

January 2021



# PIONEER FIRE PROTECTION DISTRICT



*Fire and Life Safety Newsletter*

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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.

# TIPS FOR RESETTING AFTER THE HOLIDAYS

## TAKING DOWN THE DECORATIONS



Nearly one-third (29 percent) of U.S. home fires that begin with Christmas trees occurs in January. With this potential fire hazard in mind, the National Fire Protection Association (NFPA) strongly encourages everyone to remove Christmas trees from their homes promptly after the holiday season.

NFPA recommends using the local community's recycling program for tree disposal, if possible; trees should not be put in the garage or left outside.

The association also offers these tips for safely removing lighting and decorations and storing them properly to ensure that they're in good condition the following season:



<https://www.pinterest.com/pin/453737731194553221/>

- Use the gripping area on the plug when unplugging electrical decorations.
- Never pull the cord to unplug any device from an electrical outlet, as this can harm the wire and insulation of the cord, increasing the risk for shock or electrical fire.
- As you pack up light strings, inspect each line for damage, throwing out any sets that have loose connections, broken sockets or cracked or bare wires.
- Wrap each set of lights and put them in individual plastic bags, or wrap them around a piece of cardboard.
- Store electrical decorations in a dry place away from children and pets where they will not be damaged by water or dampness.

**To learn more, visit the following website:**

<https://www.nfpa.org/News-and-Research/Publications-and-media/Press-Room/News-releases/2020/NFPA-encourages-prompt-removal-of-Christmas-trees>



# TIPS FOR RESETTING AFTER THE HOLIDAYS

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## PROPERLY DISPOSING YOUR TREE



**Remember, do not burn trees in your fireplace or woodstove. They are a fire hazard.**

All West Slope El Dorado County residents may bring their Christmas trees to Waste Connections (MRF) which is located at 4100 Throwita Way, Placerville.

There is no charge to drop off trees, but there is a limit of two trees per vehicle.

Trees will be accepted from January 1st through January 15th during normal business hours, 8 a.m. to 5 p.m. daily.

All Residents of El Dorado County who have El Dorado Disposal service may place trees at the curb. The trees will be picked up on regular collection days. Please cut the tree into small pieces (less than 3' long) and bundle the sections with string or twine.

Before you recycle your tree, please make sure that it is totally bare. Remove all decorations, ornaments, lights, tinsel, and garland, as well as the stand. Call (530) 626-4141 or visit <https://www.eldoradodisposal.com/> for more information.



<https://www.shutterstock.com/search/dead+christmas+tree>



**To learn more, visit the following website:**

<https://www.nfpa.org/News-and-Research/Publications-and-media/Press-Room/News-releases/2020/NFPA-encourages-prompt-removal-of-Christmas-trees>

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# WINTER SAFETY

## STORM PREPAREDNESS

### Prepare Now

- Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing.
- Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Know your winter weather terms.
- Pay attention to weather reports and warnings of freezing weather and winter storms.
- Sign up for your community's warning system, which in our area is CodeRED.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.

**WINTER STORM PREP**

The Weather Network

When it comes to severe winter weather, you can never be too prepared. Here are some handy tips on what you need to face another winter season.

- 1 STAY INFORMED**  
Pay attention to weather reports. Conditions can change quickly.
- 2 AROUND THE HOUSE**  
Use insulation, caulking, and weather stripping to keep out drafts. Read up on how to prevent pipes from freezing. Make sure your fire alarms and carbon monoxide detectors are working.
- 3 EMERGENCY KITS**  
Assemble supplies that can sustain you in the event you lose power for several days. Don't forget prescription medications and pet supplies. Stock up on batteries and flashlights.
- 4 IN THE CAR**  
An emergency kit for your car should include: jumper cables, sand or salt, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Make sure your gas tank is full.
- 5 HEATING YOUR HOME**  
Never heat your home with a gas or stove-top oven, this can lead to carbon monoxide poisoning. If you're using a grill or generator, keep it outside and away from windows.
- 6 KNOW THE SIGNS OF FROSTBITE**  
Symptoms include: Numbness, white or grayish-yellow skin, firm or waxy skin. Seek medical attention.
- 7 KNOW THE SIGNS OF HYPOTHERMIA**  
Symptoms include: Shivering, exhaustion, memory loss, slurred speech, or drowsiness. Seek medical attention.
- 8 STAY SAFE**  
Don't over-exert yourself when shoveling snow. This can increase the risk of a heart attack.

