

Return Service Requested

Livermore Fire Protection District

P.O. Box 28
Livermore, Co 80536
970-472-5592

www.livermorefire.com

LFPD is supported by District Taxes and your Donations. If you are interested in helping, please contact the District at 970-472-5592

Volunteer newsletter
editor: Caryl Schonbrun

Burn Permits

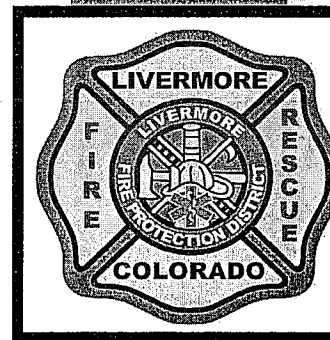
Now is the time to get rid of those unwanted tree limbs and slash piles from your efforts to create defensible space around your mountain retreat. Most outdoor burning in unincorporated Larimer County requires a permit signed by both the Fire Department and the Department of Health and Environment. The fire department evaluates applications for potential fire safety issues, while the health department evaluates application for air quality issues that can impact human health.

To obtain a permit there are three methods available for you to use:

1. Fill out the online application form at http://www.larimer.org/health/ehs/burn_permit.htm
2. Visit the Department of Health and Environment at 1525 Blue Spruce Dr., Fort Collins, 80524, and fill out the application there.
3. You may also contact the department of Health and Environment by phone at 498-6775 and fill out an application over the phone.

Once you have your permit, please burn when there is at least three inches of snow on the ground and when there are no winds. Burning should start early in the day so the fire is totally out by dark. It is NOT necessary to call the Livermore Fire Department when you start the burn, but you MUST call Larimer County dispatch at 416-1985 and notify the dispatcher when you are starting the burn. Please call 911 if there is an emergency, or if the fire gets out of hand.

Have A Safe And Very Happy Holiday Season!



Fall Newsletter

Livermore Fire Protection District

Livermore Fire District Open House

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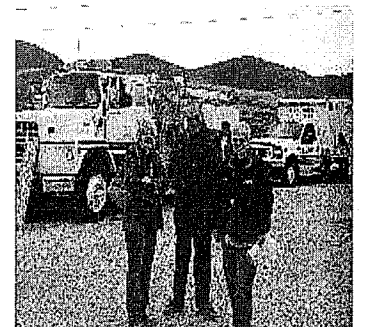
Saturday, October 4, 2008, was the date of Livermore Fire Protection District first combination Open House/Fire Awareness Month/"Yard" Sale event. Primarily designed as a community outreach, the event also gave the department an opportunity to display used department gear for sale and sell donated specialty items to raise money for the department.

Firefighters opened the doors, pulled out the trucks, and fired up the barbeque to welcome the community to Station 1 on Red Feather Lakes Road. Kids in the community had a chance to try on fire gear, sit in the trucks, operate the sirens, and have their pictures taken for display

on the Livermore Fire website (www.Livermorefire.com)

Members of the community met the firefighters, marked their homes on a district map, bought food cooked by the firefighters purchased artwork and jewelry donated by local artisans and donated antique household items. Firefighters did a live demonstration of an "extrication" utilizing "jaws of life" and other hand-held equipment designed to cut into vehicles to remove an injured person. Information on fire safety, becoming a volunteer, department funding needs, and handouts for children were also available to the public.

This was a great way for the Firefighters to answer questions while meeting the community.

