



Grand Junction Fire Department

2017



Taking Care of People and Property

Chief's Welcome

Over 15,000 people called our agency last year in their time of need. We met them, often on their worst day, with knowledgeable and skilled employees who work diligently to deliver the best care possible for them, their families, and our community as a whole. This annual report moves beyond statistics and inside our fire stations to give you a personal glimpse of our first responders and the job they do. You will also find important safety information for you and your family so that we can build a partnership in keeping our community safe.

This year Grand Junction saw a very active and destructive summer fire season, fueled by hot and dry conditions. Unfortunately we expect this trend to continue in the years to come, and are taking measures to prevent fires from starting in the first place. Our crews implemented new cancer prevention techniques to daily operations, to make sure we are taking care of those who care for our community. We celebrated excellence in service by our employees, distinguished retirements and welcomed a large class of new firefighters to our GJFD family. Our crews experienced their first station rotations, in an effort to make our workforce well-practiced for the many types of calls we respond to. We are hard at work to protect people and property in our beautiful valley. As always, we are honored to serve you, our community.

- Ken Watkins
Fire Chief



Scan QR codes in our annual report to access additional content



Table of Contents

Operations



At a Glance.....	3
Busiest Station.....	4
Fire Operations.....	5
Cancer Prevention.....	6
Station Rotation.....	7

Personnel

2017 Academy.....	8
New Recruits.....	9
Training.....	10
The First Year.....	11



Incidents



Wildland Team.....	13
Ice Storm.....	14
Airport Drill.....	15
Summer Fires.....	16
Employee of the Year.....	17

Community Outreach

Safety Checklist.....	18
Fall Prevention.....	19
Fire Prevention.....	20
For Kids.....	21
Car Seat Inspections.....	22



At a Glance



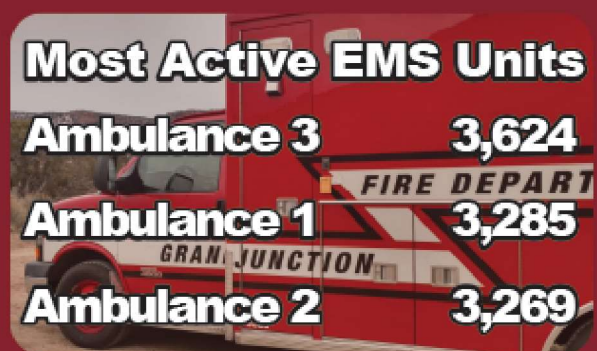
2017 Responses by Station

Station 1	9,145
Station 2	10,259
Station 3	6,069
Station 4	1,936
Station 5	2,346

Most Active Fire Units



Most Active EMS Units



**Hands-Only
CPR**



People reached through Community Education in 2017

**Station
Tours**



**School
Visits**



**Community
Events**



**Fire
Extinguisher
Classes**



The Community Outreach office provides engaging fire and life safety education for businesses, families, community organizations, and schools. In addition to the more traditional educational programs, we also offer: juvenile fire setter interventions, fall prevention programs for assisted living communities, car seat checks, and parade and event appearances.

Photo by Ken Redding



Station 2: Our Busiest Station

According to Fire House Magazine in 2016 Station 2 ranked as the 46th busiest fire station in the country. On average, a GJFD vehicle leaves Station 2, 28 times a day. Staffed with an engine crew and two ambulance crews, Station 2 responds to many requests for lift assists and difficulty breathing along with fires and desert rescue. As the northern area of town continues to grow, Station 2 responds to the emergent and non-emergent needs of the community in its 8.2 square mile service area.



Often, someone will ask, "Why does a fire engine show up to my medical emergency?" While many of our calls don't require fire hoses, our crew members are all trained to handle medical calls. A patient in need of advanced life saving assistance benefits from a combined compliment of six responders rather than the two individuals staffing an ambulance. Responding from different locations during a busy shift, there is no way of knowing which apparatus will arrive first. Our engines also carry supplies to respond to medical calls as well as car accidents, rescues, and fires. In short, we never know where or what call is coming next, and by sending both an ambulance and an engine crew, we know that you'll have all the right people and resources to help with any emergency.

Restless Sleep

Imagine going to sleep at night not knowing when you will be required to leap out of bed and respond to an emergency. Studies going as far back as the 1970s show that there is a tachycardic response (elevated heart rate above the norm) when a firefighter is paged out to an emergency. GJFD is now utilizing modern paging systems that wake responders gradually during the night, and are directed to the personnel needed without waking the entire station. This system is designed to reduce the mental and physical stress on firefighters.



Photo by Ken Redding

Fire Operations



A firefighter crew is like a professional sports team, requiring specialized equipment, a “playbook” for different types of calls, communication, trust, and above all training in specialized techniques when they need it. When a fire call comes in, crews have one minute to get dressed and leave the station. As they arrive on-scene, the first unit provides a summary of the situation to all incoming crews, and gives direction on what to do. The first engine crew begins the initial fire attack, provides lifesaving measures, and gets hoses in the right place. They will have about 15 minutes until their bottle of air runs out and they must trade duties with another crew. The second and third crews will secure a steady water supply from a nearby hydrant and continue lifesaving measures or provide additional resources for further fire attacks. The fourth crew on scene secures and shuts down utilities to the structure to minimize hazards related to electrical and natural gas systems. They will also ready themselves to trade operations with the first crew, who will soon reach the end of their air supply. Lastly, the fifth crew on scene will prepare ventilation and roof operations by opening windows and doors, or cutting holes to allow smoke and heat to clear the building and reduce the risk of flashover.

