Message from the Chief, Fred Charlton

The Boards of Directors for both Boring Fire District #59 and Clackamas Fire District #1 have unanimously approved a contract for services to include fire prevention, fire protection and emergency medical services effective July 1, 2014. This process began in April 2012 and included a feasibility study, which was completed in January 2014. Clackamas Fire will provide contracted services to Boring Fire for a period of up to five years. Services will include adding firefighters to the Damascus Community Fire Station, providing public education, emergency management, fleet maintenance, logistical support, training, wellness, information technology, administrative support, emergency response, emergency medical services and other activities.

Clackamas Fire welcomed three new community members to our Budget Committee this year to fill a number of terms. They include William Gifford serving a three-year term, Ian Widger serving a two-year term, and Erin Anderson serving a one-year term. The Budget Committee met on May 8 and approved the Fiscal Year 2014 budget and met again on May 21 and approved the budgetary impacts regarding the contract for services with Boring Fire District #59.

Christening of New Engine

On Monday, May 5, 2014, the firefighters at Station 16 placed into service a brand new Pierce Dash Fire Engine. In keeping with fire service tradition, water from the old engine was transferred to the new engine to demonstrate a continuation of protection in the community. Upon completion of the water transfer, the Station 16 firefighters pushed the new engine back into its place in the apparatus bay, signifying its “In Service” status. Be sure to look for this beautiful piece of equipment serving the Hilltop Oregon City Community.
Promotional/Swearing-in Ceremony

On Tuesday, May 13, 2014, a formal swearing in and promotional process was held at the Clackamas Fire Training Center. At this event, we promoted three Lieutenants and three Apparatus Operators in addition to welcoming one new Fire Inspector into the Clackamas Fire team. Congratulations to the following:

- Fire Inspector Izak Hamilton
- Apparatus Operator Trevor Cooper
- Apparatus Operator Travis Hinkle
- Apparatus Operator Shawn Lahodny
- Lieutenant Neil Bishop
- Lieutenant Mike Hall
- Lieutenant Jonah Lang

Fire Inspector Izak Hamilton

Apparatus Operators Travis Hinkle, Shawn Lahodny and Trevor Cooper

Lieutenants Jonah Lang, Neil Bishop and Mike Hall
Message from the Board of Directors

On May 19, 2014, the Board of Directors held a work session. The first topic discussed was the Facility Inventory Master Plan. Staff reported on the results of a walk-through in each District facility that determined the condition and repairs needed. The second topic was the Capital Project Needs Assessment. Discussion included having a building that would house all administrative staff and divisions - which would be more efficient, expanding and updating the training grounds, and analyzing where responses are occurring to determine if a new fire station should be built.

The following took place at the May 19, 2014 Board of Directors’ meeting:

The Board approved the following:

- Intergovernmental Agreement for Fire Protection and Emergency Medical Services between Boring Fire District #59 and Clackamas Fire District #1. This will become effective July 1, 2014.
- Appointment of Erin Anderson to fill a vacated position on the Budget Committee.

Safety/Public Education

Outdoor Fire Safety Tips

We all look forward to warmer weather and spending more of time outdoors. However, it is important to remember that barbequing and recreational fires also come with certain risks. Clackamas Fire District #1 has provided these fire safety tips from the NFPA and USFA to help keep your family safe when cooking outside.

Barbeque Safety Tips

- Don’t leave your cooking/grill area unattended.
- Propane and charcoal BBQ grills should only be used outdoors.
- Keep your grill clean by regularly removing grease or fat buildup from the grates and trays below.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult.
- Dispose of hot coals properly—douse them with plenty of water, stir them to ensure that the fire is out. Never put coals in a plastic, paper or wooden container.
- Do not wear loose clothing while cooking at a barbeque.
- Make sure everyone knows to Stop, Drop and Roll in case a piece of clothing does catch fire.

Campfire Safety Tips

- Build campfires where they will not spread, away from dry grass and leaves.
- Keep campfires small, and don’t let them get out of hand.
- Keep plenty of water and a shovel around to douse the fire when you’re done. Stir it and douse it again with water.
- Never leave campfires unattended.
Health and Safety

Low Back Pain Leading Cause of Disability
(Excerpt from the April 2014 Wellness Update)

Low back pain causes more disability than nearly 300 other conditions worldwide, according to new research. Nearly one in ten people across the globe suffers from an aching lower back.

