

April 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.

# **DISTRACTED DRIVING**

## Distracted Driving

Distracted driving is dangerous, claiming 3,142 lives in 2019.



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.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.



To learn more about preventing distracted driving, visit the following websites:

<https://www.nhtsa.gov/risky-driving/distracted-driving>

<https://stoptextsstopwrecks.org/>

## Youth Sports Safety

This is the age when organized and recreational sports can become a big part of a child's life. To help your child get the most out of sports follow these tips and guidelines.



WHEN APPROPRIATE MAKE SURE AN ATHLETE USES THE CORRECT HELMET FOR THEIR ACTIVITY.

↓



Wearing a helmet can help protect athletes from serious brain or head injuries.

THERE IS NO "CONCUSSION-PROOF" HELMET.

- Before playing organized sports, make sure your child receives a pre-participation physical exam, or PPE, performed by a doctor, or a nurse practitioner or qualified clinician under the supervision of a physician. Whomever performs the exam, the same practices should be followed including the need for a medical history.
- Encourage children to drink water before, during and after athletic activities or play.
- Adults should be present at all times to ensure a safe playing environment and the enforcement of safety rules. This is particularly important for younger kids.
- An off-season is important. It is recommended that kids get 10 consecutive weeks of rest from any one sport every year.
- Make sure your coach is trained in first aid and CPR, and understands how to prevent, recognize and/or respond to concussions and overuse injuries.



**LEARN CONCUSSION SIGNS AND SYMPTOMS**

SEE FULL LIST OF SYMPTOMS @ [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)



- Headache
- Dizziness
- Blurred Vision
- Difficulty Thinking Clearly
- Sensitivity to Noise & Light

To learn more about youth sports safety, visit the following websites:

<https://www.cdc.gov/Concussion/>

[https://safekids.org/safetytips/field\\_type/infographic/field\\_age/big-kids-5-9-years/field\\_risks/sports](https://safekids.org/safetytips/field_type/infographic/field_age/big-kids-5-9-years/field_risks/sports)

## April 5-11 is National Public Health Week!

Make your health a priority! This includes both mental and physical health.



## Look out for your mental health!

- **Keep active**, regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better.
- **Eat well**, your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body.
- **Ask for help**, none of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan.
- **Take a break**, a change of scene or a change of pace is good for your mental health.
- **Care for others**, caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

To learn more about how to stay health, visit the following websites:

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

<https://www.stroke.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing>

<https://www.stroke.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>

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April 5-11 is National Public Health Week!

## Look out for your physical health!

- **Manage Blood Pressure**, high blood pressure is a major risk factor for heart disease and stroke.
- **Control Cholesterol**, high cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke.
- **Reduce Blood Sugar**, most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy.
- **Get Active**, living an active life is one of the most rewarding gifts you can give yourself and those you love.
- **Eat Better**, a healthy diet is one of your best weapons for fighting cardiovascular disease.
- **Lose Weight**, when you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton.
- **Stop Smoking**, cigarette smokers have a higher risk of developing cardiovascular disease.



To learn more about how to stay health, visit the following websites:

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

<https://www.stroke.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing>

<https://www.stroke.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7>



# WILDFIRE COMMUNITY PREPAREDNESS



## May 1st is Wildfire Community Preparedness Day!

Use this as an opportunity to ensure you are prepared for wildfire risk.

### Do you have proper defensible space?



#### Zone 1

Zone 1 extends 30 feet\* from buildings, structures, decks, etc.

- Remove all dead plants, grass and weeds (vegetation).
- Remove dead or dry leaves and pine needles from your yard, roof and rain gutters.
- Remove branches that hang over your roof and keep dead branches 10 feet away from your chimney.
- Trim trees regularly to keep branches a minimum of 10 feet from other trees.
- Relocate wood piles to Zone 2.
- Remove or prune flammable plants and shrubs near windows.
- Remove vegetation and items that could catch fire from around and under decks.
- Create a separation between trees, shrubs and items that could catch fire, such as patio furniture, wood piles, swing sets, etc.

