

# VERNONIA RURAL FIRE PROTECTION DISTRICT

## Stay Safe This Summer

As summer temperatures hit, here are a number of important tips.

- Drink enough water to prevent thirst.
- Monitor fluid loss by checking the color of your urine. It should be pale yellow and not dark yellow, too smelly or cloudy.
- For short-duration (less than 60 minutes), low-to-moderate-intensity activity, water is a good choice to drink before, during and after exercise.
- Any time you exercise in extreme heat or for more than one hour, supplement water with a sports drink that contains electrolytes and 6 percent to 8 percent carbohydrates.
- Begin exercise well-hydrated. Drink plenty of fluids the day before and within the hour before, during and after your exercise session.

### Water safety

Whenever you are near a natural water environment, look out for:

- Unexpected changes in air or water temperature.
- Fast-moving currents, waves and rapids, even in shallow water.
- Hazards, such as dams, underwater obstacles, or rocks or debris moving on the surface or along the bottom of the water.
- Aquatic life, such as vegetation that could entangle feet or animals that live in, on or around the water.
- Sudden drop-offs that change water depth.
- Other people's activities in the same waters, such as boating.

### Fire safety

During the summer season, cooking fires are one of the leading causes of damage to residential structures. Specific causes included:

- Ignition of food or other cooking materials
- Unattended Cooking
- Misuse of cooking equipment / unfamiliarity with equipment and safety procedures
- Use of alcohol / drugs / medications before / during cooking
- Powering a cooking appliance via an extension cord

### Fireworks safety

- Use of consumer fireworks can lead to devastating burns, other injuries, fires and even death.
- In recent years, fireworks have been one of the leading causes of injuries serious enough to require hospital emergency room treatment. Fireworks can result in severe burns, fractures, or scars or even death or disfigurement that can last a lifetime. The thousands of serious injuries each year typically harm the eyes, head, or hands, and are mostly reported in states where fireworks are legal. Even sparklers, which are considered by many to be harmless, reach temperatures of more than 1,000° F.

### Sun/heat exposure

- Be aware of the heat. Pay attention to it and modify your activities appropriately.

- Pay attention to your hydration status, and be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places such as libraries, shopping malls and movie theatres are air conditioned.
- Avoid hot enclosed places, such as cars. Never leave children unattended in a car parked in the sun.
- Use a fan, if available.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

### 8 Signs of Heat

#### Overexposure

- Heavy sweating. But if heat stroke sets in, the body can no longer compensate and stops sweating.
- Pale skin
- Muscle cramps
- Feeling tired and weak



- Altered mental status (confusion or disorientation)
- Headache
- Becoming semi-conscious, or passing out.
- Nausea or vomiting

Information retrieved from Red Cross, FEMA, and OSHA.

## Calls responded to April 1-30

Accident	1
Fire	0
Emergency Medical Service	22
Medical Assist	7
Public Service Assistance	2
Smoke	0
Unauthorized Burning	1
No Emergency Found	1
False Alarm	0
<b>Total</b>	<b>34</b>

## Bang Sizzle Boom!

Each year the Fireworks Fund needs help from every Vernonia citizen to put on the 4<sup>th</sup> of July show. The yearly

goal of \$5,100.00 to put on the display is short this year. The fund still needs about \$1,000.00.



Please help make this year's goal. Donations can be dropped off at any of the cans around town or at the Vernonia Fire Station. Checks can be made out to VRFPD Fireworks.

If you have questions or concerns please contact Loren Loomis at 503-396-8433 or [loren.loomis@intel.com](mailto:loren.loomis@intel.com)

## From the Chief

It seems Mother Nature likes to continue to challenge us as well as keep us on our toes. This spring has seen a myriad of weather patterns from dry and hot to wet and balmy.

Although we may seem to have plenty of moisture in our surrounding landscape it only takes one really dry day and that will change everything. The western side of the U.S. has already seen several wildfires this year, beginning with one on the Oregon coast in January. The latest in Bend burned nearly 7,000 acres. We need to be extra vigilant when we are burning our yard debris

and campfires in these last few weeks of open burning.

The Columbia County Fire Defense Board has agreed that we will leave the open burning season open, if the weather permits, until July 1, 2014. Please make sure that you call EVERY day that you want to burn to ensure that burning is allowed. Please watch out for wind and remember that even with a permit you are responsible for any and all damages that may occur if your fire gets out of hand.

Chief Dean Smith

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

## VERNONIA VOLUNTEER FIRE & RESCUE GOLF BENEFIT



Sunday, August 3rd, 2014  
7:00 AM  
(Jamboree Weekend)

Vernonia Golf Course  
15961 Timber Rd. East  
Vernonia, OR 97064

Please join in supporting "Toy & Joy" to purchase toys for local kids for Christmas

**Format:** Scramble, Shotgun Start (4 person teams)

**Entry Fee:** \$60.00 per person  
Due by: July 28, 2014  
(Before July 4th for \$10 off per person)

**Entry Fee includes:** Green fees, 2 Carts per team, Gift, Lunch and Raffle Ticket

Lunch, Raffle & Awards following the tournament.  
Putting, Longest Drive & Closest to Pin Contests

Make checks payable to:  
Vernonia Volunteer Fire & Rescue Association  
501(c)3 Tax deductible

For more information, please contact Randy Carlton: 503-429-8252, 503-791-8309 or Email: [vernoniagolfbenefit@gmail.com](mailto:vernoniagolfbenefit@gmail.com)