

June 2020



# PIONEER FIRE PROTECTION DISTRICT



*Fire and Life Safety Newsletter*



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## **INTRODUCING OUR NEW NEWSLETTER**

Beginning June 2020 the Pioneer Fire Protection District will be releasing a monthly newsletter to be distributed to the public to help educate on specific safety topics related to the month ahead.

The goal of this newsletter is to educate the public on accurate and up to date fire and life education topics in an all in one format.

**CONTACT OUR ADMINISTRATION OFFICE AT  
(530) 620-4444**

Due to the COVID-19 Social Distancing order in place, our office and stations will remain closed to the public until further notice unless you are experiencing an emergency.

# JUNE IS NATIONAL SAFETY MONTH



National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. To learn more about how you can celebrate national safety month, visit the National Safety Council's website at <https://www.nsc.org/work-safety/get-involved/national-safety-month>

To get the conversation started, we will be discussing the top causes of preventable injuries and death which are poisonings, motor vehicle crashes, and falls.

## POISONINGS



Every year, poison control centers receive millions of calls from people seeking medical help for poisoning.

Poisons are substances that, in a high enough quantity, can cause illness, injury or death when ingested, inhaled, injected or otherwise taken into the body.

**Poisoning is the leading cause of unintentional death.** The leading cause of poisoning is drug overdoses; other causes include inadvertent drug or chemical ingestion and exposure to environmental substances. More than 90% of all poisonings happen at home.

Familiarize yourself with the dangers that lurk there:

Be sure to keep the National Poison Control Center number, (800) 222-1222, in your cell phone contacts.

To learn more about preventing poisonings, visit the National Safety Council's website at <https://www.nsc.org/home-safety/safety-topics/other-poisons>

# JUNE IS NATIONAL SAFETY MONTH

## MOTOR VEHICLE CRASHES



According to the National Highway Traffic Administration, using a cellphone while driving creates enormous potential for deaths and injuries on U.S. roads. In 2018 alone, 2,841 people were killed in motor vehicle crashes involving distracted drivers.

Among those killed: 1,730 drivers, 605 passengers, 400 pedestrians and 77 bicyclists.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

**Be focused and be safe.**

**FIVE SECONDS**  
is the average time your eyes are off the road while texting.

At 55mph, that's enough time to cover the length of a football field.

NHTSA U DRIVE U TEXT U PRAY

5 SEC.

Source: 2009, VTI

The infographic features a blue background. At the top, the text 'FIVE SECONDS' is written in large white letters, followed by 'is the average time your eyes are off the road while texting.' Below this, it states 'At 55mph, that's enough time to cover the length of a football field.' In the center, there is a yellow stopwatch icon with '5 SEC.' on its display. Below the stopwatch is a green football field with white yard lines and goalposts at each end. A white double-headed arrow spans the length of the field, indicating the distance covered in five seconds at 55 mph. Logos for NHTSA, U DRIVE U TEXT, and U PRAY are positioned to the left of the stopwatch. At the bottom left, it says 'Source: 2009, VTI'.

To learn more about preventing distracted driving, visit the NHTSA's website at <https://www.nhtsa.gov/risky-driving/distracted-driving>

# JUNE IS NATIONAL SAFETY MONTH

## What do you do if an emergency vehicle is behind you with their lights and sirens on?

According to the Department of Motor Vehicles, you must yield the right-of-way to any police vehicle, fire engine, ambulance, or other emergency vehicle using a siren and red lights. Drive to the right edge of the road and stop until the emergency vehicle(s) have passed.



In our district, we have many two lane roads that make it difficult to pull to the right.

Remember that we understand the circumstances and do not want you to put yourself in danger to let us pass. Pull over as soon as you are able to.

### Never stop in an intersection.

If you are in an intersection when you see an emergency vehicle, continue through the intersection and then drive to the right as soon as it is safe and stop. Emergency vehicles often use the wrong side of the street to continue on their way. We sometimes use a loudspeaker to talk to drivers blocking our path.

Just listen to instructions and you will be fine.



