



Heartsaver CPR and AED Course

**CPR/AED
TRAINING**



INSTRUCTOR: Gregory Payson, AHA Instructor and NY Fire Chief

The North Yarmouth Business Association (NYBA) is pleased to co-host two heart saver CPR and AED courses in January. Classes will be limited to six students each.

This four-hour class is open to the public and covers infant, child and adult CPR and choking as well as automated defibrillation (AED).

At the conclusion of the class, students receive an American Heart Association (AHA) Heart Saver CPR/AED card good for two years.

Classes are filling up fast, register by calling the Fire Chief at 829-3025.

Dates:

- Saturday, January 16 (one slot available)
- Saturday, January 30 (six slots available)

Time: 8:00 am to Noon

Location: North Yarmouth Fire Station, Walnut Hill Road

Fee: \$25 (NYBA Members) \$50 (Non-members) – Checks payable to:
NY FIRE COMPANY

FMI:

eMail Fire Chief, Gregory Payson, firechief@northyarmouth.org or NYBA President, Darla Hamlin, darla@softtrac.com

Cribbage Tournament Coming Up!



Cribbage Anyone?

1st Annual North Yarmouth Cribbage Tournament

**Feb 13, 2015 from 9-12 am
Memorial School**

Sponsored by the Events Committee
Net proceeds will be donated to the Veteran's Memorial Park

Prize money will be awarded to the top 4 winners
The winner of the novice division will receive a trophy

Preregistration Required

Preregister on the town website Jan 6th through Feb 8th
Or by contacting:

Steven Palmer spalmer@northyarmouth.org 829-5004

Darla Hamlin darla@softtrac.com

Audrey Lones audrey@alum.mit.edu 829-4171

\$10 for the prize money division & \$5 for the novice division

Snow date is February 20th

“Adopt A Hydrant” Program

With winter in full swing, North Yarmouth Fire Rescue is asking for volunteers to adopt neighborhood fire hydrants. Gather your family and neighbors and adopt the fire hydrant closest to your home or business by keeping it free of snow during the winter. At a fire, the Fire Department must quickly locate and gain a water supply source from the closest fire hydrant. A fire engine carries enough water on board for approximately 3 ½ minutes of firefighting. If a fire hydrant is buried by snow, it is difficult to find and valuable time must be spent digging it out. It may take from 4 to 6 minutes to dig out a fire hydrant buried by snow. The delay in gaining a water supply from a fire hydrant may disrupt the timely manner in which firefighters are able to fight the fire and may allow a fire to grow. Fire doubles in size every 20 seconds.

Please make it a point to uncover your fire hydrant after each and every snowfall. Clear a path approximately 3 feet around the hydrant and shovel a path from the street or roadway up to the fire hydrant. These actions will allow the Fire Department to quickly locate the fire

the fire hydrant. These actions will allow the Fire Department to quickly locate the fire hydrant, obtain a water supply for firefighting activities, and give the fire department room to work with this hydrant should the need arise.

Please consider helping a neighbor with a medical condition or who is elderly, by shoveling out a hydrant in front of their home. This act of kindness will benefit the entire neighborhood.

The “Adopt A Hydrant” program is an informal program, therefore it is not necessary to advise the fire department of which hydrants you will be clearing snow from.

On behalf of North Yarmouth Fire Rescue, thank you for keeping North Yarmouth’s fire hydrants clear of snow and keeping our community safe!

Avoid Carbon Monoxide Poisoning During Power Outages

A Message from the Maine Department of Health and Human Services, Center for Disease Control and Prevention (Maine CDC)

Warning signs of CO poisoning are flu-like symptoms without fever (such as headache, nausea, vomiting, dizziness, drowsiness, and confusion). CO poisoning can also result in coma and death. CO is an odorless gas emitted when burning most fuels. Improper operation or placement of alternative heating or power sources can result in poisoning when CO gas builds-up in enclosed spaces.

A State study of the CO poisoning epidemic, in the aftermath of the January 1998 ice storm power outages, found that improper placement of a gasoline generator, such as in a basement or garage, could increase the risk of poisoning up to 300-fold. When the power went out for several days after Tropical Storm Irene in August of 2011, carbon monoxide poisoning was the cause of two deaths and four non-fatal poisonings in Maine. In each case, the carbon monoxide came from improper use of generators.

Using a kerosene heater in a room without any doors to other rooms opened, or failing to crack a window, also put people at increased risk for CO poisoning.

