



# NEWSLETTER

KING COUNTY FIRE DISTRICT #2 SAVING LIVES AND PROPERTY  
SERVING THE CITIES OF BURIEN AND NORMANDY PARK



## NEW HEADQUARTERS STATION OPENS!

**VIEW FROM THE CORNER OFFICE | CHIEF'S CORNER**

Well we finally made the move! After a nearly 3 year delay due to defective materials on the new station we have finally moved in. I want to thank all the citizens who provided their unwavering support during those difficult years battling with the contractor. I won't belabor all the finer details of the legal battle, but suffice it to say the

District prevailed in holding the contractor responsible for the necessary repairs and safeguarding the public assets. Now that we have moved in and are operational from the new station located at 900 SW 146th the real work has started.

After over 70 years in our old station you can imagine the amount of stuff that needed

to be moved. Additionally we are fine tuning all the systems and equipment at the new station. I want to take this opportunity to thank all the staff and firefighters for all the additional hard work to ensure we seamlessly transitioned into the new station with zero delay to our emergency 911 responses. We are extremely appreciative of the public

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### NO. 1 IN THE WORLD **SAVING HEARTS & LIVES**

King County leads the world in CPR survival rates for witnessed cardiac events.

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### A DAY IN THE LIFE **FIREFIGHTER PROFILE**

As the clock strikes 07:11 the alarm tones ring out and echo throughout the apparatus bay...

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### LEADING CAUSE OF FIRES **KITCHEN SAFETY**

Did you know that cooking fires are the number one cause of home fires and injuries?

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Questions or comments? Email us at [TimZimniski@burienfire.org](mailto:TimZimniski@burienfire.org) or call us at (206) 242-2040.

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# SAVING HEARTS & LIVES!

Did you know that just by living in King County, you are increasing your survival rate in a cardiac event?

There are many things about Burien and Normandy Park that make it an exceptional place to live and work. Just by living here, you are increasing your survival rate in a cardiac event. That's right; King County leads not just the nation, but the world in CPR survival rates at an incredible 62% for witnessed events resulting in Ventricular Fi-brillation or VF. To give you an idea of how that compares, the national average save rate is 7-10%, with Chicago coming in at 10% and New York City at 9%.

So what makes King County so successful at reviving people whose hearts have stopped beating? The key to a cardiac save is a quick response, perfect CPR, advanced life saving measures and hospital support.

**Response times in King County are fast, ranging from 4-6 minutes in most cases.** This is due to smart Dispatch, staffing EMT's on all apparatus, and mutual aid. We send two fire units to a CPR, typically an aid car and an engine, but if one of those units is already on a call, we will automatically get the next available apparatus in the area to respond. This ensures the fastest possible response time to get trained EMT's to the scene.

**A medic unit is automatically started for all CPR calls.** When they arrive, they can administer drug therapies to the patient, provide advanced airway management and cardiac rhythm assessment. Typically the medic unit will transfer the patient to the hospital with additional firefighters on board to ensure CPR is ongoing if necessary while en-route. The hospital receives the patient and stabilizes them, allowing recovery to begin.

**Our EMT's and Medics train continuously on the basics, perfecting what we call "high performance CPR".** This approach maximizes

the amount of time that proper chest compressions are delivered to the patient, even while other treatments are occurring. We also have the advantage of working with research hospitals in the area such as Harborview and the University of Washington. New protocols and drug therapies are studied and implemented in an effort to drive our save rate as high as possible. A few years ago, 50% was thought to be as high as the save rate could go; when we passed that we thought, why not 60%? As we strive to new higher save rates, we redouble our efforts to get better in hopes that, should you or a loved one need it, we will be there to save them too.



**YOU CAN HELP!** Call us to set up CPR classes for you or your group at (206) 242-2040.

## CALL TRACKER

2015

**TOTAL: 4,505**

**STATION 28**

**EMS/RESCUE: 3,116**

**FIRE: 147**

**STATION 29**

**EMS/RESCUE: 1,179**

**FIRE: 63**

2016 (AS OF MAR. 31)

**TOTAL: 1,347**

**STATION 28**

**EMS/RESCUE: 765**

**FIRE: 14**

**STATION 29**

**EMS/RESCUE: 331**

**FIRE: 11**

## A DAY IN THE LIFE

# FIREFIGHTER PROFILE



It's another early spring day and dreary gray clouds hang overhead like a monochromatic bed canopy. The streets are impressively quiet for a Tuesday morning as the crew of B-Shift settles into routine daily apparatus checks. Operational readiness is the order of the morning as they prepare for another day packed full of calls, training, cleaning, and the more than occasional unknown surprise. Preparing the aid car for service is firefighter Brien Marcus and senior firefighter Jeff Harris. As the clock strikes 07:11 the alarm tones ring out and echo

throughout the apparatus bay. Equipment is quickly shuffled back on the apparatus, the engine is fired up, and the aid crew expeditiously exits the station with lights and sirens on their way to render aid for the first call of the day. Only 23 hours and 49 minutes of this shift remain.

