D1net to keep staff informed with the most up-to-date information. A procedure for Walk in Care has been distributed to all division offices and facilities for support staff so they may be prepared and protected in the event that citizens visit the facilities who may present flu-like symptoms.

The Fire District's Executive Team, along with other members of the District, has been working together in the development of an incident action plan in the management of the Swine Flu. The Fire District has used and relied on our Physician Supervisor Dr. Craig Warden for the latest information. So far, the incident has been a great planning and organizational drill for the District.

### **Recycling Program Updated**

The Fire District is in the process of updating its recycling and energy conservation policies. Capt. Rooney from our South End Fire Station is taking the lead with this project. This station has already instituted some recycling and energy conservation procedures and will be a good example for other stations and division offices to follow. Capt. Rooney has met with representatives from the Clackamas County Office of Sustainability, which has been a great resource for ideas and programs. Over the next few months, site visits will be conducted by representatives from the Office of Sustainability. These visits will help to identify recycling needs, set up recycling programs and share educational material.

### **Oregon City Memorial Day Ceremony**

Clackamas Fire District #1 crews attended the annual Memorial Day service at Mt. View Cemetery in Oregon City. Crews from the Hilltop, John Adams and South End Fire Stations, Battalion Chief Jamie Karn and Fire District Chaplain Mike Vermace were in attendance and presented a wreath during the ceremony to honor the service men and women who have protected our freedom, past and present. Also, in remembrance of Oregon City firefighter George Mead, who died in the line of duty during the 1950's, crews placed flowers and a Class A uniform hat at his gravesite. They also observed a moment of silence in his honor. This remembrance has been done annually for many years. It was a beautiful day to remember these important people and an honor for the Fire District to be a part of this ceremony.



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May 31, 2009

## Clackamas Fire District #1 Newsletter

### **Program Highlight – Clackamas Fire District's Wellness Program**

Firefighting is a dangerous occupation that not only takes a high level of physical fitness to perform safely, but also a high level of mental fitness to cope with the pressures of the job. In addition to the physical demands and stress, firefighters are at risk for disease on emergency calls and are exposed to various toxic chemicals throughout their careers. It's no wonder that scientific research has linked firefighting with a high risk for heart disease, lung disease, infectious disease and cancer.

Clackamas Fire District #1 has addressed the need for health and wellness by offering an in-house, comprehensive wellness program. The Wellness Program takes an individualized approach to improve the fitness, health and longevity of all personnel. As part of the Training, Safety and Wellness Division, the Wellness Staff have the support and resources to provide a high quality personalized experience. With a full-time Wellness Coordinator and Wellness Assistant and a part-time Athletic Trainer, the program is tailored to meet the needs of individuals in a confidential way. Through regular on-site wellness presentations, one-on-one health coaching, individual and group personal training, ergonomic assessments, injury assessments, individual requests for health information, monthly health newsletter, peer support program and annual medical and fitness testing, the Wellness Program reaches everyone in the organization.

The Wellness Program provides all employees with baseline and annual screenings. In-house testing includes hearing, lung function, resting EKG, vision and cholesterol with glucose. The cost savings of having the Wellness Staff conduct the testing versus a contracted provider is approximately \$135 per person. In addition, it is a better use of resources to keep a crew in District rather than take them out of service. With this investment in District employees, numerous unsuspected medical conditions have been discovered that have been successfully treated before they have progressed to a more harmful or lethal stage.

Firefighting tasks tend to be very physical in nature. Whether it's carrying heavy ladders, searching smoke filled buildings for missing people or cutting trapped drivers from cars, firefighters need to be fit in order to do the job safely. The Wellness Staff conduct annual fitness testing on all career and volunteer firefighters. Results are compared to baseline tests and are given to the Occupational Medicine Provider to help determine the annual Fit for Duty clearance.

All fire stations are equipped with cardiovascular, strength, core and flexibility equipment. There are certified firefighter personal trainers in addition to the Wellness Staff to help firefighters and their families with individual exercise programs.

The Clackamas Fire District Wellness Program has been nationally recognized by the International Association of Firefighters as a successful, progressive wellness program. In 2001, the Wellness Coordinator was asked to present at the 16<sup>th</sup> Annual Redmond Health and Safety Symposium on the topic of "Implementing a Successful Wellness Program in a Small to Medium Size Department."

In 2005, the Wellness Program was again recognized at the 18<sup>th</sup> Annual Redmond Firefighter Health and Safety Symposium for helping to create a national 16 hour new recruit training curriculum. Realizing the importance of emphasizing a healthy lifestyle at the very earliest, the Wellness Program created recruit fitness trainings and lectures on fitness, nutrition, injury prevention, stress management, sleep, and disease prevention. This program went out to departments nationwide.