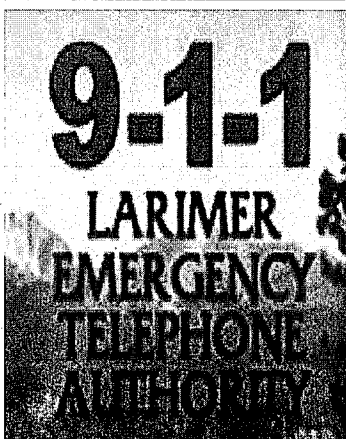


Emergency Notification System Is Up And Running

The Emergency Notification System will allow Emergency Services to notify you when there is a potential or imminent threat to life or property. This may include wild-fire, flood, tornado, pub-

lic health emergency or critical police activity. This new system calls all of the traditional phone lines in the County and has the additional features of calling cell phones, test messaging,

and e-mail notifications. You may also sign up to add your business phone to the notification list. To sign up for emergency notifications, go to www.leta911.org



When we can reach you, we can alert you!

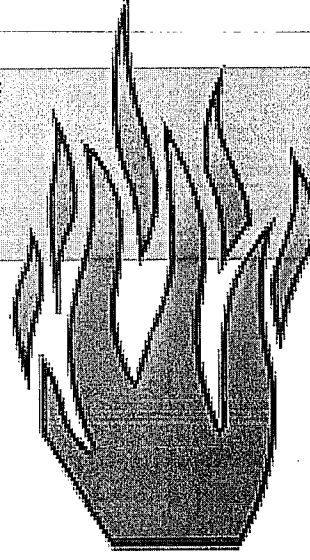
Don't let a flame make your dreams go up in smoke.

Make sure every fire is put out before leaving home, your place of work, barbecue areas and fire pits at campgrounds and lakes.

Fires Are Preventable. Protect Your Home, Family and Community

Watch what you heat!

Livermore Fire Protection District Become A Volunteer Firefighter



QUALIFICATIONS:

- Age: Minimum 18 years
- Education: High School Grad/ GED
- License: Valid Colorado drivers license
- Residence: Volunteers must live or work within the district boundaries.

tionary period, the Volunteer Probationary Firefighter shall begin to learn the skills of fire suppression and rescue through hands-on LFPD sponsored training and is required to become certified in one area of expertise: Wildland Firefighter; Structure Firefighter; or Emergency Medical Technician. Limited participation in actual emergencies during probationary status shall be permitted.

one Saturday a month; specialized training for wildland fire, structure fire, and EMT. Additional training and seminars are also available in various fire and medical functions. All members must maintain CPR certification.

Department functions such as equipment and station maintenance, newsletter, website, operational activities, etc. may also be required.

For more information on joining Livermore Fire Protection District as a volunteer firefighter, please contact Chief Jim Herrington at LFPD Fire District. 970 472-5592.

Applicants must be voted in by the department, and successfully pass a background investigation.

Prior to being offered a position as a volunteer firefighter, the candidate shall apply to the LFPD by completing the appropriate application forms for the volunteer program. A copy of a current driver's license shall be submitted with the completed application.

The prospective volunteer firefighter candidate shall attend training consistently for three (3) months before becoming a volunteer probationary firefighter. The Volunteer Probationary Firefighter term shall be twelve (12) months in length. During this proba-

WHAT AM I SIGNING UP FOR?

Livermore Fire Protection District is the responding agency for 911 emergency calls, including wildland fire, structure fire, vehicle accidents, medical emergencies, smoke reports, mutual aid within our district. This means 24/7 response. All personnel are on call when they are in the district.

Training to provide skilled, safe, professional response is essential. The current training commitment is: Medical training for all responders a minimum of one night a month; Fire training for all responders a minimum of

LFPD is always looking for people who would like to volunteer or contribute. If you are interested in helping, or volunteering, please contact the District at 970-472-5592

Come And Visit Our Fire Website—www.livermorefire.com

- Livermore up to the minute Time/Temp & weather.
- Local road condition (Virginia Dale CDOT camera & Ted's Place CDOT sign board)
- Health and weather information
- Recent Fire and medical calls
- Links to county fire Permits
- Past newsletters
- Link to local fire danger
- Lots of Community Information and much much more.....