Source: ready.gov

**To learn more, visit the following website:**

<https://www.ready.gov/winter-weather>



# WINTER SAFETY

## STORM PREPAREDNESS

### Know who is at high risk:



Older adults without proper food, clothing, or heating



People who stay outdoors for long periods (homeless, hikers, hunters, etc.)



People who drink alcohol in excess or use illicit drugs



Babies sleeping in cold rooms

### Survive During

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack by avoiding overexertion when shoveling snow and walking in the snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- If it is safe to do so, check on neighbors while following the latest guidelines from the Centers for Disease Control and Prevention (CDC) on maintaining social and physical distancing. Consider connecting with family and friends by telephone, e-mail, text messages, video chat, and social media.
- If you must visit in person, wear a mask and maintain a distance of at least six feet from them. Masks should not be worn by children under two years of age, those who have trouble breathing, and those who are unable to remove them on their own.

## 5 Tips For Shoveling Snow Safely

1. Get the latest forecast
2. Push don't lift
3. Wear breathable clothes
4. Wear warm boots
5. Drink water



Get the latest forecast at: [weather.gov](https://www.weather.gov)

**To learn more, visit the following websites:**

<https://www.ready.gov/winter-weather>

<https://www.cdc.gov/cpr/infographics/ast-frostbite.htm>

# WINTER SAFETY

## STORM PREPAREDNESS

### Be Safe After

- Frostbite causes loss of feeling and color around the face, fingers, and toes.
  - Signs: Numbness, white or grayish-yellow skin, and firm or waxy skin.
  - Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.
  - Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
  - Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.
- If you are sick and need medical attention, contact your healthcare provider for further care instructions and shelter in place, if possible. If you are experiencing a medical emergency, call 9-1-1 and let the operator know if you have, or think you might have, COVID-19. If possible, put on a mask before help arrives.
- Engage virtually with your community through video and phone calls. Know that it's normal to feel anxious or stressed. Take care of your body and talk to someone if you are feeling upset. Many people may already feel fear and anxiety about the coronavirus 2019 (COVID-19). The threat of a winter storm can add additional stress. Follow CDC guidance for managing stress during a traumatic event and managing stress during COVID-19.

### HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

#### Signs & Symptoms

##### Adults:

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

##### Infants:

- bright red, cold skin
- very low energy



### FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.



#### Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite.

#### Other signs include:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

To learn more, visit the following website:

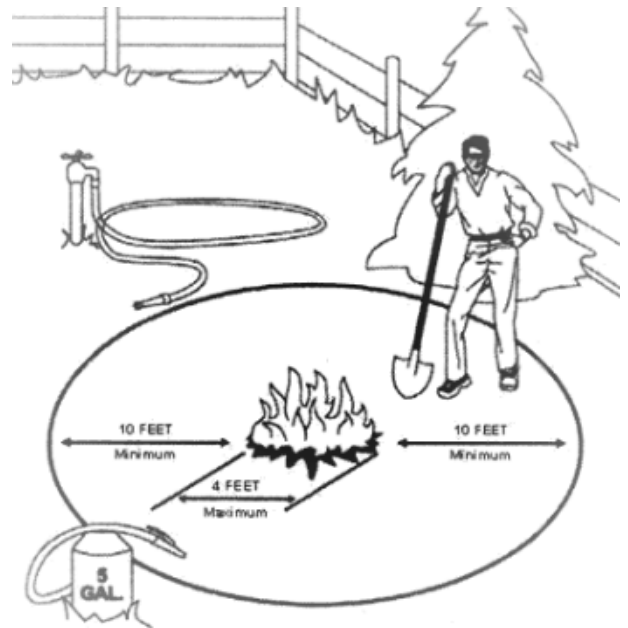
<https://www.ready.gov/winter-weather>

# WINTER SAFETY

## BURN PILE SAFETY

### Burn Pile Safety Tips:

- Landscape debris piles must be in small 4 feet by 4 feet piles.
- Choose a safe burning site away from powerlines, overhanging limbs, buildings, vehicles, and equipment. You'll need at least three times the height of the pile of vertical clearance.
- Clear all flammable material and vegetation within 10 feet of the outer edge of pile.
- Keep a water supply and shovel close to the burning site.
- A responsible adult is required by law to be in attendance until the fire is out.
- No burning shall be undertaken unless weather conditions (particularly wind) are such that burning can be considered safe.



