

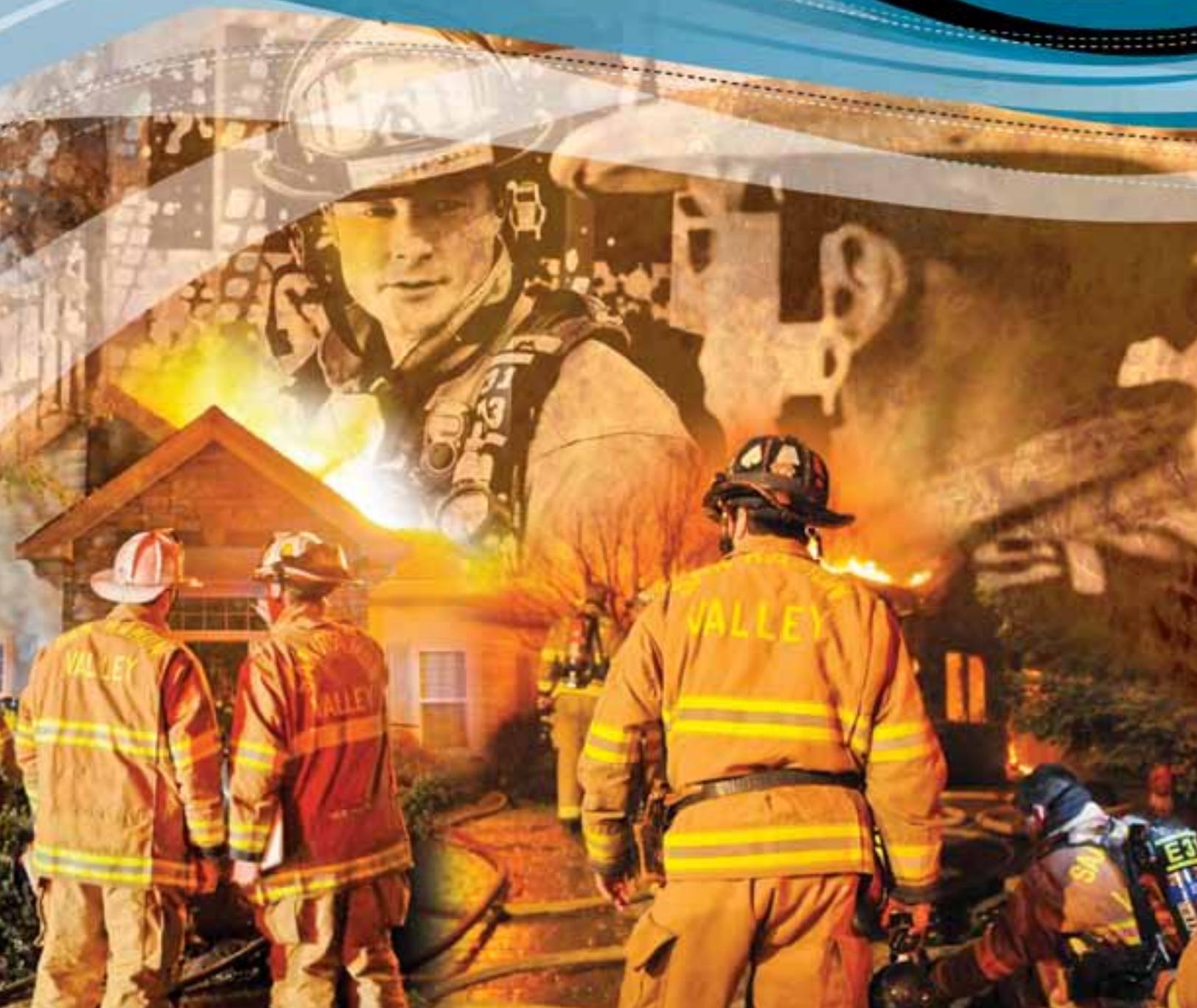
Fall 2011

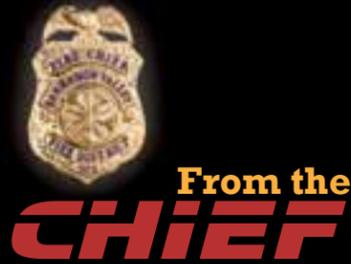
FIRE LINE



**News from your
Emergency Service Provider**

Serving Alamo, Blackhawk, Danville, Diablo,
San Ramon, Southern Morgan Territory
and Tassajara Valley





