



# Dighton Fire

## Monthly Newsletter

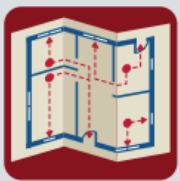






### Do you have a home escape plan?

#### Practice makes perfect

Fire moves fast! The increasing severity of home fires due to modern building contents and open space configurations makes it crucial that people are prepared to leave their homes immediately in the event of fire. You could have as little as two minutes to escape your home once smoke alarms sound. The National Fire Protection Association recommends practicing your home escape plan at least twice per year. February break is a great time to practice your home escape plan with your family! Some key aspects of a good home escape plan are having working smoke alarms, having two ways out of every room, and having a meeting place outside in front of your home where responding firefighters can easily see you.

Visit [www.usfa.fema.gov](http://www.usfa.fema.gov) and [www.nfpa.org](http://www.nfpa.org) for more information about escape planning.

#### Follow these 7 steps to practice your home escape plan.

<p><b>1</b></p>  <p>Draw a map of your home. Include all doors and windows.</p>	<p><b>2</b></p>  <p>Find two ways out of every room.</p>	<p><b>3</b></p>  <p>Make sure doors and windows are not blocked.</p>	<p><b>4</b></p>  <p>Choose an outside meeting place in front of your home.</p>
<p><b>5</b></p>  <p>Push the test button to sound the smoke alarm.</p>	<p><b>6</b></p>  <p>Practice your drill with everyone in the home.</p>	<p><b>7</b></p>  <p>Get outside to your meeting place.</p>	

#### January Recap



#### Ambulance Calls

63



#### Fire Calls

31

Remember to get your burning permits! Open burning is allowed from January 15th to May 1st.

## Training Corner

### Search and Saws

Members of the Dighton Fire Department focused on residential search and saws in the month of January. First we learned different techniques that we can use to search residential properties. We were able to simulate low visibility conditions by using the darkness and Press'n Seal Wrap on our masks. Members of the training committee were able to set up a commercial space to simulate a residence so firefighters could practice searching bedrooms, kitchens, and living areas. Our second department-wide training was all about saws. We reviewed how to do routine maintenance on different types of saws before reviewing cutting procedures.

Members were able to handle and cut a variety of materials with a K12 saw and two different chain saws. A K12 saw can be used to cut metal or masonry. A chainsaw is often used to cut small brush or roofs.



## Listen to Your Heart

February is American Heart Month. This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSPP) is encouraging women to listen to their hearts and speak up for their health. Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women. High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. Monitoring your own blood pressure at home can help you keep your blood pressure under control.