PPE



Personal Protective Equipment can be subjected to temperatures of up to 500°F. It includes fire rated pants, coat, boots, hood, mask, and helmet designed to keep our crews safe while doing their job.

SCBA



Commonly referred to as “bottles” our Self Contained Breathing Apparatus supplies fresh air in otherwise toxic conditions. Don't be fooled, these are not full of oxygen, because pure oxygen would explode!



Accounting for about 47% of on-duty deaths, heart attacks are the leading cause of death for firefighters nationwide. Stress, overexertion, and extreme heat are thought to be the root causes of most of these sudden cardiac fatalities. In the middle of summer, fighting a fire in 60 pounds of well-insulated gear can feel like running a marathon in heavy winter clothes. After using two air bottles, crews are required to take a break. During their mandatory break, an EMT checks their blood pressure, pulse, and temperature to make sure they are not overexerting themselves. Firefighters re-fuel and re-hydrate for their next round of firefighting. Crews are required to work out for at least an hour while on-duty to maintain physical fitness and cardiovascular health.

Cancer Prevention



Photo by Ken Redding

Captain Brian Cherveny

In November 2016 Brian Cherveny noticed something swollen in his throat, his doctor recommended that he have his tonsils removed. Two days after his tonsillectomy, he was told he and his wife needed to come into the office, but Brian already knew what was coming. When Brian heard the word out loud his mind froze. The doctor continued to describe the treatment plan and said, "We'll start with a feeding tube and a port for chemo." In that moment it sunk in, firefighters didn't have feeding tubes or ports, they were supposed to be strong. Then and there he was powerless.

After another surgery to remove the cancer from his neck, Brian got the good news that he was cancer free. Brian knew he had been given a second chance. A chance to make a difference in our department and in the lives of the up and coming firefighters who have years to go in the field.

While Brian was recovering, he began working with our department to reduce risks in our day to day operations that expose firefighters to carcinogens. During a fire, new synthetic materials like plastics often expel cancer causing gasses and particles that get caught in the fabric of our gear (PPE.) Now, PPE must be cleaned immediately, and is no longer allowed in the living area of the station. Firefighters are now meticulous about showering after a fire. They also have a second set of gear to use while their dirty set is cleaned with special washers that remove the cancer causing particles. Thanks to Brian's bravery in sharing his story, we're making GJFD a safer place to work.



**Scan this QR code to
watch Captain
Cherveny's story**



50 years ago everything was made of wood and wool, natural products. These days, plastics, polymers, and man-made materials dominate our lives. For firefighters, these new materials actually make the job more dangerous. Not only do they burn hotter and faster, they release toxic materials that cause cancer. Over time, these materials can build up in and on our protective gear, they can seep in through our pores, and vapors can be inhaled coming off of our gear. As of 2017, GJFD crews have had a mandatory "wet decontamination." They essentially shower off on scene after a fire to remove these deadly particles. The dirty gear then gets bagged up and put into the back of the truck to get cleaned later. All of our firefighters have a second set of clean gear they can use while their dirty set is specially cleaned at the station to get rid of carcinogens.

Station Rotation

In our valley, there are as many types of emergencies as there are opportunities for recreation and industry. Our crews are trained to respond to situations including technical rescues, wildland firefighting, vehicle accidents, medical emergencies, and hazardous materials response. Many of these skills though, are isolated to one station's service area. For instance, Station 1 may get lots of practice with rope and water rescue, while Station 2 sees far more medical emergencies and desert rescues.

In 2017 we began rotating crews through stations on an annual basis to create a well-rounded response force. This allows everyone to keep skills fresh and explore new areas of our services. The added bonus is that crews who work at very busy stations for a year, have an opportunity to avoid fatigue from too many sleepless nights. Likewise, slower stations have an opportunity to cycle back into busy areas where they can use specialized skills more frequently.





2017 Recruit Academy

It's easy to think that becoming a firefighter begins with training. The reality, is that it begins with dedication to go through a rigorous hiring process to get the privilege to participate in the training process. All GJFD firefighter applicants must have a minimum of an EMT basic certification, that took them a semester of schooling along with ride time to obtain. Then they applied for a job and went through physical testing, phone interviews, in person interviews, background checks, drug screenings, personal history interviews, aptitude testing, psychological testing and interviews, a suitability evaluation, and lastly, a Chiefs' interview. This process can take roughly 18 weeks, and is not for the faint of heart. We have to make sure that we are only allowing applicants of the highest integrity and dedication to serve our community.



