



ARVADA FIRE

PROTECTION DISTRICT

Arvada Fire Protection District

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Wildland Overview

BY CAPTAIN TIM MCMAHON, WILDLAND TEAM COORDINATOR

When a wildland fire occurs, firefighters from across the country—with specialized training in techniques and tactics for fighting a wildland fire—travel to the site.

The Arvada Fire Protection District's firefighters have a Wildland Team that works both locally in our community, and across the nation. Beyond meeting the same standards as other firefighters, Team members are also trained to fight wildland fires, and are ready and able to go elsewhere when their assistance is needed. So far in 2017, Arvada's Wildland Team has assisted with fires in Georgia, Kansas, and here in Colorado. In 2016, they assisted with fires in California, Idaho, Texas, South Dakota, Wyoming, and other parts of Colorado. Frequently, they may go to several fires in the same state.

How do firefighters and equipment from the Arvada Fire Protection District end up working in other states? When a large fire occurs that overwhelms the available resources from a local area or region, fire officials request additional resources from other regions using national dispatch centers. As a participating agency, Arvada Fire will receive a call from the regional interagency dispatch center in Pueblo. They may request individual personnel for specialized positions, equipment, or both.

Before we allow personnel and equipment to respond outside the Fire District, we first ensure that the service in our community will not be compromised while they are away.

Rest assured, your local tax dollars are not used to fight fires outside of the Arvada Fire Protection District while in other states. The region where our firefighters go to assist, pays for the personnel and the equipment via an agreement that is made through the State of Colorado. The impacted region also pays overtime costs to fill roster holes created by the firefighters who are elsewhere fighting the wildland fire. In 2016, Arvada Fire reduced the community tax burden by bringing in approximately \$145,000 in revenue, not including the savings from salaries and overtime. In addition to the revenue and savings, help was provided in many states across the country. Finally, our Wildland Team gain critical training and experience that increases the level of service provided here in Arvada.

The men and women of the Arvada Wildland Team have a passion for protecting communities both locally and across the country. If you would like to learn more about the Arvada Fire Protection District Wildland Team, stop by Station 8 at 6385 Quaker Street. ■

To Swaddle or Not to Swaddle

Swaddling is a practice where an infant is wrapped in a length of cloth, thin blanket, or sleep sack, providing warmth and security. Many cultures encourage swaddling of infants.

So, is swaddling safe? There are many studies looking at swaddling and SIDS (Sudden Infant Death Syndrome). Some studies claim to find a link, while others claim swaddling protects against SIDS. It is important to note that the risks associated with swaddling come about when other factors come into play:

- A swaddled infant placed prone (belly) is at a much higher risk of SIDS death than if placed supine (face up). Interestingly enough, studies have shown that swaddled infants are more likely to be placed supine by a caregiver.
- Swaddling an infant older than two months carries a risk that the infant will roll over during sleep, therefore increasing the risk of SIDS. Therefore, the practice of swaddling should be discontinued at eight weeks, or earlier if an infant is showing signs of rolling over.
- There is some concern that tight swaddling can lead to hip dysplasia. Therefore, infants' legs should not be swaddled tightly.
- Loose swaddles (with blankets) can become more loose during sleep, posing a suffocation hazard. Many caregivers choose to use a wearable blanket or swaddle sack for the baby. These come in styles that have a swaddle attached (for use in infants younger than two months) and without swaddles (for use in infants older than two months). Most hospitals choose sleep sacks with a swaddle.

Regardless of the choice to swaddle, safe sleep guidelines should always be followed:

- Place your baby on her back to sleep. Do not have any loose blankets in your baby's crib. A loose blanket, including a swaddling blanket that comes unwrapped, could cover your baby's face and increase the risk of suffocation.
- Use caution when buying products that claim to reduce the risk of SIDS. Wedges, positioners, special mattresses, and specialized sleep surfaces have not been shown to reduce the risk of SIDS, according to the AAP (American Academy of Pediatrics).
- Your baby is safest in her own crib or bassinet, not in your bed.
- Swaddling can increase the chance your baby will overheat, so avoid letting your baby get too hot. The baby could be too hot if you notice sweating, damp hair, flushed cheeks, heat rash, and rapid breathing.
- Consider using a pacifier for naps and bedtime.
- Place the crib in an area that is always smoke-free. ■

Source: Amber Kroeker, *Randall Children's Hospital at Legacy Emanuel (Portland, Ore.)*; Emily Lee, *Cincinnati Children's Hospital Medical Center (Cincinnati, Ohio)*; and Lindsay Pollok, *Dell Children's Medical Center of Central Texas (Austin, Tex.)*

Learn the 6 Steps to Always Safe Sleep Baby
BIRTH TO ONE YEAR



- 1 Sleep baby ALONE.
- 2 Sleep baby on his BACK.
- 3 Sleep baby in a CRIB. ALWAYS!
- 4 Put nothing in baby's sleep area.
- 5 Do not overdress baby.
- 6 Do not smoke anything around baby.

Safe Sleep Baby
ALONE BACK CRIB ALWAYS!

HONORING THOSE WHO SERVE

FIREFIIGHTERS CAR FEST

AUGUST 6 ★ 9:00 AM - 2:00 PM
STENGER SOCCER COMPLEX 11200 W. 58th Ave., ARVADA, CO
Classics, Sports Cars, Hot Rods, Motorcycles, Muscle Cars, Fire Trucks, Military Vehicles




FREE SPECTATOR ADMISSION
\$20 Preregistration \$25 Day of Show

★ ★ ★
Arvada Fire Pipe & Drum and Honor Guard, D.J. Food, Fight for Life to Land

School Supply Drive

Bring School Supplies for Arvada Fire Backpack Program to be entered in a drawing for a Ride to School on a Fire Engine in the Arvada Fire District. Proceeds benefit the "Friends of Arvada Fire Protection District."

