



What's Happening

Navy Fire and Emergency Services Newsletter
Protecting Those Who Defend America

January 2011

OMNI CEDO DOMUS

Vol 9 No 1

Email the Editor:

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From the Deputy Director

In my youth we had a label for the “lifers” in our military fire station. These were the guys (they were all guys then) who carried their portable radios to the NCO Club each payday while they spent their paychecks on immoral diversions and risky investments. Their rooms and hootches were shrines to firefighting and war. Guns n’ Hoses.

Those guys were “ate up” and I vowed then to never become ate up. Ah, youth.

Many years later, after lots of firefighting and adrenaline pumping experiences (you haven’t lived until you stood on a moving tailboard and slipped into your turnout coat with NO HANDS do NOT try this anywhere!), as I was mounting a brand new Signal SIRACOM™ siren, air horn, and PA system in my POS ’68 Dodge, I had an epiphany. “Oh my God! I’m ate up!!!” And I liked it.

Guns n’ Hoses baby.

After an appropriate period of time, I was promoted to Station Chief and obtained my first gold bugles. My career and ate up-ness took off after that and it wasn’t long before I found myself as Deputy Fire Chief at a very busy Air Force Base.

I was still good at my job and my job was pretty much my life. Sure I had a terrific wife and a couple of beautiful girls, but it didn’t take anything serious at all to pull me back to the station to backfill, augment a call, or just hang out on the liars bench telling war stories. If I wasn’t at the station I always had the station in my house. Once I had an office job I made sure I had my office with me all the time. I had a BIG leather briefcase and it was ALWAYS full. Some days I would leave the office, come home and eat dinner, and work on performance appraisals until the wee hours. And I liked it.

One afternoon as I was grabbing my briefcase and getting out of my car, I had another epiphany; “You’re missing it!” It was a very personal, emotional moment but suffice it to say I noticed that my girls were bigger than I remembered. And I hadn’t gone anywhere.

Then the headaches started, I wasn’t laughing as much as I used to, my stomach began to hurt, and it seemed like I couldn’t catch up at work to save my soul. I began doubting my abilities and wondering what was wrong with me. Had I known then what I know now, the answer would have been as obvious as the bottle of Tums on the nightstand. I was suffering from stress.

From the Deputy Director (Cont.)

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I realized I had to make some changes to start feeling better and confided in a couple good friends. To my surprise, they were suffering the same symptoms and we kind of evolved into a serious discussion about what might be wrong. None of us were a therapist but we managed to stumble on what turned out to be the right answer. For me anyway.

I emptied the briefcase and kept the work at work. I stopped showing up for calls unless I was called. I began doing things with my girls. I de-stressed myself. (This is where the flowers bloom and birds sing).

I'll admit it was a very hard thing to do, almost as hard as quitting cigarettes, but it probably affected my health in a good way just as much as quitting smoking. I won't pretend to give anyone advise on this except to caution everyone to consider stress as a possible cause when you start feeling poorly.

This is an easy profession to get caught up in and I know many of you are as ate up as I ever was (some of you have redefined ate up). But there really can be too much of a good thing. I guess the secret is finding a balance between your professional life and your personal life. I think the key is that you must have one of each.

Be aware that stress is like carbon monoxide, colorless and odorless, but a killer all the same. When you go home tomorrow morning, spend some time with your loved ones, play with the dog, sing with your kids, call your Mom, turn off the scanner for 24 hours. Watch an episode of Pawn Stars (and be grateful Chumlee isn't your kid). Then, when you go back to work;

Guns n' Hoses Baby!