**To get a burn permit for burn piles up to 4'x4':**

<https://burnpermit.fire.ca.gov/>

**Always check if it is a burn day before you burn by:**

Calling: (530) 621-5897

Visiting:

[https://www.edcgov.us/Government/AirQualityManagement/Pages/burn\\_information\\_\(outdoor\).aspx](https://www.edcgov.us/Government/AirQualityManagement/Pages/burn_information_(outdoor).aspx)

**Remember:**  
**If it's too hot to touch,  
it's too hot to leave.**

**To learn more about burn pile safety, visit the following websites:**

<https://www.edcgov.us/Government/AirQualityManagement/documents/learn%20before%20you%20burn.pdf>

<https://smokeybear.com/en/prevention-how-tos/backyard-debris-burning>



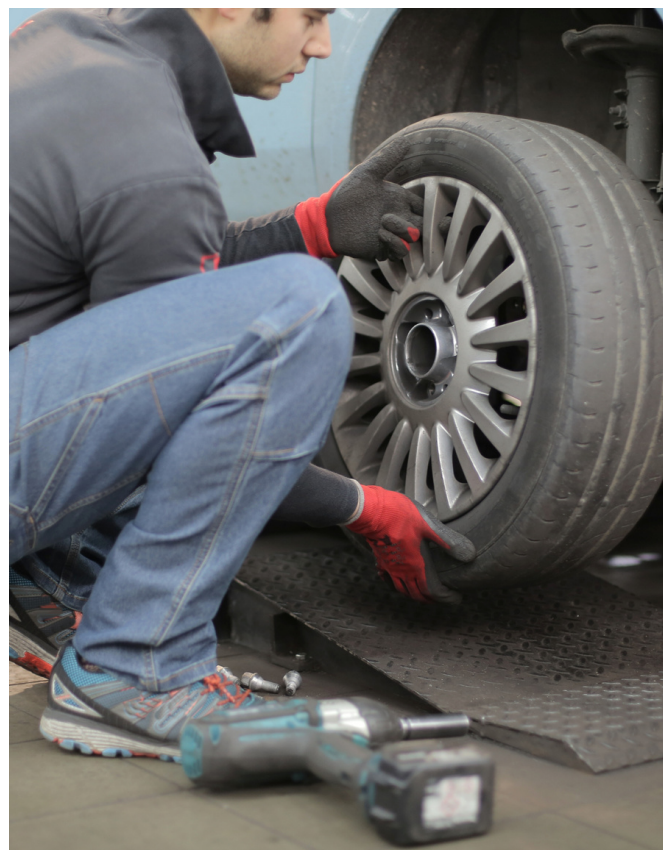
# WINTER SAFETY

## WINTER DRIVING SAFETY



### Prepare

- Maintain your car. Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.
- Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.
- Stopped or Stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.
- Plan Your route: Allow plenty of time.



**To learn more, visit the following websites:**

<https://www.osha.gov/Publications/SafeDriving.pdf>

<https://exchange.aaa.com/safety/driving-advice/winter-driving-tips/>

# WINTER SAFETY

## WINTER DRIVING SAFETY



Correctly used child safety seats can reduce the risk of death by as much as 71 percent.

### Protect Yourself

- Buckle up and use child safety seats properly.
- Never place a rear-facing infant seat in front of an air bag.
- Children 12 and under are much safer in the back seat.

### Prevent Crashes

- Drugs and alcohol never mix with driving.
- Slow down and increase distances between cars.
- Keep your eyes open for pedestrians walking in the road.
- Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.
- If you are planning to drink, designate a sober driver.



To learn more, visit the following websites:

<https://www.osha.gov/Publications/SafeDriving.pdf>

<https://exchange.aaa.com/safety/driving-advice/winter-driving-tips/>

<https://www.nhtsa.gov/campaign/drive-sober>

# WINTER SAFETY

## HEART ATTACK PREVENTION

It's important to know how cold weather can affect your heart, especially if you have cardiovascular disease. Some people who are outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow or snow drifts can strain some people's heart.

### To help make snow removal safer, here is a list of practical tips

- Give yourself a break. Take frequent rest breaks during shoveling so you don't overstress your heart. Pay attention to how your body feels during those breaks.
- Learn the heart attack warning signs and listen to your body, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives – maybe your own. Don't wait to call 911.
- Don't drink alcoholic beverages before or immediately after shoveling.
- Consult a doctor if you have a medical concern or question or if you are experiencing symptoms of a medical condition (such as heart disease or diabetes), prior to exercising in cold weather.
- Be aware of the dangers of hypothermia.
- Learn CPR.