After receiving a job offer, applicants become recruits and get to train for 14 to 16 more weeks to obtain the foundational skills they need to serve on an all-hazards department. Every Monday through Thursday in the academy recruits report at 0700 for an hour of physical training and conditioning. After training, they participate in a mix of classroom knowledge development and hands-on skills practice. Throughout the academy, they learn the foundations of safety in firefighting, driving skills,



how to deploy hoses from the engines, fire science and behavior, tactical responses to fires, specialty skills like technical rescues and using extrication tools to free people from car accidents. Entire days at the end of the academy are dedicated to full scale scenarios both with a single engine crew, as well as multi-crew responses. They learn about our incident management structure and how to operate within it on emergency scenes, keeping them safe, and delivering a unified and efficient response in the community. The academy culminates in live fire training, where recruits get to put their skills and knowledge to the test. To get experience on live structure fires, recruits and their instructors travel to Rifle, CO where we partner with Colorado River Fire Rescue to use their training facility. At the training facility crews get to practice navigating safely through an actively burning building, and performing rescues as a team. Locally, through a partnership with the National Guard, recruits can train on motor vehicle fires as well as flammable liquids and natural gas fires. (Continued)



(Left) Recruits take their training outdoors. (Above) Propane fire training. (Below) Mornings in the academy start with a strenuous workout.



(Continued from page 8) Fridays in the academy are dedicated to developing teamwork, communication, and continued bonding through area familiarization. At the end of each week the recruits will meet at a local recreation destination and use the experience to develop physical resilience while getting to know remote areas where they may be called to help someone in need. These days are also an excellent opportunity to integrate newcomers into our culture of emotional support for the years to come. This life isn't always an easy one, and many of the things we will ask them to do will challenge them physically and mentally. We want them to know that by the end of their academy, they are a part of our family, and they've got peers they can rely on when they need them.



A Lifetime of Learning

While a 15 week academy may seem like a long training, it is really only the beginning of a career of continuing education on an all-hazards department. As a firefighter they can expect to conduct and participate in approximately 136 hours of continued training per year. Trainings take place every work cycle with their crews, as well as formal workshops and multi-company exercises.

Last year, employees of GJFD participated in 15,119 hours of training to keep their skills up to date on the best practices of medical care, hazmat operations, rope rescues, fire operations both structural and wildland, and other specialties like water and ice rescue.

(Left) Recruits learn to use teamwork to overcome obstacles while hiking on the popular Lemon Squeezer Trail. (Above) Motor vehicle fire training (Below) Recruits enjoy a hard earned lunch after live fire training in Rifle.



Scan this QR code to see more of our recruits' journey through academy.



Becoming a firefighter never struck me as an option for a career until I started college at CSU. It was then that I began doing ride-a-longs with multiple departments and aligned my education in a way that would best benefit me as a firefighter. I was fortunate enough to land an internship here with Grand Junction Fire Department in January of 2017 to finish off my education. It was through this department that I realized this was exactly where I wanted to work.

Casey Mays



Being raised by two firefighters, it was a no brainer that I would consider firefighting as an occupation. I applied for the 2017 Fire Academy hoping to gain, not only a whole new set of skills, but to also build a strong bond with my fellow recruits. The academy pushed us mentally and physically to levels that we have never been pushed to before. I had the honor of graduating the academy with 15 of the most loyal, thoughtful, and determined young men, and I cannot wait to see where their careers take them.

Krysta Parker



I've literally never been around a group of this caliber, and it's a true honor to be a part of it. We have formed a bond through our trials and tribulations – a bond that can never be broken. We've shared struggles, pain, frustration, and suffered through exhausting days that pushed us to our limits. And only as a result of that have we gained strength and wisdom, and we've learned the skills required to do our job, but more importantly, we've learned that discipline, ownership, trust, camaraderie, and leadership are the tickets to our success.

Nick Stanko



The Path to the Fire Service...

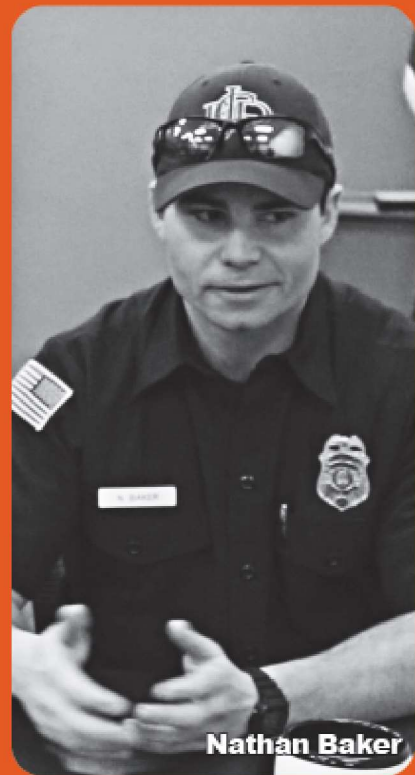
GJFD employs firefighters, EMTs, and Paramedics from all walks of life. We find that people who enjoy team sports, helping others through community service, medical care, have military experience, or just someone who wants to be a part of something bigger than themselves are often a good fit with the fire service. If you're considering a career with the department, know that we require a minimum of an EMT Basic certification, a clean background check, no drug use, and a clean driving record. We invite anyone interested in working for our department to take a ride along with our crews, learn as much about our department and the hiring process as possible, and ask questions! For detailed information visit RedorBlue4U.com.