Be Well, Stay Fit,

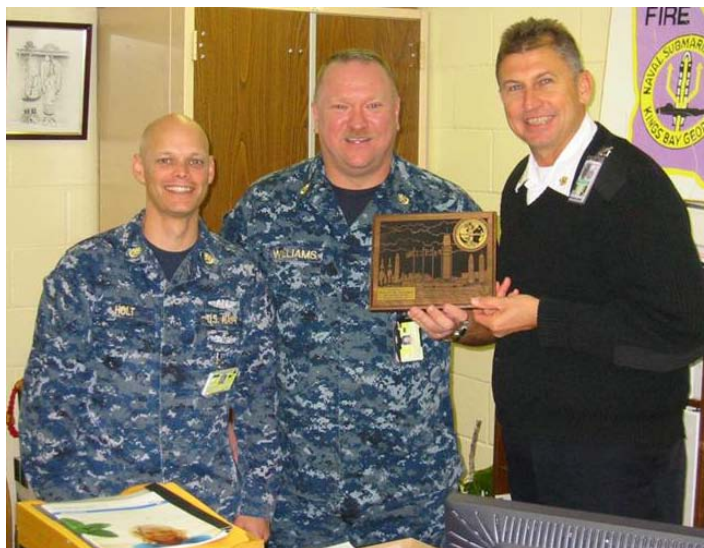
-Rick

On the Job - Kings Bay



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Kings Bay F&ES Recognized for Support



NAVSUBASE Kings Bay Fire Chiefs receives plaques from SWFLANT command recognizing the Kings Bay Fire department for the support provided during the 2010 holiday season.

Last Alarms

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Last Alarms

The USFA reported 87 deaths 2010 and 11 deaths to date in 2011. The following line of duty deaths were reported since we published our last issue:

2010

Chad Null ♥
Age: 33
Sullivan, IN

Edward Stringer
Age: 47
Chicago, IL

Corey Ankum
Age: 34
Chicago, IL

Kenneth Adamo ♥
Age: 48
Elmwood Park, NJ

Tom Hardy
Age: 68
Athens, MI

2010 Totals

♥ 49 (55%) ☞ 11 (13%)
♥ Indicates cardiac related death
☞ Indicates vehicle accident related

2011

David Remington ☞
Age: 58
Shapleigh, ME

Richard Paul ♥
Age: 54
Kansas City, MO

Roy Chelsen
Age: 51
Brooklyn, NY

Jarrett Eleam ♥
Age: 26
Blasdell, NY

William Hopman ♥
Age: 53
Quincy, CA

Jim Niles ♥
Age: 59
Downs, KS

Harold Frey ♥
Age: 46
Sandown, NH

Patrick Hannon ♥
Age: 51
Chicago, IL

William Quick
Age: 55
Brooklyn, NY

Mark Falkenhan
Age: 43
Towson, MD

Leslie Clark ♥
Age: 80
Dixon, MO

2011 Totals

♥ 7 (64%) ☞ 1 (9%)
♥ Indicates cardiac related death
☞ Indicates vehicle accident related

TCOoO Update



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Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation. There are currently ten DoD firefighters in the Taking Care of Own program.

Name	Location	Point of Contact
Gregory Feagans	NIOC Sugar Grove, WV	Nanette.Kimble@navy.mil
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Kurt McDonald	SUBASE New London, CT	Marc.J.Smith@navy.mil
Jennifer Lindsey	NAS JRB Fort Worth, TX	Jerrel.Paul@navy.mil
Timothy Daniel	NAS JRB New Orleans, LA	Robert.Aliotta@navy.mil
Erin Butler	Vandenberg AFB, CA	Sean.Glaser@vandenberg.af.mil
Robin James	Navy Region Northwest	Carmen.Morris2@navy.mil
Timothy Culver	Navy Region Northwest	Carmen.Morris2@navy.mil
Jason Frazier	NAVSTA Norfolk, VA	Marc.J.Smith@navy.mil
Steven French	NAS JRB Fort Worth, TX	Jerrel.Paul@navy.mil

We have reached out to those who have participated in this vital program as leave recipients to solicit testimonials about how the program met their expectations and helped them return to duty. If you are a participant and have not been asked to provide feedback, please send me your impressions and a few lines about how the program personally benefited you.

-Rick

On the Job - GTMO

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Potential BLEVE Averted at Guantanamo Bay

By Tom Lyszkowski, Assistant Fire Chief, US Naval Base Guantanamo Bay



On December 5th at around 1800 hours, the firefighters at USNB Guantanamo Bay were called into action after settling down to watch TV with a belly full of that good firehouse food.

The initial call came in as “a fire.” With little information to go on, mental size up ranged from a trash can to a fully involved structure. When the on-duty Assistant Fire Chief Tom Lyszkowski (Chief-2) arrived on scene it became apparent this was not going to be an easy night.

