



SEPTEMBER 2018

PENNSYLVANIA'S 1<sup>ST</sup> REGIONAL COMBINATION FIRE DEPARTMENT



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**Hours of Operation:**  
Mon. thru Fri. - 7:00 to 3:00

[www.YAUFR.com](http://www.YAUFR.com)



@YAUFRChief



/YorkAreaUnitedFireandRescue

**SAFETY TOWN YORK**



## FIRE CHIEF'S CORNER

Welcome to the third edition of the YAUFRR Newsletter for 2018. We hope that, as you are reading this, you have survived one of the wettest summers in recent memory and that you are looking forward to all that Autumn has to offer us – cooler temperatures, vibrant colors, fall sports and of course the holidays. It has been a busy year for your fire department personnel with many instances of mutual aid assistance, continued training, new certifications for some, training of our new employees, trying to achieve a single labor agreement and continuing to bring together our emergency management function to serve all three townships.

We are also in the midst of budget season and preparing an operational budget that supports the professionalism and commitment you expect from your fire department. Through the support of the townships, our capital replacement plan for the next six years was approved in late 2017 and we are anticipating at least some of our apparatus prior to the end of this year.

With the approaching days of Autumn and holidays such as Halloween and Thanksgiving, we urge you to continue with safe practices when it comes to cooking and trick or treating. When we change clocks, check your smoke alarms and remember that the first full week of October is Fire Prevention Week – please consider visiting us at one of our three open houses that week. Thank you for your support of our department. We are proud of our personnel and all that they do to prepare to serve you in your time of need.

Wishing each of you a safe and fulfilling Autumn,

*Chief Hoff*

## TRAINING

- Congratulations to Firefighters Ross Raber, Cody Stiffler, Nicholas Willcox and Charles Yingling. All four completed Driver Operator / Pumper certification this summer.
- Our Department completed over 5475 hours of training last quarter. Keep up the good work.
- CPR/AED recertification is scheduled for the First Battalion. The dates are 12/3, 12/10 and 12/17. Classes start at 0900 hours at Victory Fire Company, Station 894.
- Fall company burns are scheduled for 12/5, 12/12 and 12/19. Burns start at 1300 hours until approximately 2200 hours.
- Check your EMT con-ed status. Make sure you are on track to have the required hours for recertification. There are numerous members whose certification expires this year.
- Don't forget to enter all your daily training in Target Solutions. Check your training tracker to monitor your progress to reach the minimum ISO required training hours for the year.



## DISASTERS HAPPEN. PREPARE NOW. LEARN HOW


The month of September is National Preparedness month.

This year's theme is "Disasters Happen. Prepare Now. Learn How," emphasizing the need to plan before disasters occur. The impact of sudden disasters became a harsh reality throughout York County this summer in the form of rains causing significant flooding in July and August. Areas not normally subject to flash flooding were particularly hard hit. During one storm on August 31, YAUFRR crews were called to assist with dozens of rescues of people stranded in raging flood waters.

Preparedness goes beyond having emergency supplies available. During a disaster, you and your neighbors will often be the first ones to take action. Learning important skills such as first aid and CPR can help save a life. Know where you can safely shut off the utilities in your home. Learn how to properly use a fire extinguisher. You should also know the coverages and limitations of your insurance policies.

[Ready.gov](http://Ready.gov), the official public preparedness website of the U.S. Department of Homeland Security, is a valuable resource. YAUFRR is always available to answer any questions you may have. We can also help you find basic skills training to help those in need before Fire, EMS, and Police arrive. Want to take your preparedness to the next level? Beginning this Fall, YAUFRR will be sponsoring Community Emergency Response Team (CERT) training programs. Watch for announcements on this important program that will help you support the community and emergency responders during a disaster.

Remember to sign up for Nixle, the YAUFRR public alerting system, which will broadcast severe weather watches and warnings, and will also be used to provide emergency instructions in the event of a disaster. To subscribe, simply text your zip code to "888777."



**Stay connected to the information  
that matters most to you!**

**Stay instantly informed of trusted, neighborhood-level  
public safety and community information.**

You choose the information you want, for the addresses you want, all delivered by text message, email and over the web.

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**Simple • Trusted • No Cost**

**Manchester, Spring Garden and Springettsbury Township  
Residents**

**YAUFRR is now live on the Nixle Public Safety Notification System.**

**Text YAUFRR to 888777 to sign up and stay informed of important  
emergency services messages in our area.**

## BACK TO SCHOOL

York Area United Fire and Rescue would like to remind drivers to be very aware now that school is back in session and children will be walking to and from schools and bus stops. As autumn approaches, there will be less daylight and children will be out early in the morning and more difficult to see.