A second study, which looked at the condition in specific types of jobs, found that low back pain is responsible for about a third of work-related disability. “Low back pain is something that almost all people experience at some point in their lives. It is something common across sexes, age groups, countries, socioeconomic groups, education levels and occupation,” said the lead author of the first study, Damian Hoy, a senior research fellow at the University of Queenslands’s School of Population Health, in Australia. “For the majority of people with low back pain, the specific cause is unclear,” he said, but “there are certain factors that seem to put people at risk of having low back pain.” “Older age, low education, obesity, having stress, anxiety or depression – as well as occupations that require significant heavy lifting or are extremely stressful – are all factors that increase the risk of low back pain, according to Hoy.

“Back pain is the number one cause of lost work days in the U.S.,” said Dr. Anders Cohen, chief of neurosurgery and spine surgery at the Brooklyn Hospital Center in New York City.

Compared to 291 other health conditions, the researchers found that low back pain causes more global disability than any other health problem studied. Back pain affected 9.4 percent of people in 2010, their analysis showed. Men were more likely than women to have back pain – an average of just over 10 percent of men had back pain compared with 8.7 percent of women.

The second study – done by researchers in Australia and the United States – looked at data from 187 countries from 1990 and 2010. Over one-third of all work-related disability was related to low back pain, the study found.

Staying in shape is one of the best ways to prevent back pain, according to US expert Cohen. “The average young adult may be athletic and in pretty good shape,” he said. “Once you get into your job life, you may not keep up your normal fitness level and combine that with aging and then exercising a lot on the weekends and you end up with a situation that’s not good for your back,” he explained. He said it’s important to maintain core strength and flexibility to keep your back healthy.

For people who already have low back pain, Dr. Rachelle Buchbinder, a co-author on Hoy’s study had suggestions for their doctors. “For nonspecific low back pain – which explains the majority of back pain – evidence-based management involves reassurance about the favorable prognosis, advice to continue usual activities and stay active, and the prescribing of simple analgesics (painkillers) as needed,” Buchbinder said. Both she and Cohen said surgery isn’t often necessary.

“With aging and growing populations, low back pain is an enormous burden in countries,” Hoy said. “This is predicted to grow substantially over coming decades and will likely have an enormous impact on individual livelihoods, health care systems and economies.”

Source: Annals of the Rheumatic Diseases, March 24, 2014

This exercise activates your entire back, while engaging your core muscles at the same time.

How to do it
- Start on hands and knees with a dumbbell in your left hand.
- Extend right leg and lift it to hip height.
- Bend left elbow; draw weight up until even with torso. Lower weight. Do 12-15 reps, then switch sides. Do 3 sets.
Facilities Technician Denny Dahlgren

I have been working for Clackamas Fire District for four months. I am the Facilities Technician. I perform the necessary duties to maintain and repair the Fire District facilities.

While doing subcontract work for the District, I noticed the excellent teamwork among all of the employees with whom I came into contact as I conducted my work. I was drawn to the positive environment and the nature of supporting those who serve the community.

I have been married to my wife, Angie, for 15 years. We have a six year-old daughter and an eight year-old lab.

Our church is involved with a private orphanage in China called the Father’s House. I have traveled there to support its facility.

I am active in recreational softball and enjoy rafting, hunting, fishing and camping.

Something that people may not know about me is that as a high school student, I approached Magic Johnson and asked him to remove his feet from over the seat in front of him at the movie theater I worked at.

Administrative Technician – Finance – Tyler Spath

I began working for the Fire District 3 months ago. I am the Administrative Technician in Finance and am responsible for Accounts Receivable and the General Ledger.

Government Accounting was a topic that I excelled in and interested me while in school. The unique career opportunities that are available in public service provided a compelling reason to search out jobs that ultimately led me to the Fire District. Additionally, my brother worked for California Fire Service.

My father owns and operates an automotive repair facility in Northern California. My mother is the Sales Director for Transferflow Inc. and a college professor. I have one older brother and two nieces ages 9 and 3.

I enjoy motor sports, soccer, golf, running and cooking.

Something that people may not know about me is that I am a third generation race car driver. I began racing at the age of 8 in go-karts. At age 16, I moved up into sprint cars. I currently race sprint cars in California and Oregon. (see photo)
Station Open Houses

On Saturday, May 17, 2014, Clackamas Fire hosted two open houses to showcase the increase in staffing at both Pleasant Valley Station 7 and South End Station 17. The increase in staffing went into effect at these two stations on May 6th as a result of a $1.9 million federal grant. The funding provided for one additional firefighter per shift at each station, allowing us to replace the two person squad with a three person engine. The open house allowed community members to tour the station and meet their local firefighters.