Chief-2 encountered a pallet of compressed gas cylinders on fire inside a building that was being renovated. To make matters worse, the fire had caused a power outage and the firefighters were working in the dark. There were other compressed gas cylinders in the vicinity that had not yet been involved but were potentially in danger of exploding due to flame impingement. All firefighters knew they had to quickly cool and extinguish the affected cylinders before they became involved if they were to have a chance to contain this fire.

Engine 1, Ladder 1 and Rescue 1 quickly went to work. Driver Operator Omar Nelson staged his engine close enough to reach the fire while also protecting the vehicle and himself from a possible BLEVE by staying behind an adjacent concrete structure. Captain Philmore Duncan and Firefighters Paul Green and Fabian Abrahams pulled two handlines to fight the fire. The firefighters knew instinctively to keep their distance. They fought the fire using the full length of their stream and keeping at a safe angle. They were soon assisted by Captain Steve Fearon and Firefighters Gary Gilbourne, Jermaine Brown, Warren Douglas and Andre Hemans. Together they were able to safely control the fire before it could involve the other compressed gas cylinders or any other significant part of the structure. Power loss resulting from the fire was quickly restored within an hour by Public Works and contractor personnel.

During the subsequent investigation it was determined that the fire was caused by hot work being conducted earlier in the day. Sparks made their way under a wooden pallet that was under a metal pallet of oxygen cylinders. The resulting fire heated up the adjacent pallet of acetylene cylinders to a point which activated the safety release valves on the bottom of the cylinders igniting their contents.

It was estimated that the fire caused over \$13,000 in damages. However the amount that could have been lost but was ultimately saved due to the quick response of GTMOs bravest is considerably higher. Most important, these firefighters were instrumental in helping the base continue its mission with zero injuries and everyone going home safely. Bravo Zulu!

On the Job - Barstow

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MCLB Barstow F&ES Train Academy Students

By Tommy Thompson, Fire Chief, MCLB Barstow F&ES



The Marine Corps Logistics Base (MCLB) Barstow Fire & Emergency Services was recently chosen by the Victor Valley Public Safety Academy as their first choice to receive live fire and rapid intervention training for the third consecutive year. Over a five-day period, more than 300 students received training from the department. These young and aspiring academy students are future California firefighters who are chasing their dream of entering the fire service.

MCLB Barstow has hosted and provided this training for the past three years. We believe offering our assistance and personnel are a worthy cause. Colonel Dan Ermer, Commanding Officer of MCLB Barstow supports our efforts at every opportunity to help train these young cadets. Showcasing our training facilities and our USMC firefighters has proven extremely beneficial for the academy students. These academy students are trained for five straight days, learning fire behavior, direct and indirect fire attack, and rapid intervention techniques.

The Public Safety academy curriculum prepares these students for careers in public safety. We are helping graduate young men and women who excel in academics, public safety, discipline, community service, and personal interaction. MCLB Barstow Fire and Emergency Services is proud to be involved in shaping the way of these future emergency responders.

Retired in Texas



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Jose Bazan Retires



The man his fellow firefighters call "Mr. B", Fire Inspector Jose Bazan, retired on November 30 after 37 years of government service. Above, Bazan (second from left) receives a plaque from Asst. Chief Mark Weil and fellow firefighters commemorating his years of service.

On the Job - Bridgeport

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Tucker SnoCat Arrives in Bridgeport

By Kevin Sullivan, Assistant Chief, MCMWTC Bridgeport F&ES

Marine Corps Mountain Warfare Training Center (MCWTC) Bridgeport recently placed a Tucker Terra 1600 Over-the-Snow ambulance in service. This unique apparatus will allow responders at Bridgeport to traverse the rough terrain during inclement weather to treat patients in locations that may be inaccessible to other vehicles. In addition to the usual equipment found on an ambulance, the Sno-Cat is equipped with a heater system for extreme climates and a warmer for intravenous solutions. It has the capability of transporting two stretcher patients or seven walking wounded. The Sno-Cat replaces BV-206, a tactical vehicle transferred to the fire department as part of the Fire/EMS transition in 2009.