- Be watchful around schools and bus stops for children running into the street.
- Watch for children entering the street from behind buses or running to catch the bus.
- When driving your children to school, deliver and pick them up as close to the school as possible. Don't leave until they are safely on school grounds.
- Drive slowly when approaching children riding bicycles and walking near the street.
- Watch your speed when entering school zones.



## FIRE PREVENTION WEEK

National Fire Prevention week is October 7th – 13th

Again this year, York Area United Fire & Rescue will be reinforcing the theme sponsored by the National Fire Protection Association (NFPA) – “Look, Listen, Learn.”. Through these three simple calls-to-action people can reduce their risk to fire and be prepared in the event of one:

- **Look** for places fire can start
- **Listen** for the sound of the smoke alarm
- **Learn** two ways out of each room

While statistics show that the number of home fires in the U.S. is decreasing, the number deaths as a result of fires in the home has increased. This shows that the public is aware of fire safety, but we have more work to do when it comes to making sure the public is prepared for what to do if a fire occurs. Therefore, throughout the month of October, we will be sharing many tips and suggestions on how to ensure you and your family are prepared to handle an incident if it should occur in your home. More information can be found at [www.firepreventionweek.org](http://www.firepreventionweek.org). In addition, in the coming weeks we will be visiting many schools, churches, and events in our area to get the word out about fire prevention! Please check out our Facebook page for pictures and important safety tips throughout the month.

# LOOK. LISTEN. LEARN.

Be aware.  
Fire can happen anywhere.™

FIRE PREVENTION WEEK: OCTOBER 7-13, 2018

[firepreventionweek.org](http://firepreventionweek.org)



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# OPEN HOUSES!



## Fire Prevention Week

## Open House Schedule

**Monday October 8, 2018**  
**Grantley Fire Company**  
**918 Virginia Avenue York, Pa. 17403**  
**6:00 PM – 8:00 PM**

**Tuesday October 9, 2018**  
**Springetts Fire Company**  
**50 Commons Drive York, Pa. 17402**  
**6:00 PM – 8:00 PM**

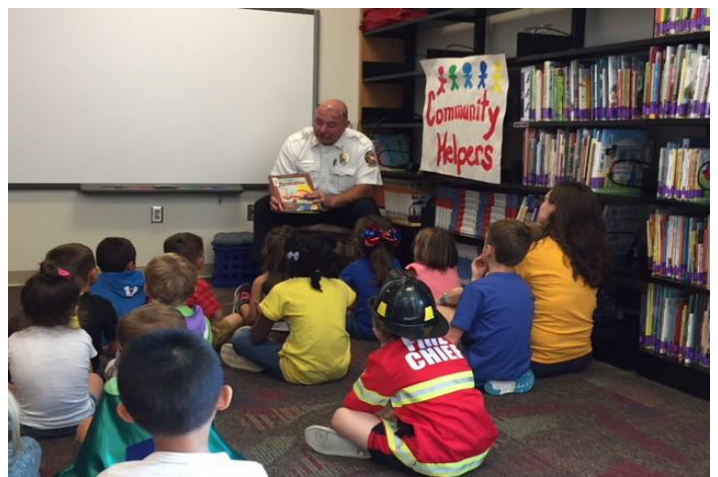
**Wednesday October 10, 2018**  
**Manchester Township**  
**3200 Farm Trail Road York, Pa. 17406**  
**6:00 PM – 8:00 PM**

*Join us for food, fun, station and apparatus tours, Smokey the Bear and a chance to learn more about your fire department*



## DID YOU KNOW?

Do you have an upcoming event in your neighborhood, at your office, or in the community that you would be interested in having our staff attend to present fire safety information? Our department is happy to assist you FREE of charge. To schedule, please contact [PublicEducation@Yaufr.com](mailto:PublicEducation@Yaufr.com) or 717-718-2381.



## SMOKE ALARMS

As always, please remember to check the batteries in your detectors. We always suggest changing the batteries in your detectors when you change your clocks for daylight savings time in the spring and fall.

Should you find that your alarm is out of date or not functioning, they can be purchased at any hardware store. If you need assistance with installation, obtaining a detector, or if you have any other questions relating to smoke detectors or fire safety – please contact our office at 717-718-2381. **WORKING SMOKE DETECTORS SAVE LIVES!**



## CARBON MONOXIDE ALARMS

### Caution: Carbon Monoxide Kills

- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.

## OPEN BURNING, RECREATIONAL FIRES & PORTABLE OUTDOOR FIREPLACES

The overview of Section 307 of the International Fire Code is below. [Click here to view fire code PDF](#) or go to our website under Frequently Asked Questions.