Pleasant Valley Station 7

South End Station 17

Public Service Announcement

Early in the month of May, EMS Officer Bill Conway and Public Information Officer Brandon Paxton partnered with students from the Sabin Skills Center’s Health Services Program to create a Flash Mob CPR scene to promote the use of Hands-Only CPR in the community. The Sabin Skill Center has been a great partner in educating the community as to the life-saving benefits of learning and continuing to teach Hands-Only CPR. The fun and light-hearted CPR Public Service Announcement may be viewed by visiting our YouTube channel at www.youtube.com/clackamasfire.
PulsePoint App Saves Life of Cardiac Arrest Victim

On Friday, May 9, 2014, off-duty firefighter Scott Brawner was working out at a local health club when he received an alert through PulsePoint, a 9-1-1 connected mobile app designed to alert CPR-trained citizens of Sudden Cardiac Arrest (SCA) emergencies in their proximity. This alert saved a man’s life.

Using the map presented by the PulsePoint app, Scott immediately made his way to the reported patient location. In less than a minute, Scott found the man unconscious in the parking lot outside of the health facility where a security guard had first found him unresponsive and called 9-1-1. Scott immediately assessed and began hands-only CPR. He continued providing chest compressions until paramedics from American Medical Response (AMR) and Clackamas Fire District #1 arrived to provide advanced care.

“As a firefighter, I know that every minute that passes without a SCA victim receiving resuscitation, the chances of that person surviving decrease 10 percent,” said Scott Brawner, Firefighter/Paramedic with Tualatin Valley Fire & Rescue (TVF&R). “By adopting PulsePoint, agencies are removing much of the fate and luck in survival by involving CPR-trained citizen rescuers in cardiac arrest response.”

On Saturday, May 17, 2014, at Adventist Medical Center in Portland, Oregon, Scott had the opportunity to meet the man he had saved just a week prior. His name is Drew Basse, a 57-year-old truck driver from Milwaukie, Oregon. Scott also met Drew’s son Shane, 31, and daughter Staci, 27. It was an emotional meeting filled with gratitude and appreciation as Drew is expected to fully recover with no loss of cognitive function because CPR was administered so quickly. The family was especially interested in learning more about the “miracle app” they had heard played such a key role in Drew’s survival.

“This app saved my Dad’s life,” said Shane Basse, “We’re so grateful to the PulsePoint Foundation for creating this life-saving app, Scott Brawner for his heroic actions and Clackamas Fire for not only their quick response, but for adopting this technology.”

“The PulsePoint app did its job by alerting a Good Samaritan simultaneously with the dispatch of our crews,” said Bill Conway, EMS Officer for Clackamas Fire District #1. “This incredibly positive outcome is why Clackamas Fire, like so many organizations throughout the U.S., invested in this type of technology.”

The app on Scott’s phone is from the non-profit PulsePoint Foundation. The app is designed to reduce collapse-to-CPR and collapse-to-defibrillation times by increasing citizen awareness of cardiac events beyond a traditional “witnessed” area and by displaying the precise location of nearby public access defibrillators (AEDs).

About the PulsePoint Foundation
PulsePoint is a 501(c)(3) non-profit foundation based in the San Francisco Bay Area. Its mission is to make it much easier for citizens who are trained in CPR to use their life-saving skills to do just that...save lives! Through the use of modern, location-aware mobile devices PulsePoint is building applications that work with local public safety agencies to improve communications with citizens and empower them to help reduce the millions of annual deaths from sudden cardiac arrest.

Deployment of the PulsePoint app can significantly strengthen the “chain of survival” by improving bystander response to SCA victims in public settings and increasing the chance that lifesaving steps will be taken prior to the arrival of emergency medical services (EMS) professionals. Just two years after launching outside the San Ramon Valley (CA), the PulsePoint app has been adopted in 600 cities and communities in 18 states.

PulsePoint is built and maintained by volunteer engineers at Workday, a Silicon Valley-based company that creates enterprise cloud applications, and distributed by Physio-Control. The original idea came from Richard Price, the former chief of the San Ramon Valley Fire Department who wanted to bridge the gap between the critical minutes following SCA and the 13 million Americans who are CPR trained, but often don’t know their skills are required.

The PulsePoint app is available for iPhone and Android and can be downloaded from the iTunes Store™ and Google Play™. Learn more at www.pulsepoint.org.
Fire Prevention

Emergency Management

Clackamas County Emergency Notification System (CCENS)

In the event of an emergency in our area, the CCENS warning system will send emergency messages and instructions to your landline, cell phone and email. All landline numbers are already in the system. You can register to have messages sent to your cell phone and email by going to: www.clackamas.us/emergency/

Signing up is fast, easy, free and one more way you can Stay Resilient.

