

VERNONIA RURAL FIRE PROTECTION DISTRICT

Cardiac Arrest and AEDs

Every day in the United States Sudden Cardiac Arrest (SCA) kills 1,000 people.

That's one person every two minutes.

SCA is the leading cause of death in the United States and it claims an estimated 325,000 lives each year. It is difficult to predict and many victims have no prior symptoms. It is estimated that 95 percent of victims of cardiac arrest die before they reach a hospital or other source of emergency help.

The deployment and subsequent defibrillation of an Automated External Defibrillator, or AED, is a proven method of reducing death and disability from SCA. In order to increase the chance of survival an AED must be available soon after cardiac arrest. Chances of survival decrease by 10% with each minute that passes. Having AEDs in the hands of laypersons who are often the witness of SCA can increase survival rates.

Although Vernonia is a small

town it still has twelve AED's currently in service. Vernonia Fire has 5 fire vehicles outfitted with AED's attached to their EMS kits, Metro West Ambulance has 2, Vernonia School District and Cedar Ridge have one each and all 3 Vernonia Police officers carry one. In February of 2014 Vernonia was dispatched to



a cardiac arrest call, Vernonia Police Officer Matt Brady was on patrol and first on scene applying his AED and administering CPR prior to Fire & EMS arrival.

Oregon Law:

Oregon Revised Statue (ORS) 30.802 and 431.680 was recently updated by House Bill (HB) 3482.

The documents jointly provide "Good Samaritan" protection for trained AED providers, employers, property owners or agencies that make AEDs available for use under certain circumstances.

Under a pair of bills, Oregon Senate Bill (SB) 556 (2009), and Oregon Senate Bill 1006 (2010), both established and updated ORS 431.690, as well as updating ORS 30.802, requiring certain "public assembly areas" to have AEDs and also extend Good Samaritan protection to single buildings 50,000 sq. ft. and larger and where at least 50 people congregate during business hours, including commercial, office, retail, deliberation, and transportation uses (e.g., shopping malls, large retail stores, office buildings, transportation terminals), but excluding property used for education or worship.

Oregon Senate Bill 1033 requires most Oregon public and private school campuses must have at least one AED by January 1, 2015. Some may need to comply with the law sooner. See <http://www.osba.org/Resources/Article/>



Legal/AED_Oregon_schools.aspx for more information.

Oregon Administrative Rules 333-030-0105 requires all residential camps with 100 or more on-site campers and staff to have at least one AED with pediatric capability, by June 1, 2009. Oregon Senate Joint Resolution 32 (2001) strongly encouraged placing AEDs in public buildings.

As AEDs are viewed more like necessary safety equipment than just another type of medical equipment (fire extinguishers are a common analogy) we seem to be approaching the day when NOT having public-access AEDs will be a greater liability than having them.

For more questions about CPR or AED's contact Vernonia Fire at 503-429-8252, or check out the American Heart Association website at Heart.org.

Another Aspect of Roadway Safety

With the spring season upon us bringing sporadic, warm, and dry days, there will be more motorcycles out to enjoy the ride and share the road. This means everyone needs to do their own part to stay safe. As a reminder we found a list of safety tips and reminders to refresh your memories.

For the Riders:

PAY ATTENTION AND DRIVE TO SURVIVE

Motorcycles are the smallest vehicles on the road. Unfortunately they provide virtually no protection in a crash. Other drivers may not see you on your motorcycle, so you must be aware of everything on the road. Be extra cautious, paying attention to the signals and brake lights of other vehicles, especially trucks. However, you still need to be prepared in the event their signals or lights don't work. Ride with caution and drive defensively. Even though your motorcycle may be small, you must adhere to the laws of the road. Never ride in between lanes in traffic or share a lane with another vehicle. Don't instigate aggressive driving with other motorists; you will only increase your chance of a crash.

