

# 2019 FIRE PREVENTION WEEK

## Not every hero wears a cape

# PLAN and PRACTICE your ESCAPE!

The New Rockford Fire Department is teaming up with the National Fire Protection Association (NFPA) to promote this year's Fire Prevention Week campaign, "Not Every Hero Wears a Cape. Plan and Practice Your Escape!"

The campaign works to edu-

cate everyone about the small but important actions they can take to keep themselves and those around them safe.

Statistics show that in 2017, U.S. fire departments responded to 357,000 home structure fires. These fires caused 2,630 fire deaths and 10,600 fire in-

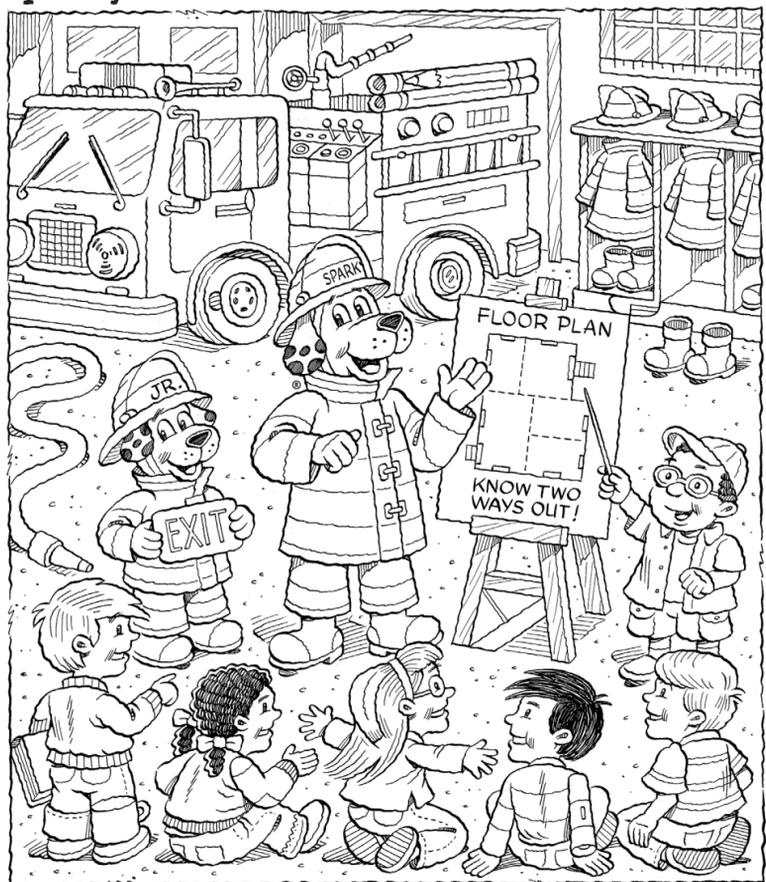
juries. On average from 2012 to 2016, seven people died due to a fire in the home.

"These numbers show that home fires continue to pose a significant threat to safety," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "In a typical

home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.



### Sparky's HIDDEN PICTURE PUZZLE



The following objects are hidden in this picture:  battery,  smoke alarm,  candle,  flashlight,  pencil,  sailboat,  banana,  golf club,  bell,  sock,  ruler,  ring,  cup, and a  button!

For more FUN STUFF, visit [SPARKY.ORG](http://SPARKY.ORG)

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## Plan Ahead

### Escape planning saves lives

If a fire breaks out in your home, you may have only a few minutes to get out once the smoke alarm sounds. Everyone should know what to do and where to go if there is a fire.

#### SAFETY TIPS

- >> Make a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- >> Know at least two ways out of every room, if possible. Make sure all the door and windows leading outside open easily.
- >> Have an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- >> Practice your home fire drill at night and during the day with everyone in your home, twice a year.
- >> Practice using different ways out.
- >> Teach children how to escape on their own in case you can't help them.
- >> Close doors behind you as you leave.

#### IF THE ALARM SOUNDS...

- >> If the smoke alarm sounds, get out and stay out. Never go back inside for people or pets.
- >> If you have to escape through smoke, get low and go under the smoke to your way out.
- >> Call the fire department from outside your home.

#### FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ❗ According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ❗ While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ❗ **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



## Our local heroes

Volunteers are the lifeblood of rural firefighting. These volunteers train for long hours and often in difficult situations so that they can be best prepared to respond in the event of an emergency.

Volunteers for the New Rockford and Sheyenne fire departments are listed here, along with their years of service. No matter how long these volunteers have served, their efforts are deeply appreciated. Please take the time to thank your local volunteers for their time and efforts to help keep the community safe.