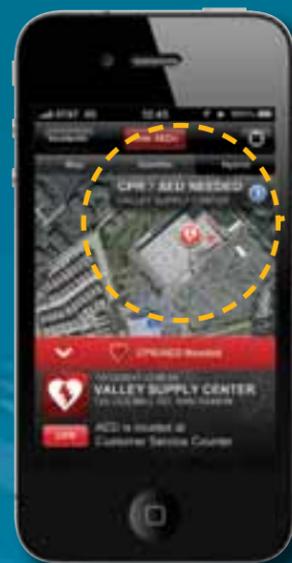
District-Pioneered App Alerts CPR-Trained Citizens to Nearby Cardiac Arrests

Imagine that you are in a restaurant having lunch with a few friends. You hear a siren in the distance and think to yourself, "I wonder where they are going?" The siren gets louder and closer, and then you actually see a fire engine approaching in the distance. Suddenly, surprisingly, the engine turns into the parking lot and parks right in front of the crowded restaurant where you're eating. That's when you learn that right next door, someone is unconscious after suffering a cardiac arrest. If you only knew, maybe you could have made a difference.

This scenario will likely be a thing of the past as the mobile application created by the District gains widespread adoption in the San Ramon Valley. Earlier this year the fire district launched the innovative new location-aware phone application that empowers everyday citizens to provide life-saving assistance to victims of Sudden Cardiac Arrest, or SCA. The District now uses the application to dispatch CPR-trained citizens to major cardiac emergencies where the potential need for bystander CPR is high.

Notifications are made simultaneously with the dispatch of paramedics to anyone within the jurisdiction that is CPR-trained and has indicated their willingness and ability to assist during an SCA emergency. These notifications are only made if the victim is in a public place and only to potential rescuers that are in the immediate vicinity of the emergency. When notifications do occur they intend to target potential citizen rescuers that are primarily within walking distance of the event. It is important to reinforce that the District does not utilize the application for SCA emergencies that occur at private residences.

At the time of need, users that have opted-in receive a "push" notification accompanied by a distinctive alert tone. The notification is followed by a map display showing the dispatched location of the emergency along with the precise location of the citizen rescuer – providing for easy navigation between the two. The map display also shows the exact location of the nearest public access Automated External Defibrillator, or AED. The District has found that in many cases nationwide, nearby AEDs have not been used when they may have made a big difference. The application aims to address this type of failure by informing citizen rescuers where the nearest AED is located – in real-time and in context of their current location. For more information on the application or to view the Public Service Announcement video please visit www.firedepartment.mobi.



Richard Price, Fire Chief



District Retires Badge 343

9/11 Remembered - 10 Years Later

Ten years ago, on the morning of September 11, 2001, nineteen hijackers took control of four commercial airliners en route to San Francisco and Los Angeles from Boston, Newark, and Washington, D.C. At 8:46 a.m., American Airlines Flight 11 crashed into the World Trade Center's North Tower, followed by United Airlines Flight 175, which hit the South Tower at 9:03 a.m. Nearly 3,000 people died in the WTC attack.

On Wednesday, August 24 The San Ramon Valley Fire District retired badge number 343 in solemn tribute to the 343 firefighters who lost their lives in the World Trade Center attacks.

Successfully Preparing for a Wildfire is a Team Effort

The San Ramon Valley Fire Protection District is ready for fire season, and you should be too! Our engines and trucks are carrying additional tools and gear to fight vegetation fires in the Wildland Urban Interface. Our firefighters have brushed up on their wildfire skills by attending specialized training and participating in situational drills, but we still need your help!

A community that is wildfire smart requires readiness on the part of the Fire District and property owners. Each year, wildfires consume hundreds of homes in California, however CalFIRE estimates that as many as 80 percent of homes lost to wildfire could have been saved if their owners had followed a few simple fire-safe practices.