### Is it a heart attack? Look for these signs.

#### Men:

- Shortness of breath
- Tingling or discomfort in arms, back, neck, shoulder, or jaw
- Chest pain



#### Women:

- Nausea or vomiting
- Severe weakness
- Extreme fatigue
- Heartburn-like feeling
- Cold sweat

When in doubt, call 911. Every second counts.



Life-saving care can begin immediately in the ambulance.



The ambulance will alert the hospital and your heart team will be waiting.



Do **NOT** drive yourself to the hospital.

<https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/cold-weather-and-cardiovascular-disease>



# WINTER SAFETY

## WINTER SPORTS SAFETY

Whether you are skiing, snowboarding, sledding or skating, take safety precautions like learning basic skills and using the appropriate gear for the sport. National Safety Council advises all skiers and snowboarders take the time to review proper skills and safety techniques.



- Get in shape for the season, and not just the week before a ski trip; a regular exercise routine will help reduce fatigue and injury.
- Beginners should invest in proper instruction, including learning how to fall and get back up; experienced skiers should take a refresher course.
- Always know the weather conditions before heading to the slopes; time of day can also affect visibility and make obstacles difficult to see.
- Give skiers in front of you the right of way; they most likely can't see you. If you have to stop, stop on the side of a run, not in the middle.
- Look both ways and uphill before crossing a trail, merging or starting down a hill. Use skis with brakes or a snowboard with a leash to prevent runaway equipment.
- Never ski on closed runs or out of boundaries because these areas are not monitored and there is no way to know what the snow conditions are; a rogue skier could even cause an avalanche.

Winter Sports: Orthopaedic surgeons share injury prevention tips

Wear appropriate protective gear, including goggles, helmets, gloves and padding.

Check that equipment is working properly prior to use.

Drink plenty of water before, during and after activities.

Pay attention to warnings about upcoming storms and severe drops in temperature.

Never participate alone.

For more information, visit [OrthoInfo.org](https://www.OrthoInfo.org)

**AAOS**  
AMERICAN ACADEMY OF  
ORTHOPAEDIC SURGEONS

 **OrthoInfo**

**To learn more, visit the following websites:**

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter>  
<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/sledding>

# WINTER SAFETY

## WINTER SPORTS SAFETY

If you are planning on taking the kids to the local hill, don't just drop them off, especially if they're under age 10. Stick around while they sled, make sure all sledders wear a helmet – sledding injuries often include skull fractures – and be sure to share these important guidelines with them so they can enjoy tobogganing and sledding safely.

- Make sure all equipment is in good condition, free of sharp edges and cracks. Sled on spacious, gently sloping hills with a level run-off at the end so the sled can safely stop.
- Check slopes for bare spots, holes and obstructions, such as fences, rocks, poles or trees.
- Do not sled on or around frozen lakes, streams or ponds.
- Riders should sit or lay on their back on top of the sled with feet pointing downhill; never sled head first.
- Dress warmly, and wear thick gloves or mittens and heavy boots to protect against frostbite and injury.

### Stay Safe on the Slopes

Sledding, snowboarding and skiing are fun ways for kids to stay active in the winter. Some tips from the American Academy of Pediatrics:



More tips at [HealthyChildren.org](https://www.healthychildren.org)

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™

 [healthychildren.org](https://www.healthychildren.org)  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics



**To learn more, visit the following websites:**

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter>  
<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/sledding>

# WINTER SAFETY

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## WINTER SPORTS SAFETY

Be safe with proper gear, wear a helmet.



- Helmets reduce head injuries. However, even though helmet use has increased over the years, traumatic brain injuries still can occur with helmet use. Severe injury and death is prevented by avoiding risk-taking behaviors.
- Skiers and snowboarders also should select quality equipment. Improperly fitted or misadjusted gear can cause injury, so it's best to ask for expert advice when purchasing and fitting boots, bindings and skis.
- While trendy ski apparel looks good on the slopes, clothing should be functional.
- Wear bright colors, dress in layers and make sure outerwear is made of fabric that is not only water repellent, but slide-resistant.

**To learn more, visit the following websites:**

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter>  
<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/sledding>



# PFPD EVENTS AND INFORMATION

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## PVFA SANTA DRIVE THROUGH EVENT

Thank you to the PVFA for keeping the holiday spirit alive this Christmas season!



Over 60 lucky children were able to get a special gift from Santa on Saturday, December 12th at Pioneer Park. Thank you to all who participated!

To learn more about the PVFA and to donate, visit <http://pioneervolunteerfire.org/>

