

The Fire Plug



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Pharmaceutical Disposal Program

The Kensington Fire Protection District and the Kensington Police Protection and Community Services District will be jointly participating in the Drug Enforcement Agency's second annual National Take Back Initiative.

The date for this event is **Saturday, April 30th from 10:00 a.m. until 2:00**



Firefighter/Paramedic Carrion collecting unwanted pharmaceuticals from the Kensington commu-

p.m. at the Public Safety Building, 217 Arlington Avenue, Kensington.

By both Kensington agencies joining

together, the program will be able to take *all* unwanted and unused pharmaceuticals (narcotics as well as other pills, sharps, syrups and inhalers).

We do not accept household hazardous waste items and will only accept pharmaceuticals from Kensington residents—no businesses please. Drop off is welcome only during event hours.

Clean out your medicine cabinets of expired and unused medicines to keep them out of the possession of those they were not intended for. Do not flush unused medicines down your toilet, as those chemicals will make their way into the bay.

Making Kensington a Heartsafe Community

KFPD is working with the Contra Costa County Emergency Medical Service Agency (County EMS) to get Kensington designated a Heartsafe Community.

The Heartsafe Community program was developed by the American Heart Association to encourage and promote community awareness of cardiovascular health. The program provides firefighters with appropriate medical equipment, teaches individuals how to actively support heart health through exercise and diet, and teaches ways to help others in an emergency. Rapid access to life-saving treatment can help someone who suffers a heart attack, stroke, or sudden cardiac arrest. Teaching others how to help is one of the goals of the Heartsafe Community program. By learning the signs and symptoms of a cardiovascular emergency and appropriate interventions,

you can give others the best possible chance for survival. The actions you take before emergency personnel arrive can be life-saving! (see our CPR classes on page 3)

Kensington currently has automatic external defibrillators (AED) units on each fire engine, several police squad cars, and at the Kensington Library. KFPD is researching additional public sites for AED placement.

Businesses interested in purchasing an AED or learning more about the Contra Costa County Public Access Defibrillation program, can call 925/646-4690 or access their website at www.cccems.org



KFPD BOARD OF DIRECTORS:

- Janice Kosel, President
- Helmut Blaschczyk, Vice President
- Leslie Michael, Secretary
- Nina Harmon, Director
- Joe de Ville, Director

KFPD STAFF:

- Lance Maples, Chief
- Brenda Navellier, Manager



The Fire Department recently met with PG&E representatives concerning natural gas lines located in and near Kensington. The meeting was very informative and a lot of questions were answered. Below are key points that were discussed during the meeting:

Lines: In PG&E's vernacular, a high pressure system is any gas line above 60 psi. In reality, high pressure lines operate between 100 to 1,000 psi depending on the type of lines and location. These lines can be 4 to 42 inches in diameter and are typically constructed of steel with cathode protection. PG&E has almost 6,500 miles of high pressure transmission lines in their system which is broken down into 20,000 segments for tracking and planning.

PG&E advises that every mile

of their transmission lines are inspected every year. Some are inspected with internal sensors and the rest are inspected visually either from the air or by driving and looking for any construction/changes in the area. Once every five years these lines are walked by a team using very sensitive gas detectors looking for leaks. The portion of line that passes under El Cerrito is considered a “High Concentration Area” based on the number of people that could be affected. HCA lines are inspected more often than non-HCA lines.

Main Lines: Main lines are pipes that operate at or below 60 psi and are fed or supplied from a transmission line. They are typically 6 to 12 inches in size and their main purpose is to feed distribution lines. The closest Main Line to Kensington runs along San Pablo Avenue in El Cerrito. It is an 8 inch diameter steel line that runs at 50 psi. Main lines are physically checked with gas detectors every 5 years.

Change Your Clock—Change Your Battery! It's that time of year again. When we "spring forward" on Sunday, March 13th, be sure to change the batteries in your smoke detectors. KFPD recommends that you change your smoke detector batteries every six months.

every street and have customer hook-ups. In Kensington these lines run at 50 psi and decrease slightly with distance and elevation. The majority of Distribution Lines are steel and are of 1960's vintage. New streets or developments since the mid-1970's may have polypropylene lines. These lines are also physically checked with gas detectors every 5 years.

General Information: The pressure after the gas meter and regulator is normally less than 1/4 psi going into the customer's home or business. All natural gas in PG&E's lines is odorized for the ability to smell if there is a leak.