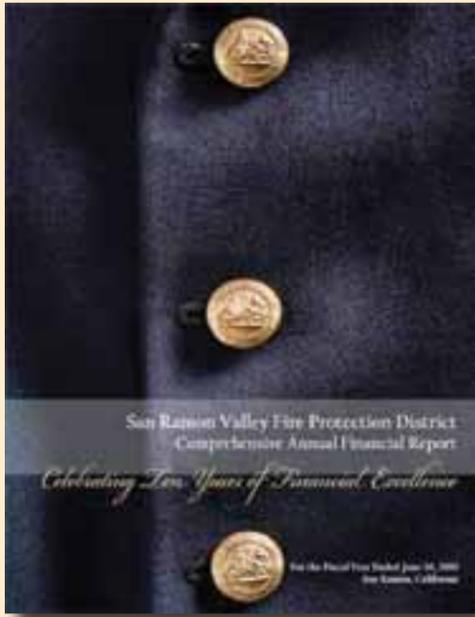
Start by creating 100 feet of defensible space around your home. This area is the space firefighters need to get between you and your home and the oncoming fire. Make sure this space is well maintained or landscaped. Take action to cut native grasses to less than three inches and limb up trees at least five feet. Remove other combustibles around your home such as firewood or dry pine needles.

Make a date with your roof! Your roof is the most vulnerable part of your home; ensure your roof and gutters are clear of pine needles, leaves, and other debris. If you have a shake roof, consider replacing it with a non-combustible roof made to withstand heat and embers.

Confirm your house numbers are clearly visible and that your driveway or private road is maintained so emergency vehicles can access your home quickly.

Wildfires are a natural part of our beautiful landscape, so preparing our homes and families for wildfire is essential. Take a moment to walk around your home and assess it for fire safety. Also begin to create a Family Disaster Plan, which includes escape routes and emergency supply kits for your home and car.

Together, we can make our community "wildfire smart"! For more information on what you can do, visit our website at www.firedepartment.org/abatement.



Prestigious Award Marks a Decade of Excellence in Financial Reporting

The San Ramon Valley Fire Protection District's comprehensive annual financial report for the year ended June 30, 2010, was awarded the Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association of the United States and Canada. This was the tenth consecutive year that the District has achieved this prestigious award. The Certificate of Achievement is the highest form of recognition for excellence in state and local government financial reporting. In order to be awarded a Certificate of Achievement, a government must publish an easily readable and efficiently organized comprehensive annual financial report. This report must satisfy both generally accepted accounting principles and applicable legal requirements.

The comprehensive annual financial report is available on the District's website under *Key Documents*.



District Awarded Re-Accreditation as an Emergency Medical Dispatch Center of Excellence

The San Ramon Valley Fire Protection District's 911 Communications Center once again achieved the prestigious honor of being recognized as an Emergency Medical Dispatch Center of Excellence by the International Academy of Emergency Dispatch. The San Ramon Valley Fire Protection District implemented the Medical Priority Dispatch System (MPDS) in 1992. The Communications Center was awarded its first accreditation in 1996 and was the eighth center in the world to be awarded this highest distinction.

The Medical Priority Dispatch System (MPDS) is the world's most widely used 911 type of pre-arrival instruction and dispatch-life support system. With scripted telephone instructions for CPR, airway obstruction relief, hemorrhage control, and child-birth assistance, the MPDS has been credited with helping save countless lives. In addition to requiring proper system oversight, medical control and quality improvement programs, re-accreditation demands careful MPDS compliance and certification for all emergency fire dispatchers.

Earning re-accreditation was voluntary and involves completing a comprehensive self-study, along with being able to demonstrate the process of randomly selecting a set number of medical calls per week to ensure the proper delivery and quality assurance within the Medical Priority Dispatch System. This accomplishment demonstrates to the community and to the world that the San Ramon Valley Fire Protection District is dedicated to ensuring compliance with all international practiced standards for Emergency Medical Dispatch.



Veteran SRVFPD Dispatcher Mary Camacho holds baby Sloane in March. Camacho helped coach mother Linda and Father Tony Simon.



If a fire started in your home, would you know what to do?

On average, eight people die each day in the United States as a result of a home fire. San Ramon Valley Firefighters want residents to know that there are simple steps you can take to reduce the risk of fire and to successfully escape if a fire does occur in your home.