To Avoid CO Poisoning During Power Outages:

- Place generators outdoors in the fresh air
- Make a plan for how to keep your generator dry and protected from ice and snow so you are not tempted to bring it inside a garage or other enclosed structure. Generators also pose a risk of shock and electrocution, especially in wet conditions. Dry your hands before touching a generator.
- Ensure the generator is at least 15 feet away from home windows or doors
- Ensure the generator is not placed in an enclosed or semi-enclosed space (such as basement, cellar bulkhead, attached garage) where carbon monoxide can build up to dangerous levels.
- Use kerosene heaters in a well ventilated room, by either keeping doors to other rooms open or keeping a window partially open (at least 1 inch)

- Use only K-1 grade fuel in kerosene heaters. Follow instructions for setting the wick height.
- Do not use outdoor cooking devices indoors (such as gas or charcoal grills, gas camp stoves).
- Do not use indoor gas cooking stoves for heat.
- Keep chimney flue and a window open when burning decorative gas fireplace logs as a heat source.
- Place a carbon monoxide detector that is battery powered (or has battery back-up power) outside each sleeping area. CO detectors are in most stores. Look for the UL mark with the "Single Station Carbon Monoxide Alarm" statement.

If You Suspect CO Poisoning

If you or anyone in the home suspect you are being poisoned by carbon monoxide:

- Leave the house immediately, and then call your local fire department or 911.
- Seek medical attention by contacting either the Northern New England Poison Center (800-222-1222) or your physician after you have left the area where you suspect the carbon monoxide is present.
- Do not go back into the building until you know the CO levels are safe.

The following PDF publications are from the MaineCDC:

- [Carbon Monoxide Safety Fact Sheet](#)
- [Generator Safety Door Hanger](#)
- [Generator Safety Flyer](#)
- [US EPA: Protect Your Family and Yourself from Carbon Monoxide Poisoning](#)

For More Information

- [CMP: Generator Safety](#)
- [Michigan State University: Kerosene Heater Safety](#)

Treat Frozen Pipes and Ice Dams with Fire Safety In Mind

Frigid temperatures across much of the U.S. are causing all sorts of grief for home and business owners, with frozen pipes and ice dams topping the list. Unfortunately, some people have used blow torches and other open flame devices to treat them.

Clearly, no one should ever use any type of open flame to thaw pipes or melt ice dams – it

presents serious risks to people and property. As obvious as this may seem, it's been happening.

Recent news stories in [The Boston Globe](#) and [The Buffalo News](#) have highlighted incidents in which property was significantly damaged and/or firefighters were injured as a result of open flames being used to mitigate these issues.

"The potential for damage is enormous," Buffalo Fire Commissioner Garnell W. Whitfield Jr. said of improperly attempting to thaw frozen pipes. "The potential for loss of life is huge."

Fortunately, there are steps you can take to safely prevent and treat frozen pipes and ice dams.

The [American Red Cross website](#) provides a wealth of [tips and recommendations for preventing and treating frozen pipes](#); This Old House magazine offers recommendations for [preventing ice dams](#), along with some [quick fixes](#).

Covered Mailboxes and Heavy Roofs



With winter still upon us and the snow still falling, I look around our community with issues that can arise from the increase in snow fall amounts. Take a look at your mail box as well as your neighbors. When we respond to your residence on an emergency call we typically look for the box number on your mailbox. When we can't see your numbers on your mail box we lose very precious time trying to find the correct address. This can sometimes add two to three minutes to a call causing a huge delay in care. Remember if you can't see

the house number on your mailbox or on the house, neither can we.

While driving around town, I constantly see improper access to a residence and added weight to your roofs due to the increase of snow. Every day in the news it seems as we are hearing about someone roof collapsing, a building burning and the fire department not being able to make access to the building due to the buildup of snow. I see numerous residences in town with only one way shoveled into the building. Please take the time to shovel out all of your entrances and exits. If you have a fire in your home, you may not be able to get out of your home the way you typically do. With these other exits blocked we are unable to get in and most importantly you may not be able to get out. **If you have a questions or concerns, please do not hesitate to call North Yarmouth Fire Rescue at 829-3025.**

More Community News From RFTH!

Look here for news of other events in our community

[MSAD 51](#)

[Skyline Farm](#)

[Casco Bay CAN](#)

[Cooperative Extension](#)

[Lyme Disease Support Group](#)

[MSAD 51 Ranger Connection](#)

[Royal River Conservation Trust](#)

[North Yarmouth Historical Society](#)

[Cumberland/North Yarmouth Recreation](#)



Town News & Information

[www.northyarmouth.org >>](http://www.northyarmouth.org)

Looking for a meeting date? Click here. [Meeting Calendar >>](#)

Looking for an agenda or minutes? Click here. [Agendas & Minutes >>](#)

Online Services

Dog Licenses



Hunting and Fishing Licenses



Vehicle & Trailer Registration Renewals



Burning Permits



Snowmobile Registration Renewals



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