



# The SPANNER

A Bi-Monthly Publication for the Friends and Firefighters of the Stayton Fire District

[www.staytonfire.org](http://www.staytonfire.org)

MARCH—JUNE 2019



## From the Chief's Desk

~ *Stayton Fire Chief Jack Carriger*

It's that time of year again . . . already. Fire season is upon us once again! It's time to start thinking about all the safety issues that come with fire season and making sure you are prepared for its challenges.

Make sure you have inspected your wildland PPE and it is ready to go. Are your coat and pants clean and in good repair? Do they fit properly? Have you checked your boots to confirm they are in good shape, laces, heels and soles? Do you have good gloves (both of them) that fit and are in good repair? Make sure you check your helmet.

We are in the process of purchasing new helmets but until we receive them and put them in service you need to make sure your current helmet is ready to go. Check your goggles, make sure they're in good shape and the face seal and elastic head band are in good condition.

Now that you have your PPE ready to go, are

you? If winter has afforded you little to no opportunity to get out and about now is the time to get off the couch and go for brisk walks. It's vitally important to you and your crew member's safety to be in shape to fight fire.

As you know firefighting of any kind is very strenuous. When you add high ambient temperatures and difficult terrain to the physical demand of firefighting, fatigue factors are significantly elevated. In addition, if you are not in good shape, physical injuries are more likely to happen as you overexert yourself while working to complete your assignment.

Just as important as your PPE and physical condition, is hydration. Make sure you are hydrating throughout the day, especially as temperatures start creeping higher. If you wait until a call to start hydrating, it's too late, you're already behind the ball. You will quickly find yourself having a physical reaction to the lack of fluids in your body, putting yourself and your crew in jeopardy.

Take your preparation and readiness seriously so "Everyone Goes Home".

**Thank You Sponsors  
and Citizens for Your  
Support at our FF  
Breakfast and Support  
Team Raffle.**



**Backyard  
burn season  
ends June 15**

**1-888-982-0011**



# DISTRICT ANNIVERSARIES

## MARCH

- Doug Hansen—35 yrs.
- Eric Peterson—13 yrs.
- Jeff Harris SR—13 yrs.
- Linda Lai—11 yrs.
- Trent Tegen—7 yrs.

## APRIL

- Eric Fery—32 yrs.
- Adam Bailey—15 yrs.
- Craig Griffith—13 yrs.
- Byron Brown—5 yrs.

## MAY

- Jay Alley—34 yrs.
- Taunie Alley—20 yrs.
- Mike Odenthal—18 yrs.

## JUNE

- George Crosiar—46 yrs.
- Doug Smith—8 yrs.
- Angel Cruz—5 yrs.
- Ashley Mitchell—2 yrs.

**Congratulations!**

**277 Years  
of Service!**

# HANDS-ONLY CPR FOR WITNESSED SUDDEN COLLAPSE

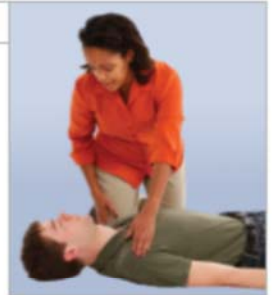


## 1. CHECK and CALL

1. **CHECK** the scene, then **CHECK** the person.
2. Tap on the shoulder and shout, "Are you okay?" and quickly look for breathing.
3. **CALL** 9-1-1 if no response.
4. If unresponsive and not breathing, **BEGIN CHEST COMPRESSIONS**.

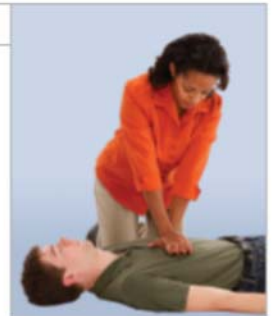
### TIPS:

- Whenever possible use disposable gloves when giving care.
- Occasional gasps are not breathing.