- 1. Make a Plan.** Identify two ways out of every room in your house and agree on a family meeting place outside in front of your home. Conduct a home fire drill to ensure everyone knows how to get out and get out quickly.
- 2. Install and Test Smoke Alarms.** Place smoke alarms on every floor of your home, in the hallways, and in every sleeping area. Once a month, test each smoke alarm to make sure it is working. Change the batteries twice a year when you change your clocks for daylight savings time.
- 3. Install Carbon Monoxide Alarms.** Place CO alarms on every floor of your home and in the hallways outside sleeping areas.
- 4. Sleep with Your Door Closed.** A regular bedroom door can keep smoke and flames out of your bedroom for up to 20 minutes. These minutes are critical and will allow you the time you need to escape.
- 5. Get Low and Go.** If there is smoke in your house, crawl low under the smoke layer. The air is cleaner and it will be easier to breathe. Get out fast and stay out; never go back inside.
- 6. Fire Escape Ladders.** Purchase fire escape ladders for all bedrooms located above the first floor. Teach your children how to use them and practice often.
- 7. Watch What You are Cooking.** Stay in the kitchen when you are frying, grilling or broiling food. If you must leave, even for a short time, turn off the stove.
- 8. Keep Matches and Lighters Out of Reach.** Store matches and lighters up high out of reach of children, preferably in a cabinet with a child lock.
- 9. Inspect Electrical Cords.** Replace and discard cords that are cracked or damaged, have broken plugs or have loose connections.
- 10. Take Care of Your Candles.** Keep candles at least one foot from anything that can burn. Blow out candles when you leave the room or go to sleep at night. Try battery operated candles for extra safety.

STROKE –When Every Minute Counts

By **Sarah Kiyoki, R.N., MSN, CCRN**

Stroke Program Coordinator, San Ramon Regional Medical Center

Did you know stroke is the third leading cause of death in the United States and the leading cause of long-term disability?

We know that a stroke can be terribly debilitating, but do you know the signs and symptoms of a stroke? The National Stroke Association has developed a simple acronym for stroke signs and symptoms – **Think FAST.**

- **F is for Face** – Is there facial droop or asymmetry upon smiling?
- **A is for Arms** – When someone holds both arms up in front of them, does one arm drift or is it weak? Is there any numbness of the arm?
- **S is for Speech** – Does the person have difficulty speaking or understanding? Is the speech slurred?
- **T is for Time** – If any of these symptoms are present, call 9-1-1 immediately.

Stroke is a medical emergency caused by the decrease of blood to a part of the brain. There are two types of stroke. The first and most common is an **ischemic stroke** caused by a blood clot or a narrowing of an artery that has cut off blood supply.

The second is **hemorrhagic stroke**, caused by bleeding in or around the brain. This type only accounts for about 13 percent of all strokes and may be characterized by extremely severe headaches.

Seeking immediate treatment of a stroke is essential. Early treatment may greatly decrease the risk of long-term disability. For every minute a stroke goes untreated, as many as 1.9 million brain cells are lost.

Long gone are the days when there was not much to be done for stroke victims. There have been amazing advances in medicine and hospital processes to treat stroke patients, but nationally, less than 5 percent of patients get to the hospital in time to receive treatment. A stroke resolves in about eight hours, and a **patient must come into the hospital within three hours of stroke symptom** onset to receive acute treatment.

San Ramon Regional Medical Center has partnered with the American Heart/American Stroke Association to increase awareness of stroke. The Stroke Association has some excellent resources for decreasing the risks of stroke, including “Life’s Simple 7”.

Please visit www.heart.org/MyLifeCheck to see how you can take control and reduce your risk of having a stroke. Other resources include:

www.strokeassociation.org/STROKEORG/
<http://health.nih.gov/topic/Stroke>
www.stroke.org/site/PageNavigator/HOME

FIRE LINE

is published by the San Ramon Valley Fire Protection District as a public service to the residents of our District.

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Assistant Chief, Operations	Bryan Collins
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Assistant Chief, Support Services	Steven J. Hart
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Administrative Services Director	Robert Leete
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Fire Marshal	Christina Jamison
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District Clerk	Susan F. Brooks
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www.firedepartment.org

Phone Numbers

Administration	925-838-6600
Business Office, CPR Class Information, Fire Prevention, New Construction, Permits & Inspections, Weed Abatement	

Dispatch (non-emergency) 925-838-6640

Emergencies from cell phones 925-838-6691

Emergencies

Dial 911



Emergency Numbers for Local Cell Phone Users

Use these numbers, NOT 911, when calling from cell phones.

FIRE

San Ramon Valley Fire Protection District	925-838-6691
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AMBULANCE

San Ramon Valley Fire Protection District	925-838-6691
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SHERIFF

Contra Costa Sheriff	925-646-2411
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POLICE

Danville	925-820-2144
San Ramon	925-228-8282

STATE HIGHWAY PATROL

911