Krysta Parker



Rusty Ratzloff



Nathan Baker

The First Year

It's a Wednesday morning around 8:30, we've brewed fresh coffee and set up the training room to catch up with a few firefighters almost a year after their fire academy graduation. We talk to them all the time, but with cameras pointed at them everyone is a little unsure about what to say and do. It doesn't take long before everyone relaxes a little and their excitement for what they do at the department every day begins to shine through. Their enthusiasm for their careers takes over, and the bond between these individuals is easy to see as they swap stories.

Krysta Parker comes from a fire family, as she puts it, "I grew up in a fire house...I remember helping out on a real fire when I was like 11...That probably wasn't OK now that I think about it." Those experiences led her to become an EMT and later a paramedic for nearly five years before becoming a firefighter. Nathan Baker on the other hand had no fire experience before the academy. He was an oilfield worker in his 30s looking for a meaningful change. Rusty Ratzloff was a firefighter paramedic in Corpus Christi, TX when he and his wife decided it was time to get back to their roots in Colorado. All three had different expectations going into the

academy. "It was harder than other academies I'd been to," Ratzloff told us. For Parker, "I did a lot of training both cardio and strength leading up to it." As for Baker, he didn't know what to expect so, "I did a lot of research online about different academies, and I talked to some of the crews about what to expect."

We talked for a long time about the physical and mental rigors of the academy itself, and then we asked about their most meaningful day in the academy. Everyone agreed that being in a "flashover" container was a transformative experience. As a fire grows it begins to develop a rhythm. As the room fills with smoke until it's completely black, the flames become hidden from firefighters, but you can still hear things burning. Then, if it is allowed to continue to burn, everything begins to crackle and pop, but not in the normal way. Everything gets so hot that almost anything in the room will begin to burn, including gasses in the air. The group agreed, that watching "angel fingers", long tendrils of fire, crawling over them while they hugged the floor was a powerful and humbling experience, reminding them of how dangerous the job can be.



We get interrupted by another paramedic for the department, she needs Parker's cell phone number so Animal Control can nominate her for an award after she rescued a dog from a frozen pond a few weeks ago. Parker gives her the number and we continue on.

Looking back, everyone agreed that they miss seeing their recruit group every day. "That bond and comradery" is what Baker misses, but Parker points out that you also get to develop that with your new crew, because they are excited to teach you new things and train with you. Baker is the only one of the group that has gotten to be first on scene to a structure fire. "I kind of stood there for a second waiting for direction, then the engineer started yelling at me to pull the hose and before I knew it all that memory from the academy was working and I was the first guy attacking the fire."

All three firefighters are still excited to keep learning and developing their career at GJFD. Baker is thinking about expanding his medical



knowledge and possibly becoming a paramedic, Ratzloff wants to build up to possibly being a Captain in a few years, and Parker is excited to teach people at the department and inspire others to join the fire service.

Last year, their academy took a new timed physical test to track their progress through the 15 weeks. Recruits don full firefighting gear and complete a series of tasks meant to simulate work on a fire scene. They carry heavy hose bundles, climb stairs and ladders, haul uneven weights, practice swinging a sledge hammer horizontally to simulate

When you're retiring, you should be learning something that last day. You never know what's going to pop up.

-Rusty Ratzloff



forcing a door, and rescuing a 150-pound mannequin. They do this test "on air" where they have a limited supply of fresh air. They have to pace themselves and control their breathing to make that bottle last as long as possible. All three of them saw improvements in their abilities in this test as the academy went on, but they agreed their second time taking this test felt like their best. Parker said "You had learned all the techniques, you knew what was coming, but you still had some physical energy left because you were only halfway through the academy."



Scan this QR code to watch the entire interview

GJFD Wildland Team



GJFD wildland team while deployed to California

Last year our nation saw one of the biggest wildfire years in history with 71,000 wildfires and over 10 million acres burned. GJFD has a team of dedicated professionals trained to fight both remote wildfires and fires in the wildland urban interface zone, where dense brush approaches homes. Seasonally, other states request our assistance, and we are able to send trained people along with a brush truck to help our neighbors affected by large scale wildfires. Last year our team was able to deploy seven different times to CO, AZ, MT, and CA for almost 90 days. By sending our crews to large incidents, they gain valuable knowledge and experience to bring back to our valley.



Brush 4 is huge, the tires alone are nearly four feet tall to give it high clearance for rugged terrain



The wildfires we saw last year were mostly started by human activity and were fueled by dense dry brush along hot, windy conditions. Here in Grand Junction, we depend on each other to make wise choices with recreational fires, target shooting, and fireworks each summer to avoid similar situations. Our wildland team says the thing they see over and over again is that homes with defensible space, are the homes that survive wildfires.

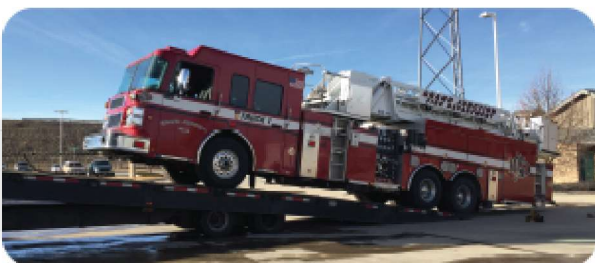
Ice Storm 2017



3:00 AM on January 9th, 2017 street crews began work clearing snow from the roads. What they didn't know is that we were in for a storm like Grand Junction had never seen. According to the National Weather Service, the first ever ice storm warning for our City was issued that morning. The community woke up like any other winter day, they scraped ice off their windshields and began their daily commutes. Just after 7:00 AM the City went on accident alert, meaning there were more 911 calls than officials were able to respond to in a short time frame. When accident alert is in effect, the community is asked to defer reporting non-injury or minor injury accidents.