The Command engaged its partners at the Regional and HQMC levels to ascertain whether or not a commercial vehicle would be better suited to the task, with special focus being placed on the unique EMS requirements of the Marines Corps' only high-altitude mountain warfare training center. This specialized apparatus greatly enhances the Fire/EMS programs of the MWTC and it ensures year round EMS response to high altitude, snow bound, training forces at all times; even during extreme weather conditions when aeromedical services are unavailable.

Special thanks and kudos go out to the past CO's and XO's of MCMWTC: Colonel Hall (Ret) and Lt. Colonel Etnyre (Ret) who initiated this effort, as well as the Garrison Mobile Equipment folks (GME/SWRFT) who made this happen. Bravo Zulu to Kevin Tallman & Brendon VanBeuge of the MCMWTC, Gary Funk (Regional SWRFT), and Tom Smallwood at HQMC (LFS-2).

Then come the wild weather, come sleet or come snow, we will stand by each other, however it blow.

-Simon Dach

A Christmas Story

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MCAS Miramar Fire Department Spreads the Joy

Each year, the members of Marine Corps Air Station (MCAS) Miramar Fire Department provide gifts to a less fortunate family from the surrounding community. The family who received the gifts sent this letter:

Words cannot express how much we appreciate all you did to make our family's Christmas such a wonderful and blessed experience. We are in awe of all the wonderful gifts that were provided and overwhelmed by the cash contributions, gift cards, jewelry and wonderful words of encouragement. The thoughts provided in the notes, cards, and presents brought new meaning and hope to our lives and blessed us beyond our wildest dreams! You have touched us deeply and we wanted to let you know just how much the contributions from the Miramar Fire Department have blessed us.

We also wanted to share with you information about how your gifts allowed us to provide for another single mother with 3 children this Christmas. Our daughter Carolyn (mother of Jacob, Tristen and Lexington), was having a chat with a new employee (Christina) at work on December 23rd and found that she would be unable to provide Christmas gifts for her three young children due to her financial circumstances. It seems that Christina's brother, died earlier this month, after a year long battle with cancer, and she had used what money she had to help pay his funeral expenses.

Our daughter Carolyn, passed this information on to us and we knew at that moment how we could extend the blessings you had provided to our family with Christina's. The cash contributions you gave to our family, allowed us buy gifts for Christina's family and deliver them at her work place on December 24th. The tears of joy and thanks we received made this one of the most rewarding experiences of our lives. What a wonderful feeling to be able to share the gifts you provided to us with her and her family. We thank you and wanted to let you know of the far reaching impact that the Miramar Fire Department has made on so many lives.

In addition, another wonderful outcome of your kindness and support took place when a doctor at Carolyn's and Christina's office overheard a conversation by his nurses about how and why the gifts had been provided. The Doctor was so moved by this that he has begun the process of forming a non-profit foundation whose sole purpose would be to help and assist single mothers and their children. Wow! As you can see, your collective generosity has had a domino effect on many families and will serve to provide both joy and blessing for other families in both the present and future. We thank each one of you, from the bottom of our hearts, for your help and support.

We also want to extend a special thanks to John [Prigmore] for being the instrument that gathered and delivered these gifts to us on Dec. 22nd. We are especially grateful of his efforts and kindness when we found out that he delivered them to us even while his family was under mandatory evacuation orders for flooding at his own home. This selfless dedication served as an example to our family about the level of dedication and commitment fire fighters provide to the community on a daily basis.

Finally, we want to acknowledge and give thanks to all members of the Miramar Fire Department who made this possible as well as to the individual who made the beautiful earrings for all the girls in our family along with the special note of encouragement. The beautiful and uplifting words, notes and cards provided for all has given us renewed hope, joy and strength. May God bless all members of the Miramar Fire Department and keep you safe as you protect and provide for the members of the community in which you live and work.

We pray that 2011 will be a year filled with rich blessings and wonderful surprises for each one of you. With heartfelt thanks,

Ed and Maxine and family

On the Job - SoCal

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Camp Pendleton Trains in Vacant Housing Units

By Lance Cpl. Michelle S. Mattei, Marine Corps Base Camp Pendleton, submitted by Deputy Chief Brett Johnson MCB Camp Pendleton F&ES



In an old, abandoned neighborhood, the calm was broken as firefighters rushed through thick clouds of smoke, broke through windows, doors and roofs, and simulated rescues of their brothers in arms.

