

S A F E T Y N O T E S

January 2013

HOLIDAY RE-CYCLING



Spokane Fire Department is anxious to see dried out evergreen trees removed from homes as soon as possible after Christmas. Dried holiday trees exposed to the smallest ignition source will quickly create an inferno. Residential Christmas tree pickup is available in the City of Spokane until January 18th. Spokane yard waste crews will pick up the trees on the customer's regularly scheduled garbage collection day.



Apartment complexes can schedule in advance for a one-time, one-location pickup of their residents' trees by calling Solid Waste Management at (509) 625-7878.

Fresh-cut trees (minus all decorations) need to be placed on the ground at least three feet away from the refuse and recycling carts. If they are taller than six feet, they need to be cut into shorter sections. Loose branches can be stacked next to the tree. Branches may also not be longer than six feet. Artificial or flocked trees will not be picked up by the yard waste crews.



STROKE AWARENESS

New Year resolutions for managers and tenants alike often include the good intention of eating healthier and exercising more frequently. In addition to helping everyone feel and look better, these resolutions are key to preventing heart attacks and strokes.

Especially in apartments with larger senior populations, it's also a good idea for everyone to become familiar with early warning signs of a stroke. Strokes are the #4 cause of death and a leading cause of serious disability in the U.S.

Over the past few years there have been several internet stories making the rounds that list three questions to help determine a pending stroke:

- (1) Can the person smile (without one side of the face drooping)?
- (2) Can the person raise both arms (without one drifting downwards)?
- (3) Can the person speak a simple sentence (or is it incomplete and garbled)?

While failure to be able to do these three things may indicate a stroke and the need to get the person to immediate medical care, it is also important to know that people can be suffering a stroke and exhibiting different symptoms. The National Stroke Association lists the following in addition to sudden numbness or weakness of the face, arm or leg, especially on one side of the body:

- Sudden trouble seeing in one or both eyes,
- Sudden trouble walking, dizziness, loss of balance or coordination,
- Sudden confusion, trouble speaking or understanding,
- Sudden severe headache with no known cause.

While it is good to know about the smile, arm lift, and simple sentence, it is important not to overlook the fact there are additional symptoms of a possible stroke. It is critical to quickly call 9-1-1 for medical intervention by Spokane Firefighters/Paramedics! There are treatments that, if administered within hours of the onset of a stroke, may dramatically reduce the damage that otherwise occurs.

Sometimes individuals don't want to "bother anyone". But Spokane Fire Department paramedics much prefer receiving the 9-1-1 call early enough to get the patient the help they require rather than have anyone hesitate by thinking their symptoms are "not that important" and suffer long-term disabilities.

"A stitch in time saves nine". Should a manager or tenant observe someone who is experiencing the symptoms of stroke, an immediate 9-1-1 call may prevent months of later struggle and rehabilitation.

One advantage of apartment living is the formation of small communities where individuals check on each other's welfare. Strokes occur when a blood vessel carrying blood and oxygen to the brain is blocked or breaks. Stroke awareness is another survival skill that contributes to a healthier community. See www.strokeassociation.org for additional information on this topic of stroke.

May 2013 be a year of good health and happiness for you and all of your residents!

CARBON MONOXIDE REMINDER

Carbon monoxide alarms should now be installed in all apartments and rental houses. The legal deadline for these installations was 1/1/13. If you have questions about the CO detectors in your building, please call Spokane Fire at (509) 625-7058.



CONTACT US

You can sign up for this monthly newsletter, ask a fire-related question or suggest a specific safety topic by contacting Jan Doherty at jdoherly@spokanefire.org or by calling (509) 625-7058



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