To learn more, visit the following websites:

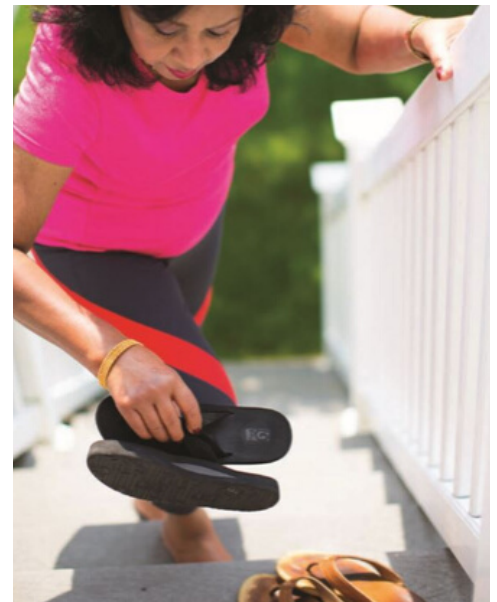
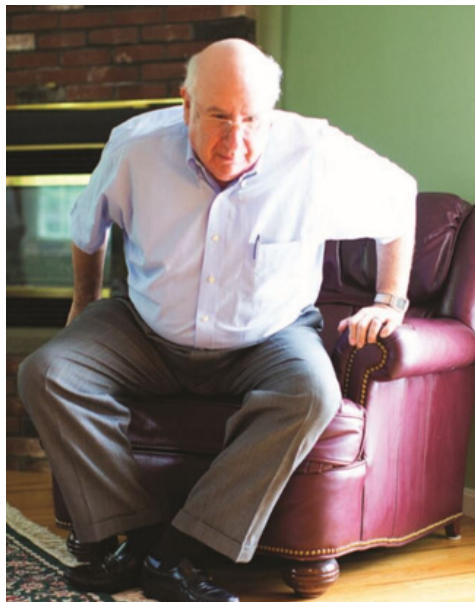
- <https://www.sccgov.org/sites/opa/nr/Pages/Pull-To-The-Right-.aspx>
- [https://www.dmv.ca.gov/portal/dmv/detail/pubs/hdbk/shr\\_bus\\_sc\\_trly\\_ev](https://www.dmv.ca.gov/portal/dmv/detail/pubs/hdbk/shr_bus_sc_trly_ev)

# JUNE IS NATIONAL SAFETY MONTH

## FALLS

Thirty percent of people age 65 and older are involved in falls each year—some of those falls are fatal, while others permanently disable victims, often causing loss of mobility or independence.

- Exercise Regularly** Exercise will help you build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.
- Take Your Time** Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.
- Keep Stairs and Walking Areas Clear** Remove electrical cords, shoes, clothing, books, magazines, and other items that may be in the way of foot traffic.
- Improve the Lighting In and Outside Your Home** Use night lights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year—better vision can help prevent falls.



To learn more, visit the National Fire Protection Association at <https://www.nfpa.org/Public-Education/Teaching-tools/Remembering-When>

# JUNE IS NATIONAL SAFETY MONTH

## FALLS

### Use Non-Slip Mats

Non-slip mats increase safety in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.

### Be Aware of Uneven Surfaces

Make sure indoor flooring is safe. Use only throw rugs that have rubber, non-skid backing. Consider non-skid pads under rugs. Always smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member, a friend, or a neighbor to clear ice and snow from outdoor stairs and walkways. Always use handrails, if available, and step carefully.

### Stairways Should Be Well Lit

Lighting from both the top and the bottom of stairways is important. Have easy-to-grip handrails installed along the full length on both sides of the stairs.

### Wear Sturdy, Well Fitting Shoes

Low-heeled shoes with non-slip soles are best. These are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.