The Camp Pendleton Fire Department and North County area fire departments demonstrated their duties by maneuvering their way through several pseudo-fire scenarios in the old base housing units at Naval Weapons Station Fallbrook.

Since the old structures are scheduled for demolition, the U. S. Navy donated them to the fire departments to use for advanced training. More than 160 federal and state firefighters conducted this training from January 3-7.

Since NWS Fallbrook has built and renovated several new housing facilities, these vacant homes created the perfect opportunity for firefighters to gain practical experience in a controlled environment.

"It's important to get together with other agencies in case we're understaffed and need extra help," said Bill Gick, PIO and Fire Inspector, Camp Pendleton Fire Department. "We were fortunate to have these structures donated because it provided us with grounds to practice, which is always a must."

The firefighters conducted five scenarios that included positive pressure attack, vertical ventilation, rapid intervention, forcible entry and search and rescue.

"We're trying to push positive pressure attacks as our initial fire attack," said Lt. Carlos Camarena, Camp Pendleton Fire Department. "It allows us to have a safer initial entry and get a more direct route to the origin of the fire."

"Our main objective is to increase survivability, working time and visibility," said Camarena. "The faster we can get in, the faster we can get out."

"The time spent making an entry of a home can directly affect the spread and intensity of the fire," said Camarena. "With citizens having advanced security in their homes, knowledge and expertise in forcible entry are necessary in order to reach the victim and fire quickly."

Camp Pendleton's Fire Emergency Services respond to an estimated 3,000 emergency calls every year, said Gick, which makes training and practice imperative.

"Just when you think you know everything, a new situation arises and you have to adapt," said Gick. "That's why we have to train so hard."

EMS Tips

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Pain Management Not Just an ALS Skill

Michael Palese, NREMT-P, Fire Fighter-Paramedic Navy Region Mid-Atlantic F&ES

Pain management dates back to 400 B.C. and is now an integral part of most developed, urban, pre-hospital EMS systems. While pharmacological pain management (such as IV or IM morphine and meperidine, IV or intranasal fentanyl, nitronox via inhalation, and conscious sedation) may be performed by ALS providers, BLS providers have a responsibility to initiate basic pain management techniques. While it is not possible to deliver every patient to the ED pain free, improving the patient's comfort level should be our goal.

A recent Ohio study showed a small percentage of patients received any treatment at all for pain by EMS crews. Of 1,073 patient's diagnosed with an extremity fracture, 182 (17%) received ice, 268 (25%) had a splint placed, and 18 (1.67%) received pharmacological treatment.

The description of pain by patients is very subjective, and pain tolerance can vary person-to-person. In order to recognize and quantify the patient's relative level of pain, and in order to tell if our treatment is working, every patient with a complaint of pain should be asked to rate it on a scale of 1 to 10. The pain scale should be reassessed and documented on a regular basis just like a vital sign. The Wong-Baker Faces scale is a good substitute for the 1-to-10 scale for very young patients, and for those with communication barriers such as foreign language visitors and immigrants. In our EMS system every pain complaint of 5 or higher receives an evaluation by an ALS provider.

But evaluation and treatment starts at the BLS level: remember the mnemonic RICE (Rest, Ice, Compression [Splinting], and Elevation).

Rest (not using the extremity) is a good place to start. Use manual traction or stabilization with your hands to prevent motion and relieve some of the pain caused by spasm of muscles that have lost normal tension due to a fracture. Maintain this manual stabilization until a splint is applied. Evaluation of the patient's range of motion may be appropriate, but do not ask the patient to try to stand on a lower extremity injury.

Ice has numerous beneficial effects and is a very good pain management tool. Application of ice may cause some throbbing initially due to blood vessels constricting, but it will help control edema (swelling). It also has a numbing effect on nerves in the injured area.

Compression (or splinting) is where we can have a lasting effect on an extremity injury. Properly splinting an extremity can relieve pain by placing that extremity in a position of comfort, thereby reducing movement and preventing further injury. The circumferential compressive effect of splint straps and wraps also helps control any internal bleeding due to vessels damaged by fractured bone ends.