CHECK YOURSELF AND YOUR BIKE

Conduct a safety inspection of your motorcycle before each ride, and wear protective clothing including gloves, boots and a jacket. Proper maintenance and protective clothing will help reduce your chance of a crash or the severity of injury if you are involved in a crash, especially with a large truck or bus.

WATCH YOUR SPEED

Of all vehicles, motorcycles accelerate the fastest, while trucks and buses are the slowest. Please watch your speed around trucks, especially in bad weather or at night. Colliding with the back of a truck will end your riding days. Pass ONLY IN APPROVED PASSING ZONES. Those that pass on corners or on the double yellow line not only put their lives in danger but the lives of innocent people that share the road.

WATCH THE NO-ZONES

Never hang out in a truck's blind spot or "No-Zone." Trucks have large No-Zones on both side: the front and behind the truck. Truck drivers cannot see you when you ride in these blind spots, which allows for a greater chance of a

crash. The front blind spot is particularly dangerous if you need to stop quickly. Because of their light weight and braking system, motorcycles can stop much faster than trucks. A truck may not be able to stop as quickly as you do, so you need to take special precautions to avoid crashes before they happen.

For the Rest:

PAY ATTENTION

Because of its narrow profile, a motorcycle can be easily hidden in a car's blind spots (door/roof pillars) or masked by objects or backgrounds outside a car (bushes, fences, bridges, etc.) Take an extra moment to look for motorcycles, whether you're changing lanes or turning at intersections.

Motorcycles my look farther away than they really are and because of their small size it will be harder to judge the actual speed. Be patient as they may not be able to stop as fast as you think.

Motorcyclists often slow by downshifting or merely "rolling off the throttle", thus not activating the brake light. Allow an additional following distance of three or four seconds. At intersections, assume a rider may slow down without visual warning. Also be aware that motorcycles turn signals are usually not self-canceling. Some riders, especially beginners, sometimes forget to turn them off after a lane change or a turn. Again please be patient for everyone's sake.

Calls responded to February 1-28

Fire	0
Emergency Medical Service	28
Hazardous Condition	8
Good Intent	2
Severe Weather	1
Service Call	8
Total	47

Children Car Seat Clinic In Vernonia

In Memory of Lorelai Fields

Saturday April 12, 2014

11am—1 pm

Registrations requested but drive-ins welcome!

Registration Contact	Clinic Location
Kathy Kelly 503-369-7249 Email kathydk1@nworheadstart.org	Vernonia Fire Department 555 Bridge Street Date: 4/12/2014 Time: 11-1pm

The following seat prices are available:

- Convertible and combination seats \$30.00
- High back booster seats \$15.00
- No back booster seats \$ 5.00

Please bring **cash or money order** made out to: [Columbia County Safe Kids](http://ColumbiaCountySafeKids.org). Supplies are limited so seats are available on a first come, first served basis. Limited Scholarships will be available on a need only basis

Oregon Law

Convertible seats protect children weighing between 5 and 40 pounds. Combination seats protect children over 1 year of age and weighing over 22 pounds. Booster seats protect children weighing over 40 pounds to age 8 or 4'9" in height.

CHILD RESTRAINT LAW: Child passengers must be restrained in approved child safety seats until they weigh forty pounds. Infants must ride rear-facing until they reach both one year of age AND twenty pounds.

BOOSTER SEAT LAW: Children over forty pounds must use a booster seat until they are age 8 OR 4'9" in height.

SAFETY BELT LAW: A child taller than 4'9" OR age 8 or older must be properly secured with the vehicle's safety belt. The child is properly secured if the lap belt is positioned low across the thighs and the shoulder belt is positioned over the collarbone and away from the neck.

BEST PRACTICE: Remember that children under age 13 should ride in the back seat where they are 37% safer. And never transport more children in your car than you have child safety seats and safety belt systems.



Thank you to our sponsors

- Vernonia Ambulance Association
- Vernonia Rural Fire Protection District
- Vernonia Head Start
- Vernonia Prevention Coalition
- Safe Kids of Columbia County
- Lions Club International



**Call our info line
for burn updates
503-429-8252**