EARLY CPR FOR CARDIAC ARREST — What You Can Do To Save A Life

Early administration of CPR has been shown by the American Heart Association (AHA) to be one of the first things to do in the chain of survival in the event of cardiac arrest. The AHA chain of survival includes:

- (1) Early activation of the Emergency response system (911)
- (2) Early administration of CPR (chest compressions and rescue breathing)
- (3) Early use of an Automated External Defibrillator (AED)
- (4) Early advanced life support (Emergency Department care).

people experiencing chest pain are advised to call 911 because prompt treatment is crucial to survival.

Living in the remote areas of Livermore and in the mountains can delay emergency medical responders in the event of an MI leading to cardiac arrest. Livermore fire fighters and EMTs are trained in performing CPR and in the use of the AED. We have 2 AED's, with one located at each fire station. While we are responding, CPR can be administered by anyone, regardless of certification.

be continued without interruption until an AED can be used.

The above instructions are for information only and people living in remote locations should prepare themselves to perform CPR. The AHA has many CPR programs available including The Family & Friends CPR Anytime Personal Learning Program. This program allows families, friends and the general public - those who most likely would never attend a traditional CPR course - to learn the core skills of CPR in just 22

What causes cardiac arrest?

Cardiac arrest is sometimes the result of a Myocardial Infarction (MI), known also as a Heart Attack. Classical symptoms of acute myocardial infarction include sudden chest pain (typically radiating to the left arm or left side of the neck), shortness of breath, nausea, vomiting, palpitations, sweating, and anxiety (often described as a sense of impending doom). Women may experience fewer typical symptoms than men, most commonly shortness of breath, weakness, a feeling of indigestion, and fatigue. Approximately one quarter of all MI's are silent, without chest pain or other symptoms. A heart attack is a medical emergency, and

CPR is only done to a non responsive person who is not breathing and has no pulse. CPR is the rapid and deep compression of the chest along with the administration of rescue breathing, either by mouth to mouth or by using a barrier mask. If rescue breathing is not possible, the AHA still recommends the administration of chest compressions to an unresponsive person who has no pulse and is not breathing. Chest compressions should be administered at the rate of 100 per minute and should be 1 1/2 to 2 inches in depth. The palm of the hand is placed in an imaginary line between the nipples on the chest. Once CPR is started it should

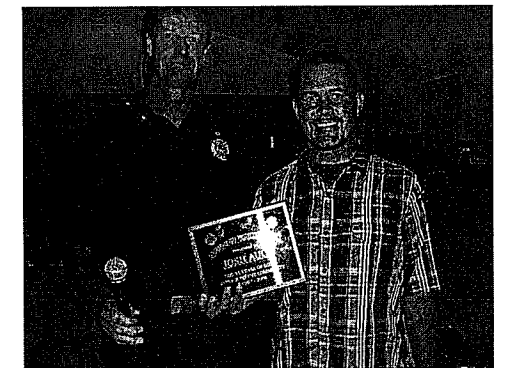
minutes using their own personal kit. The kit contains everything needed to learn basic CPR, and skills can be learned anywhere, from the comfort of a family home to a large community group setting. Also, at under \$30, the CPR Anytime kit includes a blow manikin, instructional DVD and accessories for the program. This is a cost-effective way for the entire family to learn CPR at home (this kit does not provide certification in CPR). Go to this link on the internet for more information: www.americanheart.org/

CPR DOUBLES A PERSON'S CHANCE OF SURVIVAL



Firefighter of the Year 2008 recipient, Deb Payne with Chief Jim Herrington

LFPD celebrated its sixth annual Fire-Fighters Appreciation Night. Forty-five firefighter family members and guests attended the function, along with Larimer County Commissioner, Kathay Rennals. Awards were given to the men and women who volunteer numerous hours of time keeping our community safe. Congratulations to Deb Payne who was chosen Fire-Fighter of the Year 2008. We will miss Josh Auch who is leaving the District after eleven years of service.



Josh Auch receives award from Chief Jim Herrington for eleven years of service.