



Benton County Fire Protection District No. 4

2604 Bombing Range Rd.
West Richland, WA 99353
(509) 967-2945
www.bcf4.org

FOR IMMEDIATE RELEASE

Date: August 31, 2015
Contact: Fire Chief William Whealan
Office 509-967-2496 Cell (509) 430-7993 wwhealan@bcfd4.org

Benton County Fire District 4 offers fall prevention presentation

[West Richland, Wash.] – Benton County Fire District 4 is seeking invitations to provide a presentation on fall prevention to local organizations and groups with members that are at risk of injury from falls. The presentation is offered by Benton County Fire District 4 to reduce injury and prevent accidents for the community it serves over 52 square miles, including the City of West Richland.

According to the Center for Disease Control, more than one-third of adults over 65 years of age fall each year. Falls can lead to hip fractures, traumatic brain injuries, and are the leading cause of fatal and non-fatal injuries in older adults – and they are mostly preventable.

“It feels good to know we can stop injuries before they happen,” said Lt. Kevin Gaidos, who is coordinating fall prevention education for Benton County Fire District 4. “I look forward to sharing the information and resources we’ve developed to improve the safety of residents that are vulnerable to falls.”

To reduce the risk of injury from a fall, changes in behavior and to the home environment are recommended. Exercises that improve balance, strength and flexibility, like Tai Chi, yoga or water aerobics, are encouraged. Modifications in the home include removal of hazards that could trip a person, along with the installation of safety rails and supports.

Gaidos will cover these topics and other tips in the 15-minute presentation. Interested parties should contact him at (509) 967-2945 or kgaidos@bcfd4.org to schedule a meeting time.

###

Benton County Fire District 4 provides Fire and Emergency Medical Services (EMS) to 17,000 people over 52 square miles, including the City of West Richland. Approximately 36 volunteer and career Firefighters, Emergency Medical Technicians (EMTs) and six Paramedics respond to an average of 1,200 calls per year.