### New Rockford Fire Department

Todd Allmaras, Chief (16)  
Brian Hoplauf, Asst. Chief (15)

Ken Thompson (33)	Shane Gilliss (7)
R. Joseph Lies (30)	Matt Pfeiffer (6)
Lonnie Thompson (29)	Tanner Theis (4)
Mark Seiler (24)	Jon Johnson (4)
Bruce Hirschert (24)	Neil Backman (4)
Jeff Pfau (22)	Mike Jacobson (3)
Travis Peterson (20)	Jake Perleberg (2)
Rick Swenson (19)	Jordan Dauenhauer (1)
Reed Weisenburger (11)	Brett Ehni (1)
John Allmaras (9)	Steve Davis
AJ Benz (7)	

### Sheyenne Fire Department

Elvis Thumb, Jr., Chief (16)  
Brian Rieger, Asst. Chief (7)

Richard Thueson (68)	Don Chenze (25)
David Karlsbraaten (45)	Kyle Alfstad (7)
Richard Hoffner (40)	Collin Hanson (7)
Kenneth Ames (38)	David Chenze, Jr. (6)
Jeff Labrenz (38)	Julianna Chanze (4)
David Reiger (37)	Mark Riggie (4)
Mark Seastrand (29)	Evan Swenson (3)
Bob Hanson (28)	Devin Hahn (1)
David Chenze, Sr. (25)	

## HEROES IN ACTION

### Volunteer firefighters in New Rockford train for vehicular extraction

On Monday, Aug. 26, the New Rockford Fire Department volunteers participating in a training that might save your life.

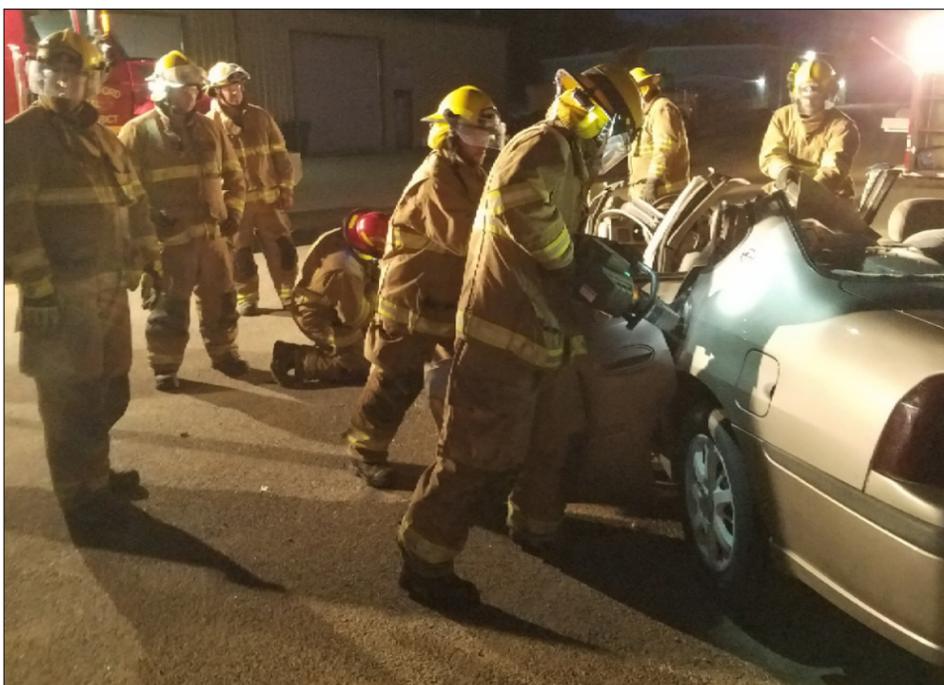
Fire chief Todd Allmaras explained that auto accidents present firefighters with the greatest chance of helping someone whose life is on the line. The vehicular extraction training can help prepare volunteers to be ready in even the most startling of accidents.

There are 26 volunteers on the crew, and each of them brings their own expertise with them. During their training, each volunteer learns about the tools,

scenarios and techniques that make the safe extraction of a victim possible. "We like to think that something like a car can be built by humans and machines, it can be taken apart the same way," says Allmaras. He also makes the point that the techniques the volunteers learn extend to grain bin extraction as well as water and ice rescue.

Volunteers need an initial 12-hour initial class, and an eight hour refresher course each year to follow.

If you are interested in volunteering your time as a firefighter, talk to one of the volunteers.



Volunteers practice extraction techniques in the dark during their Aug. 26 training.

### The following sponsors are proud to recognize Eddy County's volunteer firefighters:

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