Data collected and analyzed from the past 10 years indicate that the program has been effective in significantly improving fitness and health of the firefighters. Prior to this comprehensive program, Clackamas firefighters were undesirable for multiple risk factors: total cholesterol, LDL cholesterol, HDL cholesterol and blood pressure. Since 1998, risks have improved and the average is in the desirable range for all factors. Fitness data has shown an increase in aerobic capacity, flexibility and muscular endurance. In addition, worker's compensation statistics have

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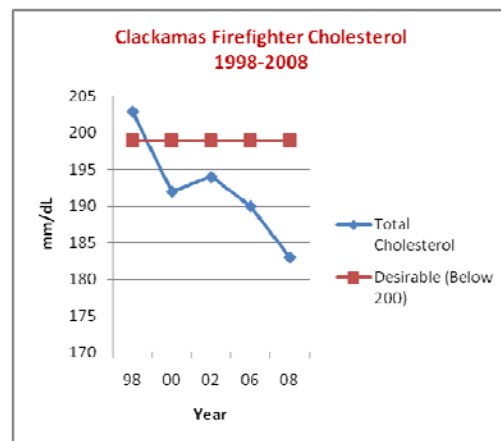
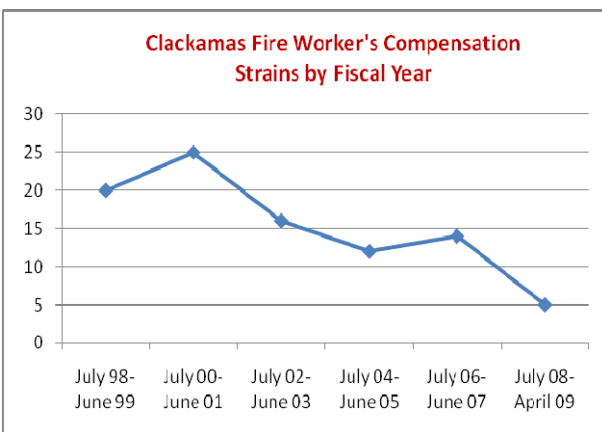


May 31, 2009

## Clackamas Fire District #1 Newsletter

shown a decrease in strains, which nationally account for over 50% of all firefighter injuries. This program has been successful because of the commitment by both labor and management.

The bottom line is that Clackamas Fire cares about their personnel. They recognize that the District's greatest asset is not the equipment, apparatus or fire stations - it is the people. Placing a high priority on wellness enhances the lives of the individual firefighters, the tax payers and the public served.



**LOCAL STATION ACTIVITIES**  
See station summary

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May 31, 2009

## Clackamas Fire District #1 Newsletter

### LOCAL STATION ACTIVITIES

#### **Station 9 - Holcomb Fire Station**

- Station 9 gave a fire station tour to 20 Head Start children.
- Attended a public relations event at the Redland Station.
- Attended a public relations event at the Oak Grove Station.
- Attended a public relations event at the Hilltop Station.

#### April

Total Number of Responses for Station 9 in April = 64

Number of Medical Aid Calls = 30

Number of Fires = 3

Other = 31

Mutual aid given - 0

Mutual aid received - 4

#### District-wide

Total number of calls during April = 1,275

Total number of calls January – April 2009 – 5,129

## **Clackamas Fire District #1 Station Summary Reports – April 2009**

### **Station 1 – Town Center Fire Station**

- Station 1 conducted several engine tours while out in the community.
- Conducted one station tour for a family of five.
- Attended a public relation event at Lot Whitcomb Elementary School.
- Installed many smoke alarms at the conclusion of alarms.

#### **April**

Total Number of Responses for Station 1 in April = 191

Number of Medical Aid Calls = 126

Number of Fires = 14

Other = 51

Mutual aid given - 1

Mutual aid received - 3

### **Station 2 – Milwaukie Fire Station**

- Station 2 participated in the Easter Egg Hunt at Blount Industries with 150 children and 50 adults.
- Conducted a blood pressure clinic at the Hillside Manor.
- Presented an assembly on the topic of Fire Safety for Linwood Elementary School.
- Installed a smoke detector.

#### **April**

Total Number of Responses for Station 2 in April = 134

Number of Medical Aid Calls = 86

Number of Fires = 6

Other = 42

Mutual aid given - 1

Mutual aid received - 5

### **Station 3 – Oak Lodge Fire Station**

- Station 3 provided two observer ride-a-longs (9 hours each).
- Attended a public relations event at Rose Villa Retirement Center.
- Attended a smoke alarm campaign.
- Installed six smoke alarms.
- Provided a station tour for five children and three adults.
- Attended the McLoughlin Area Planning Committee meeting on April 27<sup>th</sup>.

#### **April**

Total Number of Responses for Station 3 in April = 252

Number of Medical Aid Calls = 191  
Number of Fires = 17  
Other = 44

Mutual aid given - 0  
Mutual aid received - 5

#### **Station 4 – Lake Road Fire Station**

- Station 4 participated in the Oregon Impact event at Clackamas High School.