At 6:41 AM, Truck 1 responded to a multi-vehicle accident on I-70. Truck 1 was providing traffic control and safety while crews from other apparatus assisted patients involved in the accident. However, the roads were covered in ice, and while Truck 1 was parked, directing traffic, it slid off the roadway. Something wasn't right when they got it back on the road. Later that day, crews unloaded every tool, and every piece of medical equipment, so it could be sent off to the manufacturer for evaluation. Ultimately due to a bent frame it was deemed a total loss. Crews expect to re-load all of the tools and equipment on a new Truck 1 in the spring of 2018.



Ice Storm Stats

Total number of calls between
5 AM and 4 PM

929

Traffic
Incidents

72

GJFD
Calls

74

Slip and
Falls

22

GJFD Airport Drill



Sometimes it can feel like large-scale events happen in our nation on a daily basis. Any time an incident involves numerous patients and victims needing public safety, the event can become very complex very quickly. Every three years, agencies in Mesa County come together to train on a full-scale simulated response to a large incident. For this event in

2017, the Grand Junction Regional Airport staged a plane crash and subsequent mass casualty event.

This coordinated event can take months to plan and create as realistic of a scenario as possible. The entire scenario started with a report of an inbound plane with no engine power and stuck landing gear. Dispatch then requested a response from various public safety agencies. From there, disaster relief was requested, "patients" were cared for, incident command and emergency operations were set up, and information was delivered to the media regarding the "event."



Taking care of people during a mass event is difficult. A large number of patients can instantly overwhelm an individual agency's ability to provide aid. The airport drill allows crews the opportunity to practice quickly and accurately evaluating a large number of patients with varying degrees of injuries. By efficiently evaluating patients and communicating effectively with other first responders on scene we can request additional resources and deliver the right care to the right people at the right time.

Over 15 agencies came together to practice a mass response. City and County officials, public safety employees, airport personnel, disaster relief organizations, airport personnel, members of the media, and many many volunteers worked together to create a realistic training event. After the training scenario is complete, all of the agencies come together for a debrief to discuss lessons learned about what worked well, what didn't, and what we need to change in our system to better serve this type of incident.

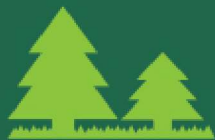


Volunteers played a critical role in this training event. Public safety volunteers, CMU theatre students, and Job Corps volunteers all offered their time to be "patients" as well as event operators. Many patients were dressed up in theatre makeup and given scripts to simulate injuries that would be associated with a plane crash. This challenges first responders to observe and listen to patients to correctly evaluate them. It adds stress and realism to the scenario, to simulate making those judgement calls under pressure.

Summer Fires

Everyone got out safe, but in the process hundreds of thousands of dollars of property were lost. Conditions were so hot and dry that fires were becoming very powerful very quickly. Nearly every structure fire we responded to in the summer had the full force of GJFD crews battling the fire. We had so many fires, it wasn't uncommon for crews to finish putting out one fire, only to go directly to the next one.

115 Fires in 3 Months



Outdoor Fires



69



Structure Fires



29



Motor Vehicle Fires



17

Of the 115 fires we responded to in the peak of fire season. Most of them were outdoor fires, and most of them were considered to have been a result of unintended human factors. When hot, dry, and windy conditions are present, careless things like unsecured chains while driving, incorrect disposal of smoking materials, and working with sparking machinery can start a fire that can quickly grow out of control.

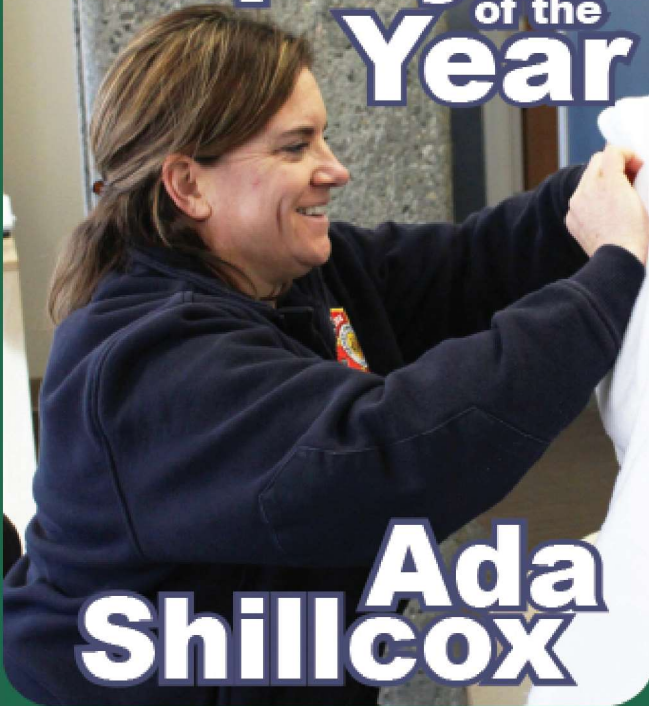


In situations where brush fires are close to homes, crews have to work together to maintain situational awareness because conditions can rapidly change.