PG&E has provided KFPD with maps and plans in the near future to release GIS maps to public safety agencies to use in emergency planning. PG&E's planned goals for the next 10 years are documented in their Pipeline 2020 Program.

PG&E currently offers a service to any homeowner that is concerned about their gas lines or their proximity to a transmission line. This can be accessed by calling 1-888-PGE-PGE1.



Be Prepared—Sign Up for CERT Training

Community Emergency Response Team (CERT) training is provided by the Kensington Fire Protection District to better prepare our citizens and neighborhoods in the event of a major disaster. CERT classes will teach you:

- **Disaster First Aid Training**
- **Disaster Preparedness**
- **Basic Firefighting**
- **Light Search and Rescue**
- **Damage Assessment**

• **How to turn off utilities and more**

The Fire Department will be starting another 8-week session of CERT training on Thursday, March 10th.

For this upcoming session, all classes will take place at the Arlington Clubhouse, Arlington Park, 1120 Arlington Blvd., in El Cerrito. Class time is from 6:30 to 9:00 p.m. and all classes, aside from the ending Saturday drill, take place on Thursday evenings.



In addition to the March session, a session was held in Kensington during January and February, and one last 2011 session will begin in September to be held at the El Cerrito Senior Center. All participants must register ahead of time. Please call 510/215-4450 or email kensingtonfirepd@aol.com to sign-up for CERT training.

The Danger of Dryer Lint Build-Up

Late in 2010, Kensington and El Cerrito units responded to a structure fire where the origin was from the residence's clothes dryer. Unfortunately, the fire did enough damage that the home could no longer be occupied. Four adults were displaced by this fire and the Red



Cross was called to assist them.

Doing laundry might be part of your every day routine but did you know how important taking care of your clothes dryer is for the safety of your home and family? Here are a few simple tips to help prevent a clothes-dryer fire:

- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.

- Once a year, or more often, clean out the vent pipe or have a dryer lint removal service do it for you.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating.
- Turn the dryer off if you leave home or when you go to bed.
- Keep the area around your dryer clear of things that can burn, like clothes, boxes, cleaning supplies, etc.
- Dryer s should be properly grounded.

KFPD's On-Going CPR/First Aid Classes

If you would like to take a CPR and/or First Aid class, your Fire District is here to help. Classes are taught in very small groups and priority registration is given to Kensington and El Cerrito residents. CPR begins at 9:00 a.m. There is a break from 12:00 noon to 1:00 p.m. for lunch on your own. First Aid resumes from 1:00 until 4:00 p.m.

Kensington classes are held at Arlington Community Church, 52 Arlington Avenue. El Cerrito classes are held at Fire Station 72, 1520 Arlington Blvd. There is a \$25 fee for CPR and a \$25 fee for First Aid.

To register for a class, call (510) 215-4450 or email us at kensingtonfirepd@aol.com.



2011 CPR/First Aid Schedule

March 12	El Cerrito
April 16	El Cerrito
May 21	El Cerrito
June 18	Kensington

KENSINGTON FIRE PROTECTION DISTRICT

Kensington Public Safety Building
217 Arlington Avenue
Kensington, CA 94708

Phone: 510/527-8395

Fax: 510/527-8396

E-mail: kensingtonfirepd@aol.com

*If There's a
Doubt—
Call Us Out!*

We're on the Web!
www.kensingtonfire.org



KFPD Has A New Board Member!

At KFPD's February 9, 2011 Board meeting, new Board member, Joe de-Ville, was sworn in by Board President Janice Kosel. De Ville was appointed to the Board to fill the term left vacant by 14-

year volunteer, former Director Don Dommer. KFPD welcomes Director de Ville, a 40-year resident of Kensington and thanks Don Dommer for the many years of service.



Spring Cleaning—Community Shredder



B/C Dougery and Firefighters assist a resident at the shredding event last fall.

KFPD will be holding another community "shredding event" on **Saturday, May 21st** for Kensington residents

from **10:00 a.m. until 2:00 p.m.**

In our on-going efforts to assist the community become more fire safe, a mobile document shredding truck will be located at the north end of the community center/library parking lot that afternoon (across from Arlington Community Church, 52 Arlington Avenue).

Residents are welcome to clear out old files and papers from their homes and bring them to the shredding truck to be securely and safely disposed. All paper shredding is recycled by returning it to a paper mill. We will also have some Vial of Life packets and 24-Hour Emergency Kits on hand if you have not yet received yours.