##### **April**

Total Number of Responses for Station 4 in April = 126

Number of Medical Aid Calls = 83  
Number of Fires = 12  
Other = 31

Mutual aid given - 0  
Mutual aid received - 0

#### **Station 5 - Mt. Scott Fire Station**

- Station 5 provided two station tours.
- Provided one ride-a-long.
- Attended BC Tim Dahl's retirement at The Old Spaghetti Factory.

##### **April**

Total Number of Responses for Station 5 in April = 137

Number of Medical Aid Calls = 80  
Number of Fires = 9  
Other = 48

Mutual aid given - 0  
Mutual aid received - 2

#### **Station 6 - Happy Valley Fire Station**

- Station 6 hosted 75 2<sup>nd</sup> graders and 25 adults from Spring Mountain Elementary School.
- Provided four station tours.
- Assisted citizens with smoke alarm installations.
- Placed two address signs in Happy Valley.

##### **April**

Total Number of Responses for Station 6 in April = 68

Number of Medical Aid Calls = 42

Number of Fires = 6  
Other = 20

Mutual aid given - 0  
Mutual aid received - 3

### **Station 7 – Pleasant Valley Fire Station**

- Station 7 conducted three station tours.
- Provided two blood pressure checks.

#### **April**

Total Number of Responses for Station 7 in April = 23

Number of Medical Aid Calls = 10  
Number of Fires = 5  
Other = 8

Mutual aid given - 11  
Mutual aid received - 5

### **Station 8 - Clackamas Fire Station**

#### **April**

Total Number of Responses for Station 8 in April = 107

Number of Medical Aid Calls = 58  
Number of Fires = 8  
Marine Rescues - 6  
Other = 35

Mutual aid given - 6  
Mutual aid received - 0

### **Station 9 - Holcomb Fire Station**

- Station 9 gave a fire station tour to 20 Head Start children.
- Attended a public relations event at the Redland Station.
- Attended a public relations event at the Oak Grove Station.
- Attended a public relations event at the Hilltop Station.

#### **April**

Total Number of Responses for Station 9 in April = 64

Number of Medical Aid Calls = 30  
Number of Fires = 3  
Other = 31

Mutual aid given - 0  
Mutual aid received - 4

### **Station 10 - Beaver Creek Fire Station**

- Station 10 conducted a station tour and career talk for eight Cub Scouts and two adults.

#### **April**

Total Number of Responses for Station 10 in April = 48

Number of Medical Aid Calls = 28

Number of Fires = 5

Other = 15

Mutual aid given - 1

Mutual aid received - 2

### **Station 11 - Redland Fire Station**

- Station 11 provided one station tour.
- Installed one sign.
- Assisted five citizen contacts.

#### **April**

Total Number of Responses for Station 11 in April = 31

Number of Medical Aid Calls = 16

Number of Fires = 8

Other = 7

Mutual aid given - 0

Mutual aid received - 1

### **Station 12 – Logan Fire Station**

#### **April**

Total Number of Responses for Station 12 in April = 20

Number of Medical Aid Calls = 5

Number of Fires = 1

Other = 14

Mutual aid given - 1

Mutual aid received - 1

### **Station 13 – Clarkes Fire Station**

#### **April**

Total Number of Responses for Station 13 in April = 4

Number of Medical Aid Calls = 3

Number of Fires = 1

Other = 0

Mutual aid given – 1

Mutual aid received – 3

### **Station 15 - John Adams Fire Station**

- Station 15 conducted four station tours for a total of 75 people.
- Installed one smoke detector in a residence.
- Prepared a preplan for Oregon City Bridge Rescue.

#### **April**

Total Number of Responses for Station 15 in April = 118

Number of Medical Aid Calls = 77

Number of Fires = 8

Other = 33

Mutual aid given - 2

Mutual aid received - 1

### **Station 16 - Hilltop Fire Station**

- Station 16 provided a station tour to a group of citizens.
- Attended and assisted with an Easter egg hunt for children at Rivercrest Park.
- Facilitated a meeting between a cardiac arrest survivor and a good Samaritan who provided CPR prior to Engine 16's arrival, the 9-1-1 caller (her 16 year-old daughter) and the survivor's daughter. This event was covered and aired by KOIN television.

#### **April**

Total Number of Responses for Station 16 in April = 134

Number of Medical Aid Calls = 95

Number of Fires = 5

Other = 34

Mutual aid given - 0

Mutual aid received - 0

### **Station 17 – South End Station**

- Station 17 attended a Workforce Investment Council of Clackamas County meeting at the Oregon City Museum with BC3.
- Provided tours for Girl Scouts.

### **April**

Total Number of Responses for Station 17 in April = 60

Number of Medical Aid Calls = 38

Number of Fires = 6

Other = 16

Mutual aid given - 2

Mutual aid received – 0

### **District-wide**

Total number of calls during April = 1,275

Total number of calls January – April 2009 – 5,129