Elevation reduces blood flow to the injury site, alleviating blood loss and edema within the extremity, and associated throbbing pain.

EMS (Cont.)

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Pharmacological therapy should be considered to help reduce moderate-to-severe pain in accordance with local medical protocols (patients must be carefully monitored for potential side effects of narcotic pain management such as nausea and vomiting and respiratory depression). But BLS pain management skills should also be utilized for the maximum amount of pain reduction and comfort. We may not be able to deliver all of our customers to the ED pain free, but by following the RICE mnemonic we can reduce the level of pain experienced by the patient and improve their comfort.



Wong-Baker FACES Pain Rating Scale

Explain to the person that each face is for a person who feels happy because he has no pain (hurt) or sad because he has some or a lot of pain. Face 0 is very happy because he doesn't hurt at all. Face 1 hurts just a little bit. Face 2 hurts a little more. Face 3 hurts even more. Face 4 hurts a whole lot. Face 5 hurts as much as you can imagine, although you don't have to be crying to feel this bad. Ask the person to choose the face that best describes how he is feeling.

Rating scale is recommended for persons age 3 years and older.

Brief word instructions: Point to each face using the words to describe the pain intensity. Ask the child to choose face that best describes own pain and record the appropriate number.

From Wong DL, Hockenberry-Eaton M, Wilson D, Winkelstein ML, Schwartz P: *Wong's Essentials of Pediatric Nursing*, 6/e, St. Louis, 2001, P. 1301. Copyrighted by Mosby, Inc. Reprinted by permission.

On the Job - Kitsap



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Navy Region NW F&ES Responds Mutual Aid



NRNW F& supported the Poulsbo Fire Department, North Kitsap Fire & Rescue to a residential structure fire just after 1:00 am on 21 November. Crews faced flames coming from the roof and smoke billowing from the attic eaves. They initiated an offensive attack but due to signs of structural damage, retreated to fight the fire defensively. After approximately 45 minutes, firefighters were able to enter the home and search for hot spots.

Wellness

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Wake Up

By Darin Reid

A firefighter paramedic was driving home from the station after leaving a 24-hour shift. Within 20 miles of his home, he left the road, rolled his car and took out a small well house. He suffered a broken wrist, and when interviewed by state troopers admitted that he'd fallen asleep at the wheel, rather than risking loss of his driver's license due to unexplained loss of consciousness.

In another instance, a volunteer firefighter suffered a myocardial infarction while participating in a physically demanding drill. During treatment for the heart attack, doctors found severe blockages, and the firefighter was diagnosed with obstructive sleep apnea. Today he has no doubt that the sleep apnea was a contributing factor in his heart attack. After six months, and the use of a continuous positive airway pressure (CPAP) machine, he returned to work.

Defining the Risks

Several years ago, I began to notice that more firefighters were falling asleep at night wearing respiratory masks attached to small black boxes. Because of this, the customary chorale of snoring throughout the station was being replaced by the constant hum of these boxes that forced air into the masks as they slept. For some, the elimination of snoring was a medical miracle in itself — but what were the boxes really about? A little research led me to discover that the boxes were CPAP machines that were being used in the treatment of sleep apnea, a formidable intrinsic sleep disorder (ISD). Later, as the deputy chief of Stanwood Camano Fire Department (SCFD) in Washington State, I wondered whether we had been ignoring significant risks due to undiagnosed and untreated ISDs.

Myriad questions immediately came to mind: Is it a problem? Who is affected? Where do we start addressing these problems in our own ranks? What are the potential health risks that stem from untreated ISDs, both to ourselves and the public we serve?

The definition of intrinsic (meaning originating from within the body) sleep disorders is broad and includes such disorders as insomnia, hypersomnia, narcolepsy, restless leg syndrome, periodic limb movement disorder, and sleep apnea. Obstructive sleep apnea is the most common sleep disorder, with disorders such as narcolepsy — excessive daytime sleepiness — being relatively rare. It is estimated that 80–90% of individuals with sleep disorders remain undiagnosed simply because people are unaware that a problem exists.

So What's Going On?

