

# VERNONIA RURAL FIRE PROTECTION DISTRICT

## Stay Hydrated

Summer weather is here and we will likely see some hot days ahead. So with that in mind, here are a few tips on beating the heat and staying healthy while you do it.

Please remember your pets and farm animals. They need to keep hydrated too!

### Key Safety Tips

- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid-restricted diets, or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Never leave children or pets alone in closed vehicles.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they

are not suffering from the heat.

- Go to a designated public shelter if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.

- Check the weather/listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS).

### Safety Tips if You Have to Go Outside

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing sunblock and a wide-brimmed hat.



- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.

For these tips and more, go to [READY.GOV](http://READY.GOV)

## Burn Permits

Just a reminder that if you live in the Vernonia Rural Fire Protection District, you need a valid Burn Permit to burn your yard and garden debris. You can pick up your Burn Permit at the fire station which is located at 555 E. Bridge Street in Vernonia.

Along with your Burn Permit you will receive some paperwork listing the items that you are allowed to burn. Anything other than what is on the list is considered to be an illegal burn.

The fire season is just around the corner and it would be a good idea to start calling the Burn Line BEFORE you burn. Call: (503) 429-8252. After hours you will be connected to a recorded message that

will let you know if you are allowed to burn.

Open burning can change from one day to the next depending on the weather conditions, so please call and check before you burn.

Always have water available and some type of tools, such as a shovel to help you extinguish the fire in the event that it should start to get away from you. Schedule your burn for early in the day while the humidity levels are at their highest and temperatures are still relatively low.

Please be considerate of your neighbors. Keep your fire burning "hot" with good ventilation to help reduce the amount of smoke.

## Vernonia Rural Fire Protection District Could Use Your Help

Recently we have received some inquiries from the public concerning volunteer opportunities with the department. We do have several areas where we could use an extra hand from any interested citizens from our community.

We realize that not everyone is cut out for becoming a fire fighter, with all of the training requirements and personal time commitments, so we have come up with some areas where you can volunteer to help us out without having to go through a lot of training and time away from your families.

If you are interested in

learning more about the areas where we could use your help, contact the Fire Chief.

### We could use some volunteers to help with:

- Vetting Map Books
- Answering Phones
- Filing Paperwork
- Public Education Program
- Grant Writing
- Computer Data Entry
- Station/Grounds Maintenance
- Fire Prevention Program
- Address Program

## Watchful Eye

By Robert Schattschneider

I just wanted to remind all of you to keep a watchful eye out for the hidden dangers on our roadways, in and out of town.

With the nicer weather, many have taken to their two wheeled vehicles, motorcycles and bicycles. And with the end of the school year the kids will be out at all hours of the day.

Keep a close eye on the crosswalks in town and the neighborhoods where children will be playing. Slowing down a little just might give you the added stopping distance that you will need to avoid hitting that little one who just ran blindly into the street chasing after that football or Frisbee that just got away.

This week I encountered several bicyclists on Scappoose Vernonia Highway. With all of the curves you are upon them before you know it, and the curves make it a little dangerous to pass them when you can't see what's coming around that next bend.

Please be on your best game as you travel the roadways to help avoid a serious accident.

| Calls responded to May 1-31       |           |
|-----------------------------------|-----------|
| Fire                              | 1         |
| Emergency Medical Service         | 42        |
| Hazardous Condition               | 1         |
| Service Call                      | 2         |
| Good Intent                       | 0         |
| Severe Weather & Natural Disaster | 0         |
| Special Incident                  | 0         |
| No Emergency Found                | 0         |
| False Alarm                       | 0         |
| <b>Total</b>                      | <b>46</b> |

## VOLUNTEERS WANTED



Here's What We Do!

### VERNONIA RURAL FIRE PROTECTION DISTRICT

VRFPD is currently accepting applications for Volunteer Fire Fighters.

- You must have a High School Diploma or G.E.D., a valid Oregon Driver's License, and be at least 18 years of age.
- Currently, you must be able to attend weekly training on Monday nights
- Willing to attend the Fire Academy
- Live or work (employer willing to let you respond to calls) within VRFPD's District
- Applications can be picked up at the Fire Station.

### VRFPD

555 E. Bridge St.  
Vernonia, OR 97064  
503-429-8252

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