Sometimes a fire hydrant isn't available. In these situations, we drive our water tender to the nearest hydrant, fill it up, then shuttle it back to a receptical that the engines use as a water supply.

Employee of the Year



Ada Shillcox

Throughout her 12 years, Ada Shillcox has upheld department values while also improving the quality of the department as a whole. She demonstrates nothing less than the highest level of integrity on a daily basis which rubs off on those around her. At times, it may have been easier for her to throw in the towel, but instead, she finds new ways to create a better environment that benefits everyone. Ada has been with the department many years and throughout a multitude of changes has continued to champion not only the department, but the members within; demonstrating what a "fire family" truly is. Ada also strives to not just complete her work, but go above and beyond to ensure every party involved has an easier task. Ada's position at the fire department doesn't stop at being a paramedic, she is also the department tailor, fixing everything from uniforms to bunker gear that has been damaged, she can truly fix anything!



• Promotions •

Patrick Dibsie promoted to Captain



Wes Engbarth promoted to Captain



Jason Whitesides promoted to Captain



Brian Lurvey promoted to Medical Officer



Staci Midgley promoted to Paramedic



Maranda Jones promoted to Senior Administrative Assistant



38 Years of Service

Fire Marshal Chuck Mathis retired from the Grand Junction Fire Department after 38 years of service to the City of Grand Junction. Chuck began his journey with the GJFD in 1979 as a firefighter and throughout his time here he held the rank of Firefighter, Paramedic, Lieutenant, and Battalion Chief as well as our first Fire Marshal. During his career, Chuck brought incredible knowledge to the department ranging from mentoring colleagues to sharing information that would've been otherwise forgotten.

Fire Safety Checklist



Safeguard your home by taking steps to prevent fires from happening. Make your family safer by reducing the chance of fire and having a plan should a fire occur.

☐ Smoke detectors outside of bedrooms work correctly



☐ My family has practiced a fire drill



☐ The clothes dryer vent has been cleaned professionally



☐ The chimney has been cleaned professionally



☐ The numbers on my house can be seen from the street



☐ Flammable items are kept 3 feet away from all stoves, heaters, fireplaces, or other sources of heat



72 Hour Kits

Despite the fact that we live in a very safe place, the possibility of a natural disaster happening in or near our home is still probable and real. Even though we don't face hurricanes, tornadoes, or earthquakes; we do face wildfires, flooding, and power outages. Include these supplies in your kit to prepare for any situation and always keep them readily available at your work, home, or car.

Water- One gallon of water per person per day for at least three days, for drinking and sanitation

Pet food and extra water- enough to last three days

First aid kit

Food- At least a three-day supply of non-perishable food

Dust mask to help filter contaminated air and plastic sheeting to shelter-in-place

Cell phone with chargers and a backup battery

Moist towelettes, garbage bags and plastic ties for personal cleaning

Battery-powered or hand crank radio and weather radio with tone alert

Wrench or pliers to turn off utilities

Whistle to signal for help

Medications for you and pets

Manual can opener for food

Flashlight

S.O.S.

For Fall Prevention

Stability

Increasing physical stability with proper footwear is an instant change that will make a huge difference in the prevention of falls. Footwear should fit well around the entire foot with a high back to support your ankles. Shoes with traction and soles with shock absorbers will help prevent longterm harm to your feet. Replace your shoes when they become worn.

Obstacles

Eliminating obstacles that cause tripping will prevent serious injury from falls. Furniture, electrical cords, or rugs that can obstruct walkways should be eliminated or relocated. Place hand rails by stairs and in bathrooms. Install light sources in dimly lit areas and beside beds.

Strength

Building lower body strength makes it easier to get out of chairs and improve balance which decreases the likelihood of falls. Building strength improves joint mobility and can reduce joint swelling.

1.

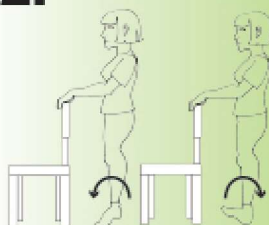
Ankle Circles



While sitting down, rotate ankle first clockwise ten times, then counter clockwise ten times. Repeat daily to increase flexibility in ankles.

2.

Heel to Toe Stands



Start by standing up and holding onto a counter or stable chair, and shift weight from your heel to toes 10-12 times, repeat daily to encourage better balance.

3.

Unsupported Sit to Stand



Sit at the edge of a chair, feet hip width apart, and stand up slowly, using the strength in your legs, keep your gaze forward, not down. Then slowly sit down without "plopping" into your seat. Start with five repetitions twice a week, then increase as desired.

When Calling 9-1-1

Do you need to call 9-1-1?

An emergency is any serious situation where a law enforcement officer, firefighter, or emergency medical help is needed right away. If you are unsure of whether your situation is an emergency, go ahead and call 9-1-1. The 9-1-1 call taker can determine if you need emergency assistance and can route you to the correct location.

