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THE OVERLOOK

March, 2015

Muir Beach Prepares Seven Re-Certify CERT Certifications

Edited by Joanie Wynn

On January 17th Muir Beach residents completed a re-certification course for the Community Emergency Responder Team or CERT. The four hour re-cert course reviewed topics such as first aid, taught by Bolinas fire chief Anita Brown, rescue techniques for a collapsed building and swift water rescue taught by Stinson Beach Assistant fire chief Pat Norton and fire extinguisher training taught by Muir Beach fire chief Steve Wynn.

Organized by Muir Beach Disaster Counsel director, Barbara Piotter, this course was an integral part in preparing our community for a disaster.

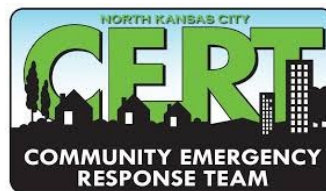


Photo by: Barbara Piotter

Community Wide Disaster Drill

April 25 at 10am

The Muir Beach Disaster Council, MBDC and the Muir Beach Volunteer Fire Department, MBVFD will be conducting a community wide disaster drill on April 25 starting at 10am. The drill will involve community disaster liaisons, CERT and non CERT personnel and the MBVFD.

A pre-drill meeting will be held at the community enter on April 15, at 7pm.

Those interested in participating, please sign up with Barbara Piotter: aufkirchen@gmail.com)

Muir Beach Community Disaster Protocol

By Steve Wynn

In the case of a community wide disaster, the basic community disaster protocol is for all Community Disaster liaisons, once their house is secure, to assess the conditions of their assigned area and communicate the conditions and their needs to the Muir Beach IC (Incident Command) using the new community disaster radios.

All CERT personnel and non-CERT personnel who are willing and able to help, will proceed to the command center, located on the west side of the community center, in the small office above the main deck, to receive their assignments from the chief or assistant chiefs, get sworn in and receive a community disaster radio.

All non-CERT certified personnel **MUST** be sworn in by the chief or assistant chiefs before heading out into the community. The reason for this is that those who are sworn in will be covered by FEMA in the unfortunate event that you get injured. Also it is important for your protection and the efficiency of the mission, for the chief to have accountability on everyone's whereabouts and what incident they are responding to.

We will soon be purchasing emergency backpacks for the search teams that will have basic items you will need to do the job. Items such as eye protection, gloves, flashlight, first aid kit, reading glasses etc. that will be distributed to all teams at the command center.

An emergency medical and triage center will be established in the main room of the community center. All doctors or nurses in our community are requested to report there and stand by for incoming patients.

Free Smoke alarm Installation and/or Battery Replacement

Hans Piotter and Brett Bowyer will be available to install or change smoke detector batteries for anybody who isn't comfortable getting up on a ladder.

To schedule your smoke alarm to be installed or to have your batteries changed, please e-mail Barbare Piotter at: aufkirchen@gmail.com

Each resident must have the smoke alarms and proper batteries available for the installation



Smoke Alarms

Installing smoke alarms

Choose smoke alarms that have the label of a recognized testing laboratory.

Install smoke alarms inside each bedroom, outside each sleeping area and on every level of the home, including the basement.

On levels without bedrooms, install alarms in the living room (or den or family room) or near the stairway to the upper level, or in both locations.

Smoke alarms installed in the basement should be installed on the ceiling at the bottom of the stairs leading to the next level.

Smoke alarms should be installed at least 10 feet (3 meters) from a cooking appliance to minimize false alarms when cooking.

Mount smoke alarms high on walls or ceilings (remember, smoke rises). Wall-mounted alarms should be installed not more than 12 inches away from the ceiling (to the top of the alarm).

If you have ceilings that are pitched, install the alarm within 3 feet of the peak but not within the apex of the peak (four inches down from the peak).