Station Activities

Clackamas Fire District #1
Station Summary Reports According to the Cities/Towns in the District
April 2014
(Including Mutual Aid Given)

Beavercreek/Clarkes Area

Station 10 - Beavercreek Fire Station
April
Total Number of Responses for Station 10 in April = 51
Number of Medical Aid Calls = 36
Number of Fires = 2
Other = 13

Station 13 – Clarkes Fire Station
April
Total Number of Responses for Station 13 in April = 8
Number of Medical Aid Calls = 4
Number of Fires = 1
Other = 3
Station Activities (cont.)

City of Milwaukie Area
Station 1 – Town Center Fire Station
April
Total Number of Responses for Station 1 in April = 203
Number of Medical Aid Calls = 155
Number of Fires = 6
Other = 42

Station 2 – Milwaukie Fire Station
• Station 2 provided a station and fire engine tour for 20 children and five adults for Wichita Head Start.
• Attended the Easter Egg Hunt at Blount. Transported the Easter Bunny to the event.
April
Total Number of Responses for Station 2 in April = 178
Number of Medical Aid Calls = 110
Number of Fires = 4
Other = 64

Station 3 – Oak Grove Fire Station
• Station 3 provided a ride-a-long for a C-COM dispatcher.
April
Total Number of Responses for Station 3 in April = 305
Number of Medical Aid Calls = 214
Number of Fires = 14
Other = 77

Station 4 – Lake Road Fire Station
April
Total Number of Responses for Station 4 in April = 153
Number of Medical Aid Calls = 97
Number of Fires = 11
Other = 45

City of Happy Valley Area
Station 5 - Mt. Scott Fire Station
April
Total Number of Responses for Station 5 in April = 105
Number of Medical Aid Calls = 71
Number of Fires = 5
Other = 29
Station Activities (cont.)

Station 6 – Happy Valley Fire Station
- Station 6 provided an engine tour for 65 children from the Academy for Kids.
- Provided a station and engine tour for six children and one teacher from Happy Valley Children’s Garden.
- Assisted one adult who came to the door asking for directions.
- Assisted one adult who drove up to the fire station with a flat tire. We fixed her flat and sent her on her way.

April
Total Number of Responses for Station 5 in April = 73

Number of Medical Aid Calls = 47
Number of Fires = 2
Other = 24

City of Happy Valley/City of Damascus Area

Station 7 – Pleasant Valley Fire Station
- Station 7 provided a fire engine tour for one child and three adults.

April
Total Number of Responses for Station 7 in April = 26

Number of Medical Aid Calls = 15
Number of Fires = 4
Other = 7

Station 8 - Clackamas Fire Station
- Station 8 provided a citizen ride-a-long.

April
Total Number of Responses for Station 8 in April = 119

Number of Medical Aid Calls = 81
Number of Fires = 4
Other = 34

Logan/Redland Area

Station 11 - Redland Fire Station
April
Total Number of Responses for Station 11 in April = 36

Number of Medical Aid Calls = 26
Number of Fires = 6
Other = 4

Station 12 – Logan Fire Station
April
Total Number of Responses for Station 12 in April = 7

Number of Medical Aid Calls = 5
Number of Fires = 0
Other = 2
Station Activities (cont.)

City of Oregon City Area

Station 9 - Holcomb Fire Station
April
Total Number of Responses for Station 9 in April = 89
Number of Medical Aid Calls = 58
Number of Fires = 5
Other = 26

Station 15 - John Adams Fire Station
• Station 15 provided a station tour for Cub Scout Pack 188 consisting of 17 children and 10 adults.
• Five fire hats were given to children walking by the station.
• Two separate groups, for a total of six children and six adults, stopped by to have a tour.
• Station tour was given to Oregon City Preschool consisting of 20 children and eight adults.
• Assisted with a neighborhood Easter egg hunt with Oregon City Police Department.
• An 85 year-old woman needed her ring to be cut off due to swollen fingers from her medication.
• Provided multiple station tours for children and their parents during the month, handed out fire helmets, sticker badges, and took pictures as desired.

April
Total Number of Responses for Station 15 in April = 136
Number of Medical Aid Calls = 94
Number of Fires = 3
Other = 39

Station 16 - Hilltop Fire Station
• Station 16 attended Clackamas Community College for the Military Veterans Housing Project Fair.
• Conducted a home pre-school engine tour set up by DC Karn.
• Provided a smoke detector for a citizen to place in his daughter’s home.
• Installed two smoke detectors.

April
Total Number of Responses for Station 16 in April = 158
Number of Medical Aid Calls = 130
Number of Fires = 1
Other = 27

Station 17 – South End Station

April
Total Number of Responses for Station 17 in April = 59
Number of Medical Aid Calls = 35
Number of Fires = 4
Other = 20

District-wide

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