If you do call 9-1-1, even by mistake, do not hang up the phone.

9-1-1 call takers are trained to get the most important information as quickly as possible to get help on the way to an emergency situation. In an emergency situation, allow the call taker to ask you all the questions they need in order to get help there in the timeliest manner before you hang up or leave the phone. If you happen to call by accident, stay on the line until you can tell the call taker that you called by accident and there is no emergency. This saves the call taker from having to call you back and confirm there is no emergency or possibly sending police with lights and sirens to check your address for an emergency.

Help the 9-1-1 call taker help you.

Listen and answer the questions asked. By doing this, it helps the call taker understand your situation and will assist you with your emergency until the appropriate police, fire or medical units arrive.



View our video for more tips when calling 9-1-1



What aren't you worried about...



Western Colorado residents often pride themselves on their ability to be self-sufficient, but as communities grow and neighbors get closer, we rely on one another more and more for fire safety and prevention. So many fires in our community are preventable: but the safety you, your family, and our community depend on our ability as individuals to make responsible choices to prevent fires. Never leave cooking unattended, dispose of smoking materials the right way every time, maintain your home and living space to reduce fuels, and make sure your electrical systems and appliances are properly maintained.

Smoke Alarms

Smoke alarms play a vital role in reducing fire deaths and injuries by giving you time to get out if there is a fire in your home. Install smoke alarms inside and outside each sleeping area and on every level of the home. To maintain smoke alarms, remember to test them once a month, replace the alarm batteries yearly, and follow all manufacturer's instructions for cleaning and basic maintenance.



Carbon Monoxide

Often called the invisible killer, carbon monoxide is an odorless, colorless gas created when fuels, such as heating or cooking equipment, burn incompletely. To reduce this risk, install CO alarms outside sleeping areas as well as on every level on the home, and test alarms monthly. Don't forget to keep generators well ventilated, vents clear of snow build-up, and if you need to warm a vehicle, remove it from the garage.



Dryer Fires

Clothes dryers account for 34% of home fires in the United States. However, this risk is easily preventable by making sure your dryer is properly grounded and there are no objects surrounding the dryer, having your dryer installed and serviced by a professional, cleaning the lint filter before or after each load of laundry and making sure the outdoor vent isn't covered.



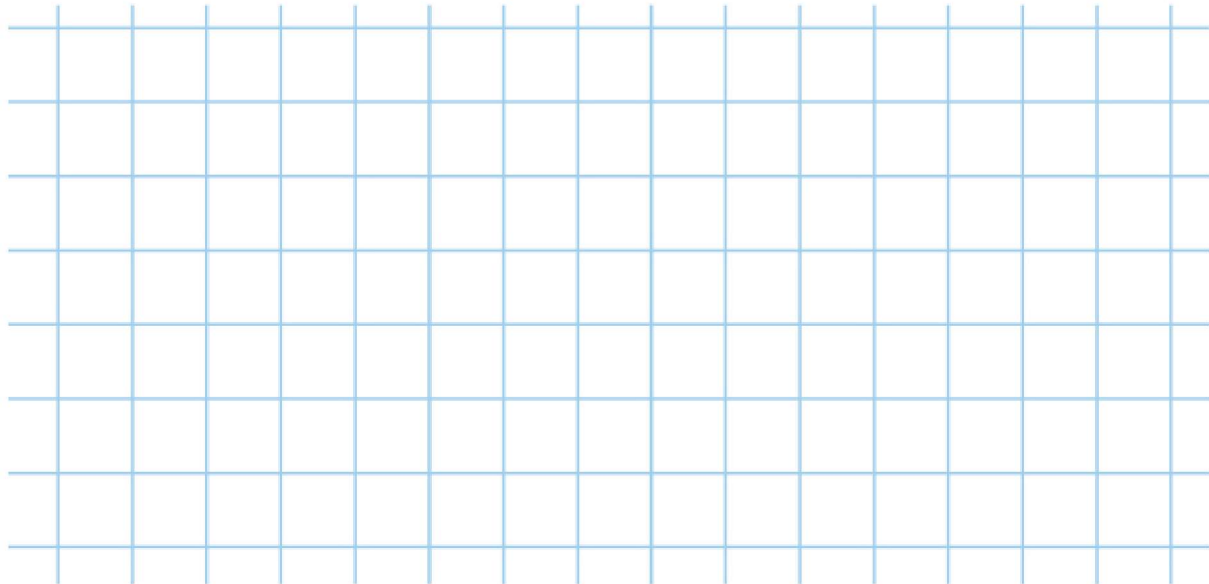
Cooking Fires

The number one cause of home fires and injuries is cooking fires. Remember to cook with caution: stay in the kitchen while cooking food, keep anything that can catch on fire – oven mitt, wooden utensils, etc. - away from hot surfaces at all times, and have a "kid-free zone" of 3 feet around cooking surfaces. In general, keep cooking surfaces clean to prevent grease build up, and don't wear loose clothing while cooking.