Biologically, humans are tied to a 24-hour sleep clock called a circadian cycle. The sleep cycle has several stages, from drowsiness to deep sleep, and the average requirement for an adult is approximately seven to eight hours each night. However, firefighters and EMS workers who respond to calls at night may get much less than that and most likely would be vulnerable to what has been termed as shift-worker sleep disorder, or SWSD.

Sleep (Cont.)

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Like ISDs, such disorders are characterized by sleep fragmentation and sleep debt, and have not received much attention, especially in the area of public service.

Now let's put all of this into perspective for public safety. If you already are prone to SWSD simply due to the nature of your work and you have an untreated ISD, how much sleep are you actually getting? Those who suffer from untreated obstructive sleep apnea may technically be asleep for six hours, but their bodies only get the equivalent of maybe two to three hours of quality sleep.

There is a nationwide effort underway to provide awareness to firefighters concerning sleep deprivation and sleep disorders. One of the most comprehensive reports on sleep deprivation is *The Effects of Sleep Deprivation on Firefighters and EMS Responders*, a joint project of the International Association of Fire Chiefs and the U.S. Fire Administration. The report's authors stressed that the discovery of sleep disorders is critical to identifying the underlying risks that contribute to serious medical problems such as cardiovascular disease.

A search of NIOSH records spanning from 1984 to 2008 found several incidents where sleep disorders or fatigue were directly or indirectly related to firefighter deaths. Moreover, fatigue was listed as a cause of numerous incidents reported through the National Firefighter Near-Miss Reporting System. Among them were instances of emergency workers falling asleep while still on duty or when driving home, workers falling asleep in the driver's seat of an emergency vehicle while standing at a stop light, and poor decision-making on rescue, fire and EMS calls. While only four of the incident reports referred to fatigue resulting from a loss or lack of sleep, it is reasonable to ask the question: Could ISDs have been a contributing factor in the rest?

Health risks for those lacking sleep include heart attacks, strokes, impotence, arrhythmias, hypertension, decreased work performance, and long-term medical complications such as learning disabilities and memory problems. Some reported depression, anxiety, obesity, immune system problems, and an inability to manage pain. Some of these resulting issues also can lead to further problems, such as increased gastrointestinal complaints and serious cardiac illnesses. Based on this partial list of health risks, why has the fire service ignored the issue of intrinsic sleep disorders and sleep deprivation? If they were addressed, could it ultimately find a way to decrease line-of-duty deaths?

"Let's take a half-hour during the day and get a damn nap," said Gordon Graham, co-president of Lexipol, a risk-management company. A nationally recognized educator, Graham asks students in his classes, "Has anyone fallen asleep while on duty?" When no one raises their hand, he then asks, "Who has fallen asleep while on the way home?" Everyone's hand goes up.

"Rarely does anyone admit to this," especially in front of their peers and their bosses, he said. "We haven't admitted we have a problem yet, and we're in denial."

In one of the more unusual schedules, Lincoln, Neb., firefighters work every other day for 13 days and then have eight days off.

Sleep (Cont.)

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“Toward the end of the rotation, they are shot,” said Bttm. Chief Leo Benes, who nevertheless admitted that he likes the eight consecutive days off. While this rotation has worked well for more than 40 years, higher call volume and more advanced services are taking a toll.

“We don’t know what the answer is,” Benes said. “But we don’t want to lose anyone. These are my closest friends.”

Sleep deprivation, regardless of the cause, has been the root of many costly accidents. A disruption of sleep, no matter what the etiology, is detrimental to health and safety, and the employer can be held responsible. For example, the management of a McDonald’s restaurant in the state of Oregon allowed a visibly fatigued employee to drive home after working three shifts in a 24-hour period. The employee caused a motor-vehicle crash, killing himself and critically injuring another driver. McDonald’s was sued by the other driver and the courts found against the company, stating that management should have foreseen the potential dangers in letting the tired employee drive.

Our Own Experiment

The SCFD consists of 40 career firefighter/EMTs and firefighter/paramedics, approximately 25 part-time and 30 volunteer firefighter/EMTs, 10 support members; two mechanics, and 11 career administrative employees. Three stations, manned 24 hours a day, cover more than 47 square miles — including 57 miles of shoreline — and serve 23,000 people. The service area includes an island that is connected to the city of Stanwood by a bridge. The department is involved in water rescue, marine-based firefighting, high-angle rescue, technical vehicle rescue and hazmat response. In less than nine years, the department’s call volume has tripled. Increased responses and transport to distant hospitals, some an hour away, leaves little room for getting a full night’s sleep.