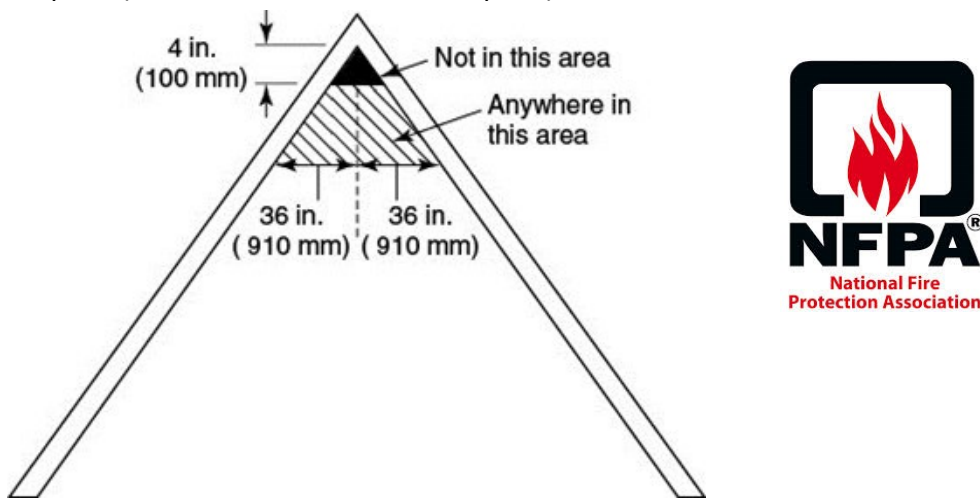


Figure A.29.8.3.1 from [NFPA 72, National Fire Alarm and Signaling Code](#) (2013 edition).

Don't install smoke alarms near windows, doors, or ducts where drafts might interfere with their operation.

Never paint smoke alarms. Paint, stickers, or other decorations could keep the alarms from working.

For the best protection, interconnect all smoke alarms. When one smoke alarm sounds they all sound. Interconnection can be done using hard-wiring or wireless technology.

When interconnected smoke alarms are installed, it is important that all of the alarms are from the same manufacturer. If the alarms are not compatible, they may not sound.

There are two types of smoke alarms – ionization and photoelectric. An ionization smoke alarm is generally more responsive to flaming fires, and a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, both types of alarms or combination ionization-photoelectric alarms, also known as dual sensor smoke alarms, are recommended.



Interconnected smoke alarms increase safety

In a Consumer Product Safety Commission (CPSC) survey of households with any fires, including fires in which the fire department was not called, interconnected smoke alarms were more likely to operate and alert occupants to a fire.¹ People may know about a fire without hearing a smoke alarm.

When smoke alarms (interconnected or not) were on all floors, they sounded in 37% of fires and alerted occupants in 15%.

When smoke alarms were not on all floors, they sounded in only 4% of the fires and alerted occupants in only 2%.

In homes that had interconnected smoke alarms, the alarms sounded in half (53%) of the fires and alerted people in one-quarter (26%) of the fires.

Testing smoke alarms

Smoke alarms should be maintained according to manufacturer's instructions.

Test smoke alarms at least once a month using the test button.

Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.

Follow manufacturer's instructions for cleaning to keep smoke alarms working well. The instructions are included in the package or can be found on the internet.

Smoke alarms with non-replaceable 10-year batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.

Smoke alarms with any other type of battery need a new battery at least once a year. If that alarm chirps, warning the battery is low, replace the battery right away.

When replacing a battery, follow manufacturer's list of batteries on the back of the alarm or manufacturer's instructions. Manufacturer's instructions are specific to the batteries (brand and model) that must be used. The smoke alarm may not work properly if a different kind of battery is used.

- If someone in the home has profound hearing loss, install alarms with high intensity strobe lights.

Vibration

equipment is required and is activated by the sound of the alarm.



What do the A B C ratings mean on Fire Extinguishers?



A

"A" TRASH-WOOD-PAPER

Fire extinguishers with a Class A rating are effective against fires involving paper, wood, textiles, and plastics. The primary chemical used to fight these fires is monoammonium phosphate, because of its ability to smother fires in these types of materials.



B

"B" LIQUIDS

Fire extinguishers with a Class B rating are effective against flammable liquid fires. These can be fires where cooking liquids, oil, gasoline, kerosene, or paint have become ignited. Two commonly used chemicals are effective in fighting these types of fires. Monoammonium phosphate effectively smothers the fire, while sodium bicarbonate induces a chemical reaction which extinguishes the fire.



C

"C" ELECTRICAL EQUIPMENT

Fire extinguishers with a Class C rating are suitable for fires in "live" electrical equipment. Both monoammonium phosphate and sodium bicarbonate are commonly used to fight this type of fire because of their nonconductive properties.

If you have a question you always wondered about, send your question to steve@muirbeachfire.com

The Muir Beach Volunteer Fire Association hosted a free concert for the community to say thank you for your support featuring the acoustic sounds of Los Angeles-based artist Jesse Macht.





PREVENTING FALLS AROUND THE HOME

By Dr. David Taylor

We are so fortunate to live in this gorgeous community on a bluff overlooking the Pacific. Sadly, while we have managed out here to escape many of the more unpleasant features of the modern world I have found that gravity is still active out here. Many of the homes here are older and, increasingly, so are their occupants. So gravity + hillside living + older construction + an aging community means that our collective risk of falls is rapidly increasing. While this may provide our fire department with more opportunities to assist and care for fall victims we would really rather not have to “package” you for transport to the hospital on a spine board ever.

