

Fully Involved

Is Spring here yet?

Cold temperatures still loom over North Mason. Even though the holidays are over we are still in store for more cold winter days. With the cold comes two of the most common calls that EMS responders go on, fall injuries and motor vehicle related accidents. Here are some easy injury reducing tips to help make you and your family safer during this winter season.

In 2005 the CDC reported that 1.8 million people 65 and older were treated in an emergency room for injuries and 433,000 of these patients were hospitalized. Winter weather increases these numbers. Many people are unaware of how slippery sidewalks, stairs, and even garage floors become. These injuries are easily prevented by simple precautionary steps. Keeping salt or de-icer on the walking surface is the easiest method. Don't forget to sprinkle some around your car where you walk. Other methods include elevated mats that allow the water or moisture to sink below the walking surface. As with any walking area, installing hand rails and traction devices will keep you on your feet in the event of wet surface conditions.

Another winter weather cause for injuries is motor vehicle accidents. We can not stress enough that during poor weather conditions slow down. Speed does kill. Here are some simple and affordable items you can do to your vehicle. Check your fluids. This includes oil, radiator level, transmission, and break fluid. Don't forget your wiper fluid level. Using winter grade windshield fluid greatly improves your visibility and can be used to de-ice your windshield on those cold winter mornings. Having winter tires installed and your breaks checked are a tad more expensive but are well worth the investment. Another simple no cost item is to clean the inside of your windows. Over the year your heater vents blow dust and dirt onto the inside of your windshield. You will be amazed on what this will do for you visibility at night.

The last topic I would like to cover is ladder safety. If you are anything like me, it is customary to leave those twinkling little lights of joy up until sometime around the fourth of July. When you finally decide to take them down follow some of these safety suggestions. Always follow the manufactures recommendations. Never use the top step of a ladder. Make sure that the ladder is placed on a level surface and last but not least have someone else home while you are working on a ladder in the unlikely event you do fall. As in all cases never over do it. Your safety should be the number one concern.

We at Fire District 2 hope you and your family had a Merry Christmas and enjoy the New Year. More information can be obtained on Mason County Fire District 2's web page at WWW.MCFD2.COM or by calling 360-275-6711.

Question of the month: What is the temperature range that road overpasses may freeze and cause a slick driving surface? The first email or phone call that I receive with the correct answer will receive a gift from Starbucks Coffee.

Jeromy Hicks is currently Mason County Fire District 2's community outreach coordinator. With ten plus years of firefighting service including being a paramedic, fire prevention is his passion. Jeromy currently provides assistance with inspections, investigations, and education throughout Mason County. He can be reached at 360-275-6711 ext. 2.