#### Zone 2

Zone 2 extends 100 feet out from buildings, structures, decks, etc.

- Cut or mow annual grass down to a maximum height of 4 inches.
- Create horizontal space between shrubs and trees. (See diagram)
- Create vertical space between grass, shrubs and trees. (See diagram)
- Remove fallen leaves, needles, twigs, bark, cones, and small branches. However, they may be permitted to a depth of 3 inches.

To learn more about wildfire community preparedness, visit the following websites:

<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Wildfire/National-Wildfire-Community-Preparedness-Day#:~:text=Wildfire%20Community%20Preparedness%20Day%20is,the%20first%20Saturday%20in%20May.>



# WILDFIRE COMMUNITY PREPAREDNESS

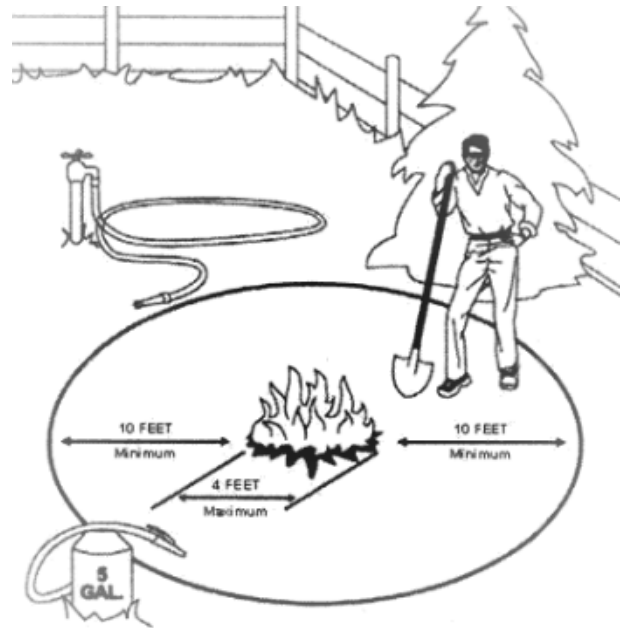


## Burn Pile Guidelines

Ensure that you are doing your burn pile correctly and safely to avoid any unwanted emergencies.

### 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.



### Remember:

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

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:  
[El Dorado County's Website](#)

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>



# WILDFIRE COMMUNITY PREPAREDNESS



## Do you have a go bag ready?

Put together your emergency supply kit long before a wildfire or other disaster occurs and keep it easily accessible so you can take it with you when you have to evacuate. Plan to be away from your home for an extended period of time.

Each person should have a readily accessible emergency supply kit. Backpacks work great for storing these items (except food and water) and are quick to grab. Storing food and water in a tub or chest on wheels will make it easier to transport. Keep it light enough to be able to lift it into your car. Ensure you plan with COVID-19 in mind.

### Suggested Items



- Face masks or coverings
- Three-day supply of non-perishable food and three gallons of water per person
- Map marked with at least two evacuation routes
- Prescriptions or special medications
- Change of clothing
- Extra eyeglasses or contact lenses
- An extra set of car keys, credit cards, cash or traveler's checks
- First aid kit
- Flashlight
- Battery-powered radio and extra batteries
- Sanitation supplies
- Copies of important documents (birth certificates, passports, etc.)
- Easily carried valuables
- Family photos and other irreplaceable items
- Personal computer information on hard drives and disks
- Chargers for cell phones, laptops, etc.
- Don't forget pet food and water!