A person shall not kindle or maintain any open burning unless conducted and approved in accordance with this section.

Open burning that is offensive or objectionable because of smoke emissions or when atmospheric conditions or local circumstances such as fires hazardous shall not be prohibited.

A **Permit** shall be obtained from the fire code official in accordance with Section 105.6 prior to kindling a fire for recognized silvicultural or range or wildlife management practices, prevention or control of diseased or pests, or a bonfire. Applications for such approval shall only be presented by and permits issued to the owner of the land upon which the fire is be kindled.

Where required by state or law or regulations, open burning shall only be permitted with prior approval from the state or local air and water quality management authority.

The fire code official is authorized to order extinguishment by the permit holder, another person responsible or the fire department of open burning that creates or adds to a hazardous of objectionable situation.

**The location for Open Burning** shall not be less than 50 feet from any structure, and provisions shall be made to prevent the fire from spreading to within 50 feet of any structure.

### Exceptions:

- 1) Fires in approved containers what are not less than 15 feet from a structure.
- 2) The minimum required distance from a structure shall be 25 feet where the pile size is 3 feet or less in diameter and 2 feet or less in height.

A **Bonfire** shall not be conducted within 50 feet of a structure or combustible material unless the fire is contained in a barbecue pit. Conditions which could cause a fire to spread within 50 feet of a structure shall be eliminated prior to ignition.

**Recreational Fires** shall not be conducted within 25 feet of a structure or combustible material. Conditions which could cause a fire to spread within 25 feet of a structure shall be eliminated prior to ignition.

**Portable Outdoor Fireplaces** shall be used in accordance with the manufacture's instructions and shall not be operated within 15 feet of a structure or combustible material.

**Exception:** Portable outdoor fireplaces used at one-and two-family dwellings.

**Attendance.** Open burning, bonfires, recreational fires and use of portable outdoor fireplaces shall be constantly attended until the fire is extinguished. A minimum of one portable fire extinguisher complying with Section 906 with a minimum 4-A rating or other approved on-site fire-extinguishing equipment, such as dirt, sand, water barrel, garden hose or water truck, shall be available for immediate utilization.

## HALLOWEEN TIPS!

### Ghost and Goblins in the Area!

A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

**Treats:** Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

**Flame Resistant Costumes:** When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

**Costume Designs:** Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarfs should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.



**Pedestrian Safety:** Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

**Choosing Safe Houses:** Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

## THANKSGIVING TIME

### Turkey Fryer Caution!

York Area United Fire and Rescue discourages the use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil. These turkey fryers use a substantial quantity of cooking oil at high temperatures, and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. The use of turkey fryers by consumers can lead to devastating burns, other injuries and the destruction of property. York Area United Fire and Rescue urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers, and restaurants for the preparation of the dish, or consider a new type of "oil-less" turkey fryer."



# SUPPORT OUR VOLUNTEER COMPANY'S UPCOMING EVENTS

**Community Project Nights at Victory Bingo**  
Sponsored by Victory Fire Company No. 2  
Sixth Ave. & Wheaton Street York, PA 17403



OCT. 14 & 16th 2018  
NOV. 11 & 13th 2018

NOV. 25 & 27th 2018

DEC. 9 & 11th 2018

RED CROSS FIRE HURTS  
YORK COUNTRY  
MILITARY FOOD SHARE  
YORK CONTY  
QUICK RESPONE TEAM  
HARVEST FOOD PANTRY

**The Alert Fire Company 300 Club**

**October 13, 2018**

**Join the Club**

**Doors open @5pm**

**Full course meal @6pm**

**DJ and dancing starts @ 7pm**

**Snacks @9pm**

**Final Drawing @10pm**

**Drawing is cash prizes of: \$300, \$200, \$150, (2) \$50, (8) \$25,  
(10) \$10**

Tickets are \$15 per a person. Must be 21 years old and have a ticket to get in. Please call Doug Freeze @ (717) 309-8324 if you would like a ticket. We only sell 300 tickets for the drawing.

## EMPLOYEE SPOTLIGHT

Our employee spotlight for this edition of the YAUFRR Newsletter will focus on three of our most recently hired employees: FF Travis Ort, FF Nicholas Serikstad and FF Frank Wirth III.

**1 How long have you worked for the fire department?**

I have worked for the fire department since June 17th, 2018.

**2. Before working for the fire department what was the most unusual or interesting job you had?**

The most interesting job that I had was working for a crane company. I worked on and installed cranes and a lot of my days were spent well over 100 feet in the air working.