Falls among older adults is a growing public health problem nationally. This two part series last November in the New York Times provides an excellent overview: <http://www.nytimes.com/interactive/2014/11/03/health/bracing-for-the-falls-of-an-aging-nation.html>

The CDC maintains a very useful section on its website: <http://www.cdc.gov/HomeandRecreationalSafety/Falls/index.html>

There is also a National Center of Excellence at USC:

<http://www.stopfalls.org>

Among adults 65 and older falls are the leading cause of fatal and nonfatal injuries. In 2013 2.5 million older adults were treated in the emergency room for nonfatal falls and 734,000 were hospitalized. In 2011 22,900 older adults died from falls. Among people 75 and older those who fall are 4-5 times more likely than those just a decade younger to be admitted to a long term care facility for a year or longer.

You are at greater risk if you have muscle weakness, a history of falling, difficulty with balance or walking, vision problems, arthritis, depression, cognitive problems or are taking multiple medications.

Turns out that following several simple principles can greatly reduce your risk of breaking a wrist or a hip.

Exercise regularly. Focus on leg strength and balance. Consider Tai Chi.

Ask your doctor to review your medications (including OTC sleeping pills)

Have your eyes checked once a year. Get new glasses for distance vision.

Make your home safer by reducing tripping hazards, adding grab bars, railings and improving lighting. This is a helpful checklist: <http://www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm>



Volunteer firefighter Tax Deduction Act introduced

By CSFA

On Jan. 14, U.S. Representatives David B. McKinley, R-West Virginia, and Dave Loebsack, D-Iowa, introduced bipartisan legislation, the Volunteer Emergency Responder Tax Deduction Act (HR 343), to bolster recruitment and retention of volunteer emergency services personnel. Representatives Leonard Lance, R-New Jersey; Evan Jenkins, R-West Virginia; John C. Carney Jr., D-Delaware; Jim McDermott, D-Washington; Luke Messer, R-Indiana; and Cheri Bustos, D-Illinois, signed onto H.R. 343 as original cosponsors. The bill allows volunteer emergency responders to claim the first 300 hours per year of services that they provide as charitable donations worth \$20 per hour.

"Small towns across West Virginia and the country rely on volunteers to respond to fires, accidents, and other emergencies," said McKinley. "Yet these same men and women are often forced to raise money to simply have adequate equipment and training. We can do more the help them."

"Our volunteer firefighters stand ready to serve us the moment disaster strikes," said Loebsack. "They donate their time and energy to keep us safe, and we can do more to support their critical role in the community. Over 90 percent of Iowa's firefighters are volunteers, and this tax credit would provide an important recruitment tool for the fire departments to maintain the level of staffing that they need to do their jobs."

**MBVFD and the VFA wrote letters to state and federal representatives encouraging California to support H.R. 343*

Shot of the Month



Photo by: Steve Wynn

Force entry drill. MB Firefighters Maurice Conti and David Taylor perform a force entry and fast attack.



2014 Incident Summery

Total calls 72	32 Medical	2 Illegal fires
45.8% in the NPS areas	14 Vehicle accidents	3 other calls
27.8% roads and Hwy	4 Tree down	2 False alarms
12.5% Trails	3 working fires	5 Other rescues
11.1% Community of Muir Beach	1 Vehicle fire	3 Service calls
1.4% Slide Ranch	2 Vegetation fire	
1.4% Other	1 Flooding	

MBVFD Incident Report

January 1 to February 7, 2015

1-1 Drug overdose, Heather cut off trail	2-4 Broken ankle, Muir Woods
1-12 Vertigo patient, Muir Beach	2-6 Power line down, Muir Beach
1-15 Car in ditch, Hwy 1	2-7 Injured knee, Deer park trail
1-16 Fire alarm, Green Gulch	3-1 Cliff rescue, Overlook
1-19 Broken knee, beach at Steep ravine	3-7 Short of breath, Deer Park trail
1-31 Vehicle roll over, Hwy 1	

Reminders

Amazon Smile will make a donation to an organization of your choice. To have the MBVFD be your selected charity, simply type <http://smile.amazon.com/ch/68-0330764> into your browser and shop as you usually do or you can go to our site www.muirbeachfire.com and click on the Amazon Smile link on our home page. Then, every time you make a purchase on Amazon, Amazon Smile will give 0.5% of your purchase to MBVFD!!



SHOW YOUR SUPPORT

PLACE A MBVFD

STICKER ON YOUR CAR WINDOW

To get your free MBVFD sticker contact
Steve Wynn at :
steve@muirbeachfire.com



STICKER GOES ON THE OUTSIDE OF WINDOW