[To learn more about wildfire community preparedness, visit the following websites:](https://www.nfpa.org/-/media/Files/Public-Education/Campaigns/TakeAction/TakeActionBackPackGoKit.ashx)

<https://www.nfpa.org/-/media/Files/Public-Education/Campaigns/TakeAction/TakeActionBackPackGoKit.ashx>

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

<https://www.readyforwildfire.org/prepare-for-wildfire/get-set/emergency-supply-kit/>





# WILDFIRE COMMUNITY PREPAREDNESS



## Have you signed up for CodeRED?

To sign up for CodeRED visit the direct link:

<https://public.coderedweb.com/CNE/en-US/BF6E025EBFDC>



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.

### COMMUNITY NOTIFICATION ENROLLMENT



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.

### Frequently Asked Questions

#### What is CodeRED and why is it important to me?

CodeRED is an emergency notification service that allows emergency officials to notify residents and businesses by telephone, cell phone, text message, email, and social media regarding time-sensitive general and emergency notifications. Only authorized officials have access to the CodeRED system.

#### What should I do if I receive a CodeRED message?

Listen carefully to the entire message. You will have the option to repeat the message by pressing any key. Do not call 911 for further information unless directed to do so or if you need immediate aid from the Police or Fire department.



For more frequently asked question answers, visit:

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

# HOARDING PREVENTION

## Are your exits clear?

Protect yourself and emergency responders by ensuring your exits are clear. Limit fuel loads as well by clearing clutter in your home.



- Hoarding can be a fire hazard. Many occupants die in fires in these homes. Often, blocked exits prevent escape from the home. In addition, many people who are hoarding are injured when they trip over things or when materials fall on them.
- Responding firefighters can be put at risk due to obstructed exits, falling objects, and excessive fire loading that can lead to collapse. Hoarding makes fighting fires and searching for occupants far more difficult.
- Those living adjacent to an occupied structure can be quickly affected when a fire occurs, due to excessive smoke and fire conditions.



To learn more about hoarding prevention, visit the following websites:  
<https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Behavioral-risks/Hoarding>  
[https://www.usfa.fema.gov/current\\_events/031419.html](https://www.usfa.fema.gov/current_events/031419.html)



# PFPD EVENTS AND INFORMATION



## Thank You for Attending our Emergency Response Workshop!

*Missed it? Watch the video [here!](#)*

On March 20, 2021 we hosted a virtual event where our goal was to educate our community on how the Pioneer Fire Protection District operates. Representatives from agencies who assist Pioneer Fire Protection District in the event of an emergency were also present to discuss what their function is in an emergency and in the community.

Agencies represented at the event were Pioneer Fire Protection District, El Dorado County Emergency Services Authority, California Highway Patrol, El Dorado County Sheriff's Office, Office of Emergency Services, and local Fire Safe Councils.



## Thank you for helping to make our Boot Drive a Success!

The community came out in a big way for the boot drive helping The Pioneer Volunteer Firefighters Association and Pioneer Firefighters Local 4586 in raising \$11,019.26 for the Firefighters Burn Institute!





# PFPD EVENTS AND INFORMATION



## ARE YOU FOLLOWING US ON SOCIAL MEDIA?

Be sure to follow us on all social media outlets for up to date department information and safety messaging.

### FACEBOOK



<https://www.facebook.com/pioneerfireprotectiondistrict>

[@pioneerfireprotectiondistrict](#)

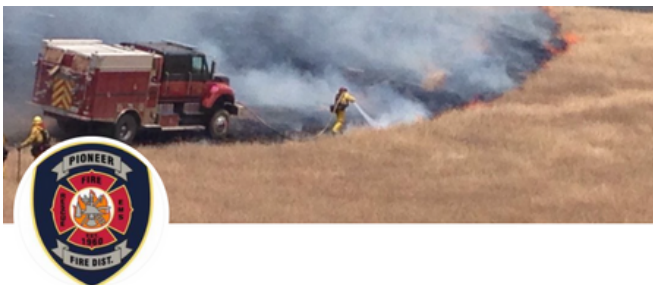


### TWITTER



[https://twitter.com/pioneer\\_fire](https://twitter.com/pioneer_fire)

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### INSTAGRAM



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