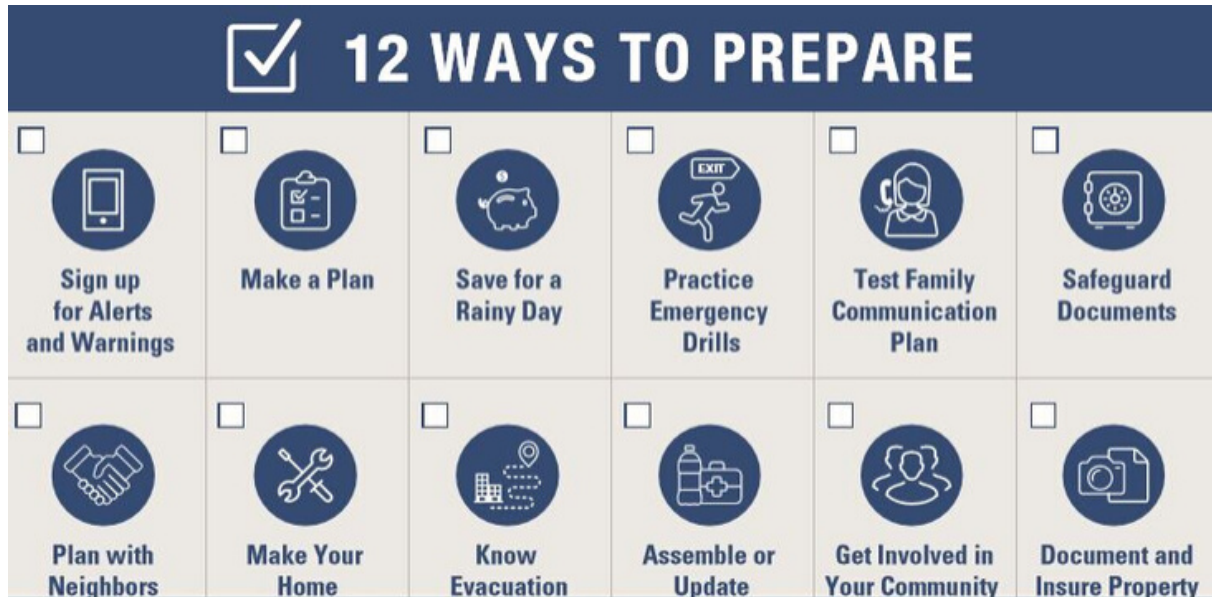
To learn more, visit the National Fire Protection Association at <https://www.nfpa.org/Public-Education/Teaching-tools/Remembering-When>

# EMERGENCY PREPARADNESS

## PREPARE NOW

With warmer weather upon us, now is the time for you to prepare for a wildfire emergency. By now you should already have defensible space in place for your home and you need to focus on keeping yourself and your family safe in an emergency.

You need to prepare now, survive during, and be safe after.



- Know your evacuation routes out of your community.

Knowing one way out of your community is not enough, you need to know at least two ways out. Drive the evacuation routes and find shelter locations. Have a plan for pets and livestock.

- Sign up for your community's warning system.

In our district, that would be CodeRED. The El Dorado County Sheriff's Office- Office of Emergency Services Alert Notification System provides a number of ways in which the county may contact the community in the event of an emergency such as: evacuations due to wildfires or hazardous material spills, or urgent law enforcement operations. The El Dorado County Office of Emergency Services partnered with CodeRED emergency notification service to alert residents and businesses by telephone, cell phone, text message, email and social media when there is a threat to the health or safety of residents.

To register for CodeRED, visit: <https://public.coderedweb.com/CNE/en-US/BF6E025EBFDC>

- Gather emergency supplies and put them in a "Go Bag".

Include an N95 mask to filter out particles in the air you breathe. Keep important documents in a fireproof, safe place. Create password-protected digital copies.

Keep in mind each person's specific needs, including an updated asthma action plan and medication. Don't forget the needs of pets.

# EMERGENCY PREPARADNESS

## PREPARE NOW

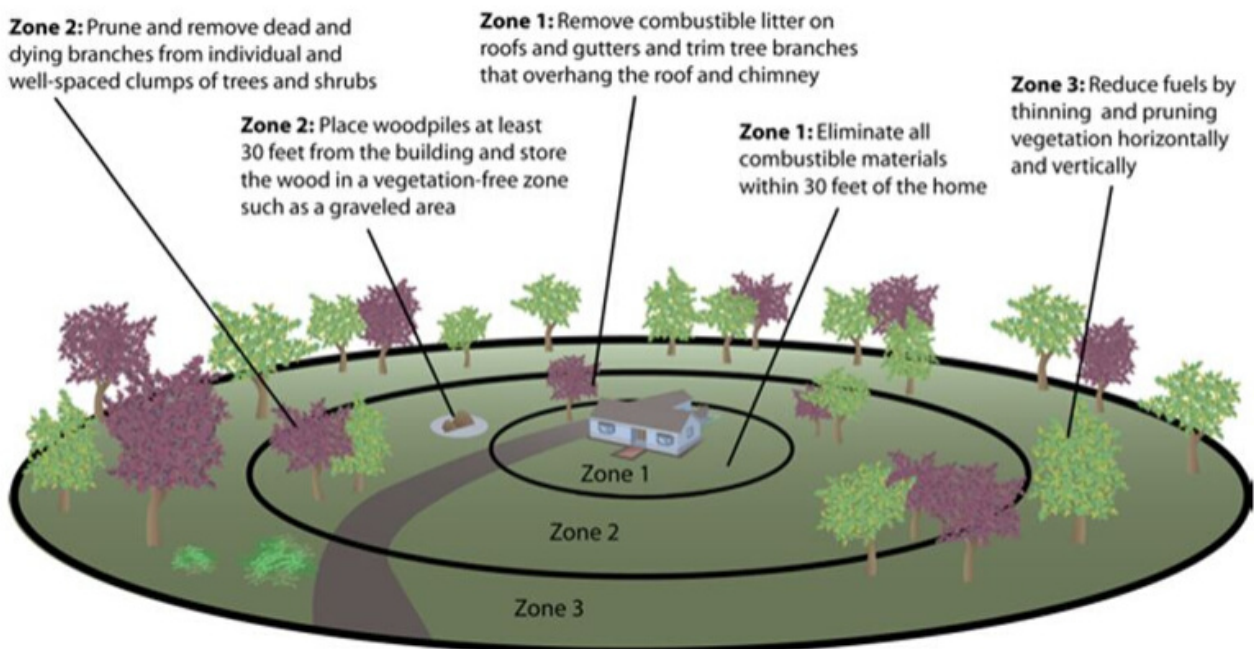
- Designate a room that can be closed off from outside air.