## 2. GIVE CHEST COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
3. Keep your arms straight, position your shoulders directly over your hands.
4. Push hard, push fast.
  - Compress the chest at least 2 inches.
  - Compress at least 100 times per minute.
  - Let the chest rise completely before pushing down again.
5. Continue chest compressions.



## 3. DO NOT STOP

### Except in one of these situations:

- You see an obvious sign of life (breathing).
- Another trained responder arrives and takes over.
- EMS personnel arrive and take over.
- You are too exhausted to continue.
- An AED is ready to use.
- The scene becomes unsafe.

## AED AUTOMATED EXTERNAL DEFIBRILLATOR

### If an AED is available:

1. Turn on AED.
2. Wipe chest dry.
3. Attach the pads.
4. Plug in connector, if necessary.
5. Make sure no one is touching the individual.
6. Push the "Analyze" button, if necessary.
7. If a shock is advised, push the "Shock" button.
8. Perform compressions and follow AED prompts.

Go to [redcross.org](http://redcross.org) or call your chapter to sign up for training in full CPR, First Aid, Babysitter's Training, Pet First Aid and much more.

## EMS Night Out!

Stayton Fire District crews went out into the community Thursday, May 23 during National Emergency Medical Services (EMS) Week. Personnel from the Stayton & Me-hama stations met with the public at Roth's while other Stayton & Marion station personnel were at Safeway.

Community members had the opportunity to talk with Firefighter/EMTs, look at the emergency vehicles & equipment, learn & practice hands-only CPR, see an automatic external defibrillator (AED), receive handouts about signs of stroke, and find out about becoming a volunteer FF/EMT with Stayton Fire District.

There are several levels of volunteer opportunities with Stayton Fire District besides firefighting. Our EMS Responder program has Oregon licensed EMRs, EMTs & Paramedics responding to medical emergencies. Our Support program has people that help with rehabilitation for firefighters on scene, and performing non-emergency support duties, such as photography.





## Wildland Fire Season Safety

Forecasters predict the potential for large wildfires will be higher than average on the west coast this summer. (wildfiretoday.com)

You can take simple steps to improve your defenses against wildland fires.

Create a defensible space around your house

- ◆ Trim tree branches 15' away from roofs
- ◆ Clear roofs and gutters of debris
- ◆ Keep stacked firewood 30-100 feet away from house
- ◆ Mow, rake and frequently water grass
- ◆ Plant fire resistant shrubs

Make sure you have a visible address sign and driveways have enough clearance for emergency vehicles

Establish escape routes and have an emergency action plan in place for family, pets, livestock, etc.

## 2019-2020 Budget Approved

The Stayton Fire District Budget Committee approved the budget for FY 2019-2020. After a public hearing, it will go to the Board of Directors for adoption. A copy of the budget is available at the District Business Office or can be found on the website under Documents.

## Well Done!

Congratulations to new recruits **Tim Godfrey, Marcus Andrews, Cody Miller, Antonio Johnson, Kaleb Banes and Tim Wilson** for completing all their competencies; they are now responding on calls.

JUNE 19: Congratulations to all Santiam Fire-fighter Academy Graduates!! Graduation is June 19 at 7 pm at Stayton High School Auditorium.



## DISTRICT BIRTHDAYS

### MARCH

- 8—Cody Miller
- 15—George Crosiar
- 20—Dorwin Lovell
- 22—Rhonda Grant
- 30—Maria Sammons
- 31—Sheila Woodsmall

### APRIL

- 1—Ashley Griffith
- 3—Kathleen Kent
- 12—Jay Alley
- 16—Jacob Adams
- 18—Gene Dershewitz
- 19—Ron Mitchell

### MAY

- 3—Jay Myers
- 4—Josh Lindemann
- 7—Rachel Heinrich
- 9—Monica Johnson
- 9—Tim Wilson
- 12—Josh Starbuck
- 13—Barbara Nelson
- 14—Kurt Hueller
- 16—Allyson Wren
- 21—Linda Lai
- 21—Scott Orr
- 25—Greg Beitel

### JUNE

- 4—Anjuli Foster
- 5—Dan Houston
- 10—Nick Lulay
- 11—Tannie Alley
- 14—Craig Griffith
- 15—Angel Cruz
- 17—James McDougall
- 17—Marcus Andrews
- 22—Brennan Baker

Happy Birthday!