**3. How or why did you become involved in the fire service?**

I became involved as a volunteer fire fighter while I was in high school due to a close friend that was involved. I started hanging out at the fire house with him and joined the department.

**4. What is your proudest fire service moment?**

My proudest moment in the fire service is when I was offered a full time position and a career fire fighter with YAUFRR.

**5. If Hollywood made a movie about your life, who should be cast to play you?** Seth Rogan

**6. What is your favorite travel or vacation spot?** My favorite place to travel to is Negril, Jamaica.

**7. What is your favorite past time?**

My favorite past time is going fishing on the bay at the beach

**8. What are the top two items on your bucket list?**

Travel to Hawaii and dive the underwater wrecks.

**9. If you could live anywhere in the world where would it be and why?**

I'd live on Grand Cayman Island just to go fishing in the clear blue waters everyday..

**10. Tell us one thing about you that would surprise most people.**

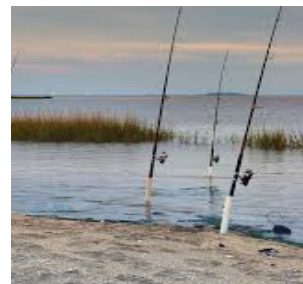
I do not like to fly but I have flown many times.

**11. Anything else you might want people to know about you.**

I have a large family and a group of friends that supported me since the beginning of my fire fighting career.



**Fire Fighter  
Travis Ort**





# EMPLOYEE SPOTLIGHT

**1 How long have you worked for the fire department?** 3 months

**2. Before working for the fire department what was the most unusual or interesting job you had?**  
Bimbo Bakeries as an account manager

**3. How or why did you become involved in the fire service?**  
My grandfather was a career firefighter at West Point and when I turned 18, he told be about the fire service and why I should become a firefighter.

**4. What is your proudest fire service moment?** Being pinned by my grandfather

**5. If Hollywood made a movie about your life, who should be cast to play you?** Walter Matthews NO DOUBT!

**6. What is your favorite travel or vacation spot?** Mongaup Pond - Livingston, NY

**7. What is your favorite past time?** Kayaking, Camping

**8. What are the top two items on your bucket list?**  
Travel to all 50 States. Stay at the Havasupai Falls - Arizona

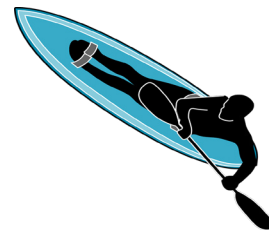
**9. If you could live anywhere in the world where would it be and why?**  
Vermont - It's quiet, Vermont does autumn better than any other state.

**10. Tell us one thing about you that would surprise most people.**  
I love military history. I own a collection of WWI and WWII items which continues to grow.

**11. Anything else you might want people to know about you.**  
My fiance and I are getting married October 14th. We have two cats and a labrador retriever. I enjoy cooking, kayaking, camping and target shooting.



Fire Fighter  
Nicholas Serikstad



Fire Fighter  
Frank Wirth III

**1 How long have you worked for the fire department?** 3 months

**2. Before working for the fire department what was the most unusual or interesting job you had?**  
I was a motor transport operator attached to artillery for 3.5 years in the Marine Corps.

**3. How or why did you become involved in the fire service?**  
My family has been involved with emergency services since I was born so it's always been a part of my life.

**4. What is your proudest fire service moment?** Getting a CPR save

**5. If Hollywood made a movie about your life, who should be cast to play you?** James Gandolfini

**6. What is your favorite travel or vacation spot?** Watkins Glen International Sahlen's six hours of the glen

**7. What is your favorite past time?** Kayaking, riding my motorcycle, off roading, hiking, and relaxing with family and friends.

**8. What are the top two items on your bucket list?**  
Ride my motorcycle cross country and go to see the King of Hammers off road race.

**9. If you could live anywhere in the world where would it be and why?**  
Out in the middle of the woods with lots of land because I love the peace and quite of nature.

**10. Tell us one thing about you that would surprise most people.**  
Me and a few friends are currently fixing up a racecar to race at track days.

**11. Anything else you might want people to know about you.**  
I've been to Africa twice with the Marine Corps to train with Moroccan military.



## HEALTH NEWS

### Improving your bending ability is crucial for more than just preventing injury

In fact, flexibility training is an important aspect of gaining strength and size. The typical lifter spends most of their day outside of the gym hunched forward over a computer further deteriorating any chance at proper posture. Outside of just preventing injury, having better posture helps to show off the muscular physique you worked so hard to build. Proper flexibility also goes hand in hand with full range of motion exercises like squats and deadlifts, which are **major muscle builders**. Having tight hips and shoulders can inhibit proper form and limit your fitness, so get to work on getting flexible.