Close all doors and windows. Set up a portable air cleaner to keep indoor pollution levels low when smoky conditions exist.

- Use fire-resistant materials to build, renovate, or make repairs.
- Find an outdoor water source with a hose that can reach any area of your property.

Create a fire-resistant zone that is free of leaves, debris, or flammable materials for at least 30 feet from your home.

- Review insurance coverage to make sure it is enough to replace your property.
- Pay attention to air quality alerts.



To Register for CodeRED visit <https://public.coderedweb.com/CNE/en-US/BF6E025EBFDC>



# EMERGENCY PREPARADNESS

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## SURVIVE DURING

- Evacuate immediately if authorities tell you to do so.
- If trapped, then call 911 and give your location, but be aware that emergency response could be delayed or impossible. Turn on lights to help rescuers find you.
- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
- Use an N95 mask to keep harmful particles out of the air you breathe.
- If you are not ordered to evacuate but smoky conditions exist, stay inside in a safe location or go to a community building where smoke levels are lower.



To Register for CodeRED visit <https://public.coderedweb.com/CNE/en-US/BF6E025EBFDC>

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# EMERGENCY PREPARADNESS

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## BE SAFE AFTER

- Listen to authorities to find out when it is safe to return, and whether water is safe to drink.
- Avoid hot ash, charred trees, smoldering debris, and live embers. The ground may contain heat pockets that can burn you or spark another fire. Consider the danger to pets and livestock.
- Send text messages or use social media to reach out to family and friends. Phone systems are often busy following a disaster. Make calls only in emergencies.
- Wear a NIOSH certified-respirator and wet debris down to minimize breathing dust particles.
- Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.
- Wildfires dramatically change landscape and ground conditions, which can lead to increased risk of flooding due to heavy rains, flash flooding and mudflows. Flood risk remains significantly higher until vegetation is restored—up to 5 years after a wildfire. Consider purchasing flood insurance to protect the life you've built and to assure financial protection from future flooding.



**To learn more about preparing for a wildfire emergency, visit any of the helpful links listed below:**

<https://www.ready.gov/wildfires>

<https://ready.edso.org/>

[https://www.youtube.com/embed/NDSgZ8\\_MpS0](https://www.youtube.com/embed/NDSgZ8_MpS0)

<https://www.ready.gov/evacuation>

<https://www.ready.gov/pets>

<https://www.ready.gov/plan>

<https://www.ready.gov/kit>

[https://www.ready.gov/sites/default/files/2020-03/ready\\_know-your-alerts-and-warnings.pdf](https://www.ready.gov/sites/default/files/2020-03/ready_know-your-alerts-and-warnings.pdf)

<https://www.aarp.org/health/healthy-living/info-2017/packing-your-emergency-preparedness-kit-fd.html>

# CAR SEAT SAFETY INFORMATION

The best way to keep your child safe in the car is to use the right car seat in the right way. Here are some car seat safety tips to protect your most precious cargo.

According to SafeKids.org, you need to do the following to ensure that you are taking the proper steps to keep your children safe and properly secured:



**Buy The Right Car Seat** Your baby needs to ride in a rear-facing car seat as long as possible until 2 or more years. When your child has outgrown that seat, you are ready for a forward-facing car seat.

**Install Your Car Seat Correctly** You'll need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but don't use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors.