Home Fire Drill Plan

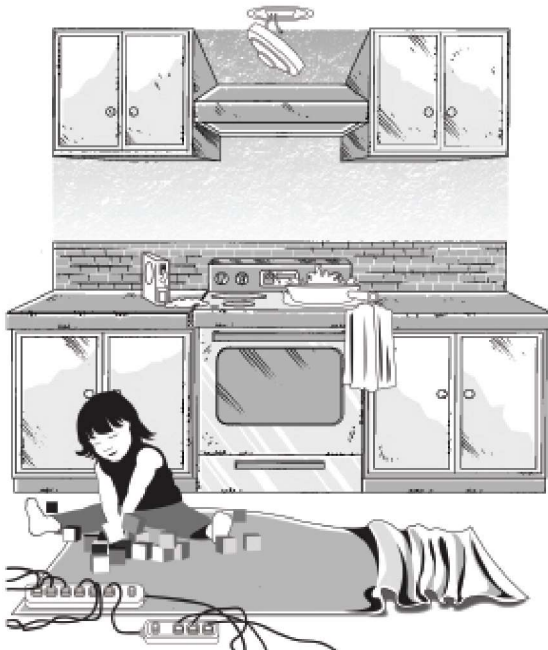
1. Draw the floor plan of your house
2. Draw a dotted line showing two ways out



3. Draw an "X" on your family's meeting place outside your home.
4. Practice your family fire plan at night and during the day.



What's Wrong with this Picture?



1. Electrical outlets are overloaded.
2. Flammable materials are left near the stove top.
3. Child playing near the stove.
4. Rug in the area of stove is a tripping hazard.

Important Numbers

Post this list next to your phone, on your refrigerator, or tuck it inside a backpack as a handy list of important information for your child.

Name _____

Address _____

Phone Number _____

Emergency Contact _____

Relationship _____

Phone _____

Emergency Contact _____

Relationship _____

Phone _____

I'm Allergic to _____



Outreach Specialists offer free car seat inspections every Tuesday and Thursday from certified car seat technicians who can teach you how to install your car seat properly and answer any questions you may have.

For more information or to schedule an inspection, call

(970)549-5858

Car Seat Inspections

The best way to keep your child safe in the car is to use the right car seat in the right way. However, three out of four car seats are not used or installed correctly. This can be a scary thought especially for new parents. Luckily, expert help is available, the Grand Junction Fire Department's Community



Just the Basics

A properly installed car seat shouldn't move more than one inch front to back or side to side when pulled at the seat belt path. This rule applies to forward-facing car seats and rear-facing car seats and when the seat is secured with either the seat belt or LATCH. The top tether makes your forward facing car seat extra snug.

Inch Test

Watch this video for a demonstration of the inch test.



LATCH/Seatbelt

There are two ways to secure a car seat in a vehicle. Both are safe, but don't use both at the same time. Here's a video on installing your car seat.



Front Facing Seats

The shoulder straps should be at or above your child's shoulders.

Rear Facing Seats

The shoulder straps should come through the car seat at or below your child's shoulders

Pinch Test

Do the pinch test shown on this video to make sure you have a snug fit.





Battalion Chief Duncan Brown

Meet Duncan Brown, the Battalion Chief for Red crew. Before his career at the Grand Junction Fire Department, Chief Brown left his hometown of Boulder, CO to serve in the Navy as a Damage Controlman and after, became a firefighter for the BLM, which then lead him to the GJFD. Chief Brown has been with the GJFD for 28 years, beginning as a firefighter/EMT with specialized training in hazardous materials. Chief Brown promoted to Captain in 1999. In 2009 he promoted again to Battalion Chief for the Red crew. Like many in the department, Chief Brown shares an interest in raising livestock; particularly cows and chickens.

“I work with good people, I enjoy the comradery.”

“The best part of this job is that no day is ever the same.”

John Williams is the Battalion Chief for Black crew at the Grand Junction Fire Department. Chief Williams was drawn to the fire service not only because of the opportunity to help the community but also because firefighting is very team oriented, and that problem solving along with being proactive is a huge aspect of the job. The Chief began as a reserve firefighter in 1989 and was hired on as a full time firefighter in 1991, became a Captain in 1999, which lead to his promotion to Battalion Chief in 2003. Chief Williams is active in our community and enjoys coaching baseball for Grand Junction High School.

Battalion Chief John Williams



Battalion Chief Doug Walsh

Doug Walsh is the Green crew Battalion Chief at the Grand Junction Fire Department. Chief Walsh's interest in the fire service started in an EMS class, where he was urged to become a firefighter. His 30 year career in fire began in January of 1988 as a firefighter/EMT and developed as he became a Paramedic in 1992, he moved to an Engineer position in 1995, promoted to Captain in 2001, and became a Battalion Chief in 2010. Chief Walsh is known to regularly bike to work and in his spare time, is an enthusiastic fan of water skiing.

“My favorite part of the job is the people, the relationships built, and working with such dedicated people .”

Grand Junction Fire Department
Office: 625 Ute Ave.
Phone: (970)549-5800
E-mail: fire@gjcity.org
Fire Chief: Ken Watkins

City of Grand Junction
City Hall: 250 N 5th St.
Phone: (970)244-1500
City Manager: Greg Caton



gjcity.org

Photo by Ken Redding

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Integrity • Dedication • Efficiency • Unity