The tempo is all too familiar. In the last 11 years firefighter Marcus has rendered aid to thousands of citizens of Burien and Normandy Park. Today will be no different and the challenges that will be presented are part of what makes this job so special. As the first call winds down, the patient is transported by Medic One and the aid car returns to quarters.

Firefighter Marcus has now been at work for almost a full hour. It's time to finish the apparatus checks and get ready to swap to another piece of apparatus. The word has come down, there is training to be done and Brien will be the acting captain on a reserve fire engine headed to Kent. Just enough time to grab a quick breakfast, ensure correct staffing, and get on the road. An hour and a half have passed. Only 22 hours and thirty minutes of this shift are left.

While in Kent, Brien and his crew are evaluated for their emergency medical technician skills. This annual training certifies that they meet the state standards and follow King County EMT patient care guidelines. This rigorous evaluation lasts three hours. Brien and his engine company pass the evaluation and return to Burien right after their dedicated lunch hour started. The crew disembarks the engine and swaps back onto the aid

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## KITCHEN SAFETY

Did you know that cooking fires are the number one cause of home fires and injuries?

According to the National Fire Protection Association, the leading cause of fires in the kitchen is unattended cooking.

**Follow these simple rules to avoid having a kitchen fire in your home.**

**1** Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains – away from your stovetop.

**2** Avoid leaving the kitchen when you are cooking on the stove. If you must leave, turn the stove off and move the pan off the hot burner. Use a kitchen timer so that you don't get distracted and forget that you are cooking.

**3** Never cook when you're drowsy or have consumed alcohol. Alcohol and fatigue reduce your attentiveness, which prevents you from reacting to any unsafe conditions that occur.

**4** If you have a small (grease) cooking fire and decide to fight the fire, slide a tight fitting lid on the pan and turn off the burner if it's safe to do so. Never try to move the pan to the sink and never use water to extinguish a cooking fire.

**5** For an oven fire, turn off the heat and keep the door closed. If you have any doubt that you can safely put out the fire, just get out and call 911 from outside your home.

When you leave, close the door behind you to help contain the fire. Preparing meals can be great quality times with family members but children should never be allowed to cook unattended. Following a few simple rules can keep you and your family safe.

# FIREFIGHTER PROFILE (CONTINUED FROM P. 3)

car. It's now 12:35 and as the crew sits down to have lunch the all too familiar echo of tones alarms throughout the station. The aid car is off and running. Lunch will have to wait. The aid car has just been dispatched to help an elderly male who is short of breath. This is the seventh call of the day for Burien and unbeknownst to Brien and the crew of B-Shift, there will be 21 more calls before 7 a.m.

There is a quiet confidence about some folks that grabs your attention. I'm sure you've met the type. The less spoken individuals who exhibit a rare tenacity, finding satisfaction in a job well done. They tend to lead by example setting

the bar high. They don't complain and aren't looking for a pat on the back. The sweat on their brow is the reward for their efforts. Our department is fortunate to have one of these individuals serving the communities of Burien and Normandy Park. His name is Brien Marcus.

Brien is an unassuming figure. He has a medium but athletic build and he doesn't attempt to draw a lot of attention towards himself. Much like an iceberg however, there is so much more to Brien than meets the eye. Brien is an ironman triathlete with two degrees (business and human resources). He is an avid cross-fit member who was

a volunteer for the department for 3 years prior to becoming a full time employee. He was once awarded the Medal of Valor for pulling a disabled man from a burning building and he serves graciously the greater community in which he lives. In this day in the life, Brien will go on one call almost every hour of his 24 hour shift. The best part is that these calls were run with distinction and honor. So, the next time you see the fire engine running with lights and siren, pull to the right and stop, then just remember that Brien and the firefighters of Burien are there to help and it's our pleasure to serve you 24 hours a day.

# NEW STATION (CONTINUED FROM P. 1)

support and look forward to serving the citizens of Burien and Normandy Park from our new stations for at least the next 70 years.

## SO WHAT'S ON THE HORIZON NOW?

The District has begun the process to refinance the 2009 voter approved bonds which paid for the new stations. Even though the interest rates on bonds were low in 2009, our bond underwriter has indicated that due to recent economic conditions the current bond rates are even lower. Initial projections indicate refinancing the bonds could save the taxpayers almost \$1M dollars.

The District will be outfitting the new headquarters station for use as the primary Emergency Operations Center (EOC) for the Cities of Burien

and Normandy Park. Whether it's an earthquake, snowstorm, heavy rains, landslide, windstorm, or any other natural or manmade disaster, King County Fire District #2 is continually preparing, training and responding in order to serve the citizens at the highest level. Currently, the District is preparing to participate in the 2016 regional disaster event named Cascadia Rising, simulating a magnitude 8.0-9.0 subduction zone earthquake.

We look forward to a fire station open house in the spring (once the weather is a little nicer) to share with the public our new headquarters building which we are very proud of and hope the citizen are too. We hope you can stop by for a visit.

**Details will be available soon on our website, [www.burienfire.org](http://www.burienfire.org).**