#### The Rules of Improving Flexibility

Rather than taking a haphazard approach to improving your flexibility, follow the rules set below to gain new ranges of motion and prevent poor posture.

#### Warm-up prior to working out

The days of long holds on **stretches** before exercise is largely over. Research continually demonstrates that static stretching isn't as beneficial prior to working out as dynamic stretching. Before starting your lifting or cardio session, go through some bodyweight movements like squats, lunges, push-ups, side lunges, and jumping jacks. Perform three sets of each movement for 20-30 reps to warm up your entire body. This type of warm-up should leave you in a light seat ready to tackle your workout.

#### Follow-up workout with light stretching

Dying to hold some stretching positions? Throw some traditional static holds in post-exercise. These longer-duration stretches help to lengthen muscles that were tightened up during the lifting session. Along with any muscles hit hard during the **workout**, also focus on the chest, lats, and hip flexors, as they tend to be tight on most individuals due to daily posture.

#### Prioritize range of motion in your workout

Although partial ranges of motion can be used in workouts to build insane amounts of **strength**, make an effort to perform each exercise through a full range of motion to reap major flexibility benefits. Going to full-depth on squats, for example, helps to build hip flexibility. Work at full ranges of motion with lighter weights when learning new moves before loading up a bar and dropping into a heavy working set.



#### Relax

**Stress** causes your body to tighten up into one huge ball of knots. Combine the normal stress from work and family with a bunch of hard sessions in the gym a week, and you're looking at a recipe for disaster. Find a few times a week to engage in a relaxing activity to help you unwind. Walking, light yoga, and massage are all great examples, but it could be as simple as heading out on a short walk to unwind from your day. Taking time to de-stress will help to relax your body and prevent muscles from tensing up and restricting movement.

#### Learn to breath

The typical lifter uses their rib cage far too much to breath, which doesn't engage the diaphragm optimally. Instead focus on belly breaths where the belly button moves in and out with each breath. Spend five minutes a day working on improving breathing for a more relaxed and stress-free **posture**.

#### Stay hydrated

Water forms a large part of our muscle composition. In order for our muscles to respond to flexibility training, they have to be working optimally. That includes proper hydration. Many individuals are waling around in a constantly dehydrated state. Focus on consuming more water, especially during and after hard exercise sessions to keep your muscles working optimally and steer clear of performance declines due to **dehydration**.

#### Different Stretches for Different Folks

The traditional method that comes to mind when thinking about stretching is referred to as **static stretching** - where a lifter bends forward and holds a hamstring stretch for 20-30 seconds. In fact, there are several stretching methods that each has their own unique benefit.

**Static stretching** consist of the lifter holding a joint in a stretched position for a designated length of time (usually 20-30 seconds) allowing the muscles to slowly adapt to the new range of motion. This is a passive stretch in that the muscle is relaxed throughout the entire exercise.

**Dynamic stretching** consists of moving the body through an increased range of motion using bodyweight movements like squats and lunges. By moving the body in multiple planes of motion, dynamic stretching helps prepare your body for a hard training session. Dynamic stretching is considered an active stretch since the muscle is contracting and relaxing.





## MARK'S TIP OF THE WEEK

### Is Massage Therapy Right for You?

Massage is a term we use when we rub and manipulate the skin, muscles, tendons and /or ligaments to improve health. There are quite a few different styles of massage therapy:

- Swedish massages tend to be lighter in touch and pressure and may help relax you and energize you.
- Deep tissue massage generally uses more pressure and targets deeper layers of muscle. This can be slightly painful depending on the therapist pressure and your pain tolerance.
- Trigger Point massage may focus on just the muscles that are tighter and could be affecting your motion from an injury or over use.





The use of massage as a treatment is on the rise. Some studies show that massage can be an effective treatment for muscle tension, stress and pain. Some studies suggest that massage may be helpful for\*:

- Headaches
- Anxiety
- Stress related insomnia
- Digestive disorders
- Fibromyalgia
- Myofascial pain syndrome

Massage could be contraindicated for certain conditions like people that have blood disorders or are taking blood thinners, people with burns or wounds that have not healed, people with fractures and people with deep vein thrombosis to name a few. It is always best to check with your doctor and licensed professional massage therapist. Ask your massage therapists about certifications, insurance and if they are nationally licensed.

\* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258000/>

For more health and wellness tips, follow ConnectCare3 on  Facebook and  Pinterest or visit us at [connectcare3.com](http://connectcare3.com)