**Get The Right Fit** A properly-fitted harness gives the best possible protection for your child.

**Change At The Right Time** Look on the car seat label to make sure your child is still within the weight, height and age limits for that seat.

## Is it Time for a Change?

<b>1</b> From Rear-Facing Seat to Forward-Facing Seat	<b>2</b> From Forward-Facing Seat to Booster Seat	<b>3</b> From Booster Seat to Seat Belt
		
If your child's head is one inch or less from the top of the seat, or if he outgrows the seat by height or weight, it's time for a new seat.	If the shoulder straps come out of the seat from below your child's shoulders, it's time for a booster seat.	If the knees bend at the edge of the seat, with the strap on his shoulder (not neck) and belt on his hips (not belly), it's time for the seat belt.

**RULE OF THUMB:** Every time you move from one type of seat to the next, you lose protection, so delay progression as long as you can.

To learn more, visit <https://www.safekids.org/car-seat>

Find the right car seat for you at the National Highway Traffic Safety Administration's website at:

<https://bit.ly/Carseatchecker>

# HELMET SAFETY

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Did you know that everyone of all ages should be wearing a helmet when riding a bicycle or any other type of transportation vehicle?

Properly-fitted helmets can reduce the risk of head injuries by at least 45 percent – yet less than half of children 14 and under usually wear a bike helmet.

**SAFE KIDS WORLDWIDE** Does your helmet fit properly?  
Take the Helmet Fit Test

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1



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



**Ears:** Make sure the straps form a "V" under your ears when buckled. The straps should be a little tight but comfortable.

3



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

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Now you're ready to roll!

## FOURTH OF JULY

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Right now, we are not sure what the fourth of July will look like. What we do know is no one is allowed to be in possession of fireworks and they are also not allowed to be discharged within the unincorporated territory of the County.

Leave the firework shows to the professionals.

More information on the County's Firework Laws, read below:

According to the County of El Dorado Ordinance Code section 8.08.050, A.

Any person who uses, discharges or possesses any fireworks as defined in Health and Safety Code § 12511 within the unincorporated territory of the County is punishable according to the general penalties described in Chapter 1.24.

(Prior Code, § 7205; Code 1997, § 8.08.050)

State Law reference— State Fireworks Law, Health and Safety Code § 12500 et seq.

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# BOATING AND WATERWAYS SAFETY

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Although we are still encouraged to stay at home, if you are planning on going to the lake or river with your family, please remember the following:



- Always wear a life jacket when you are in and around water at all ages
- Learn to swim
- Never swim alone
- Avoid alcohol around water

**Cold water immersion is the cause of many boating-related fatalities and simply wearing a life jacket can greatly increase your chances of survival.**

## Do you have the right life jacket?

- Make sure it is U.S. Coast Guard Approved by checking the label printed on the inside of the life jacket.
- Have the right fit, make sure it is snug and fastened.
- You do not want your life jacket too large or too small.
- Refer to the owner's manual and label for specific maintenance requirements.
- Always wear your life jacket in and around lakes and water ways.

To learn more, visit [www.safeboatingcampaign.com](http://www.safeboatingcampaign.com)

Even expert swimmers will experience cold water shock in water temperatures below body temperature.

To learn more, visit the national weather service's website at <https://www.weather.gov/safety/coldwater>

# SWIMMING POOL SAFETY

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Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.



Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.

- Secure your pool with appropriate barriers.
- Designate a water watcher...and stay in arm's reach of young children.
- Install anti-entrapment drain covers and safety release systems to protect against drain entrapment.
- If a child is missing, check the water first.
- Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.

To learn more, visit <https://www.safekids.org/poolsafety>

## FIRST AID CPR CLASSES

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**Did you know that knowing basic first aid can possibly save a life?**

Knowing first aid is important at all ages and it is imperative to keep yourself up to date on the latest skills and procedures.

Learn basic first aid as well as CPR virtually by visiting the following link to enroll for a class. <https://www.redcross.org/take-a-class/first-aid/performing-first-aid/what-is-first-aid>

To learn more, visit any of the links listed below:

- <https://www.redcross.org/take-a-class/first-aid/performing-first-aid/what-is-first-aid>
  - <https://www.redcross.org/take-a-class/first-aid/first-aid-training>
  - <https://www.redcross.org/take-a-class/cpr/cpr-training/cpr-certification>
  - <https://www.heart.org/>
  - <https://cpr.heart.org/en/course-catalog-search>
-