*Upcoming Events...*

- June 13      **Live Fire Training**
  
- June 19      **Recruit Academy Graduation**
  
- June 16      **Happy Father's Day!**
  
- June 22      **Golf Tournament to support  
the Oregon Burn Center**
  
- June 24      **Special Board Meeting to  
Adopt Budget**

Watch your email and check the website calendar for activity and event notifications  
[www.staytonfire.org](http://www.staytonfire.org)

*\* Congratulations Corner \**



*Mila Rose Hansen*

Congratulations Brandon and Emily Hansen  
(and Grandpa Doug and Grandma Tori) as  
they welcome Mila Rose  
Feb 11, 2019, 8lbs and 21.5"








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Stayton, OR 97383





**10 SIGNS AND SYMPTOMS OF STROKE**






**A SUDDEN ONSET of the following may indicate stroke\***

	SYMPTOMS A LOVED ONE MAY EXPERIENCE	SIGNS YOU MAY NOTICE
1.	 <p>CONFUSION</p> <p>Unable to understand what is happening, can't think clearly or feel thrown off</p>	<p>A puzzled look, a hard time focusing, trouble making decisions</p>
2.	 <p>DIFFICULTY UNDERSTANDING</p> <p>Unable to comprehend speech or language</p>	<p>Raised or wrinkled eyebrows, shaking their head "no" Unsteady or woozy</p>
3.	 <p>DIZZINESS</p> <p>Feeling faint, lightheaded, or like the room is spinning</p>	<p>Unsteady movements (like they have motion sickness), like they are drunk (without having any alcohol)</p>
4.	 <p>LOSS OF BALANCE</p> <p>Unstable with less coordination</p>	<p>Wobbling around, grabbing onto a stationary object</p>
5.	 <p>NUMBNESS</p> <p>A tingling feeling in the body (i.e., face, arm or leg), like pins and needles</p>	<p>Constant touching, massaging, or shaking of the numb areas</p>

\*Note that these symptoms or a combination of them are not unique to stroke, but if they are sudden and out of the ordinary, they may indicate a sign of stroke and require immediate attention.



.....◆.....  
 "I never thought this would happen to us. But I'm glad I recognized the signs of stroke and acted immediately. It helped save my husband and prevent long-term disability."  
 .....

	SYMPTOMS A LOVED ONE MAY EXPERIENCE	SIGNS YOU MAY NOTICE
6.	 <p>SEVERE HEADACHE</p> <p>Pain or discomfort in the head, scalp or neck with no known cause</p>	<p>Touching their head, rubbing their temples, sensitivity to light</p>
7.	 <p>TROUBLE SPEAKING</p> <p>Unable to speak or slurred speech</p>	<p>Sentences that can't be understood, difficulty having a conversation</p>
8.	 <p>TROUBLE WALKING</p> <p>Stumbling or unable to walk straight</p>	<p>Tripping over nothing</p>
9.	 <p>VISION CHANGES</p> <p>Blurred vision or trouble with eyesight in one or both eyes</p>	<p>Squinting or rubbing their eyes, not able to read</p>
10.	 <p>WEAKNESS</p> <p>Lack of strength in the face, arm, or leg—especially on one side of the body</p>	<p>Wanting to sit or lay down, difficulty doing simple tasks</p>

**SEE THE 10 SIGNS OF STROKE COME TO LIFE AND DOWNLOAD THIS LIST AT [overreact2stroke.com](http://overreact2stroke.com)**

**If you suspect STROKE , CALL 911 immediately**

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Experienced firefighters assist Recruits with hands-on training.



Fires and MVA calls for service.