For more information and registration visit fafpd.org



Arvada Fire Auto X

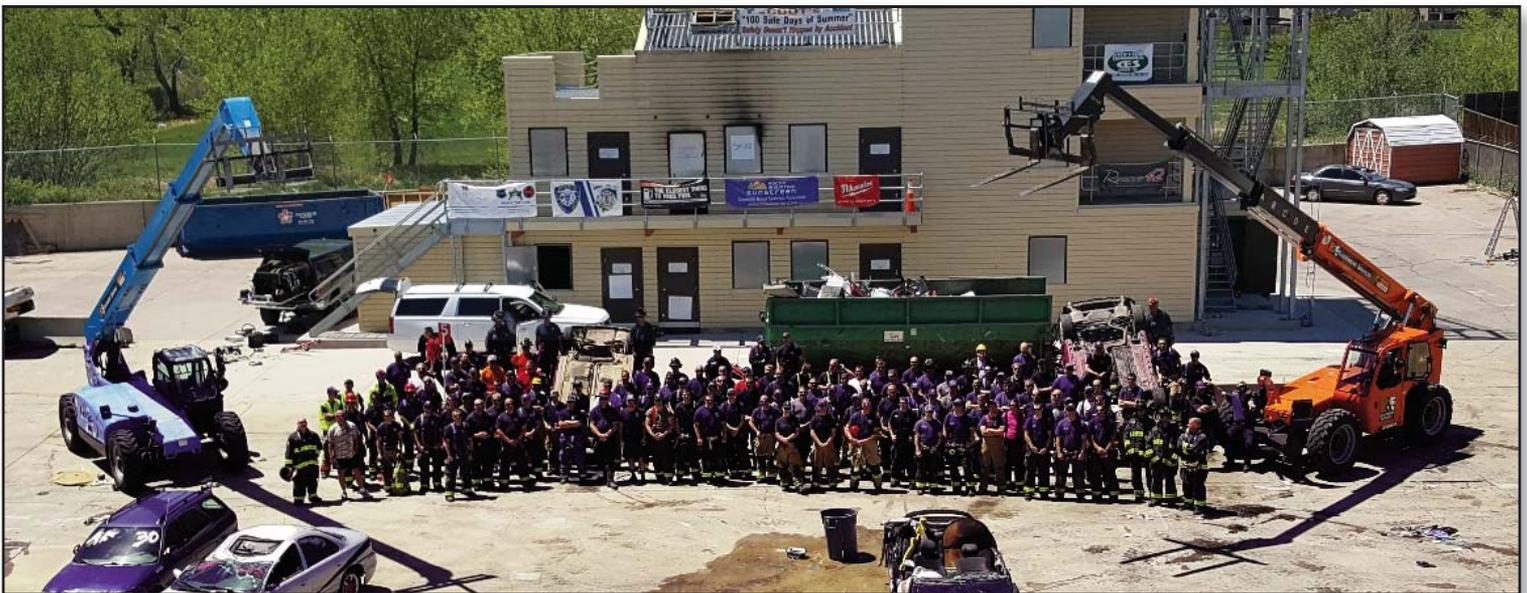
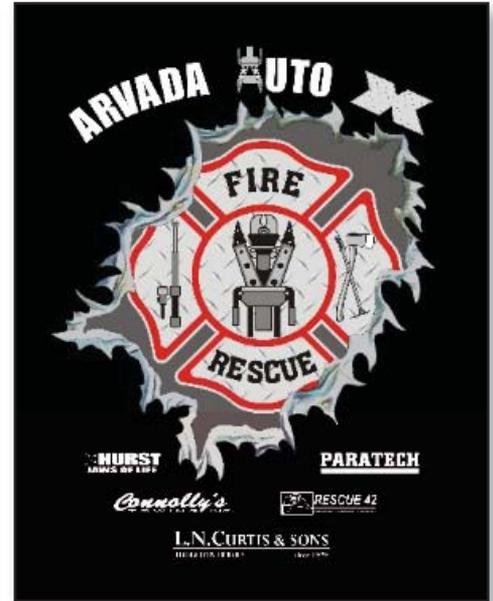
BY CHIEF CHARLIE JOHLGREN AND LIEUTENANT ROBB ROOME

2017 marked the ninth consecutive year Arvada Fire hosted Auto X, a technical extrication class. The course is designed to train firefighters from our community and across the country in advanced techniques for rescuing individuals involved in vehicle collisions. The course lasts three days and incorporates industry-leading instructors from around the nation. The students complete 24 hours of training in a physically intense and demanding environment.

The students were presented with various rescue scenarios ranging from cars that had collided with utility poles to a scenario where a school bus had

rolled on top of another vehicle. This year we offered a new training with a vehicle crushed under a semi-truck trailer.

The 2017 course was very successful, with 102 students. Every year ten Arvada Firefighters attend, meaning now 90 firefighters from Arvada Fire have attended the class over the last nine years. Our goal is that every Arvada Firefighter attends this class at least once. Arvada looks forward to hosting the event in the years to come, with the 10th Annual Arvada Auto X scheduled for May 17 – 19, 2018. 



SAFETY FAIR

**Saturday,
September 30th**

10:00AM-2:00PM

**@ Arvada Fire Training Center
6651 Indiana St.**

Join us for this **FREE** event with emergency preparedness information, a fire truck pull, lots of fun & interactive booths, a chance to meet your local emergency response personnel & **LOW-COST & FREE IMMUNIZATIONS!**



Jefferson County Public Health will provide immunizations to uninsured, Medicaid and CHP+ patients. Ask about other insurances. If you would like immunization services you **MUST** bring your immunization records.