Our schedule is a Modified Detroit schedule: one day on, one day off, one day on, one day off, one day on and then four days off. At times, that leaves only 24 hours to recover from any sleep debt. Although we have part-time members, they also work nights; accordingly, these individuals fall prey to shift-worker disorders. So too do many firefighters and EMS workers.

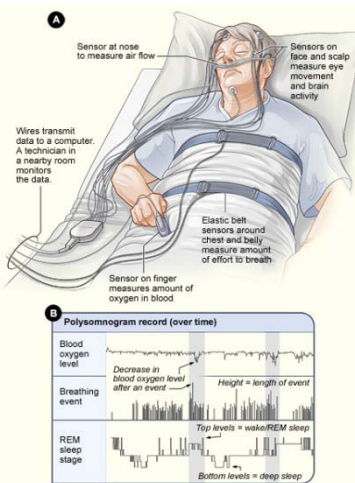
Two years ago, the department was awarded an Assistance to Firefighters Grant, which was used to implement a wellness-and-fitness program. Preventative measures such as physical exams, job-related immunizations and health screenings have resulted in positive health changes. However, we lacked a way to easily and effectively evaluate members for intrinsic sleep disorders, as well as a method to prevent workers who were suffering from only a shift-worker sleep disorder from showing a false positive as a result of the ISD testing process. So we created our own evaluation method.

When measuring sleep disorders, the most common method is the Epworth Sleepiness Scale (ESS), a self-administered series of eight questions, each of which is designed to rate the severity of situational sleepiness on a scale from zero to three. When the scores are tallied, those that exceed 10 have been found to be effective in identifying patients with snoring, obstructive sleep apnea, or other intrinsic sleep disorders.

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Sleep (Cont.)

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While the ESS has been a popular method of measuring sleepiness and sleep deprivation since its inception in 1991, the STOP (Snoring, Tiredness during daytime, Observed apnea and high blood Pressure) questionnaire was introduced in 2008, primarily to test for obstructive sleep apnea. It has been used to screen surgical patients at preoperative clinics.

The Fatigue Severity Scale (FSS) is the third-most-common questionnaire. Participants rate themselves on a scale of one to seven for each of nine statements relating to fatigue. The FSS was not designed as a tool to test for ISDs, but instead was found to be effective in testing for shift-workers fatigue, a common SWSD. It can be assumed that a member who has a qualifying ESS and/or STOP score, combined with a high FSS score, may have issues with fatigue as related to shift work, as opposed to having an ISD. In either case, follow-up with a physician would be warranted.

While these questionnaires individually were useful for their primary intents, we created the Firefighter Intrinsic Sleep Disorder Questionnaire (FISDQ) to address the sleep patterns that are attributed to the shift schedule usually worked by firefighters and EMS personnel (download at the bottom of this page). The FISDQ attempts to compensate for the limitations of the other test methods, especially in regard to SWSDs. Administered under the direction of a physician specialized in sleep disorders, this questionnaire takes into account the sleep deprivation that results from getting up during the night to respond to calls.

Within our department, 89 people — including both volunteer and paid personnel — agreed to participate. Each work 24-hour shifts, 12-hour night shifts, or some night-duty configuration. Only nine reported that they previously had been diagnosed with some type of ISD. The ESS portion of the FDISQ showed that 21% of our undiagnosed members were predisposed to ISDs, while the STOP portion showed that 37% of our undiagnosed members were predisposed for ISDs. The significance of this variance between the STOP and ESS results is unclear. Through the use of our own FISDQ, we were able to rule out fatigue associated with SWSD as a factor in erroneously high ESS and STOP scores, which increased the confidence that those testing positive actually had an ISD. This was a critical development, since there had never before been a method for differentiating between a potentially treatable ISD and simple SWSD fatigue.

By the strict and self-reported body mass index parameters, many of the study participants were at varying levels of obesity, which has been found to be a contributing factor in the development of ISDs. For some, maintaining a healthy body weight can decrease the severity of ISDs or prevent such disorders completely.

Our in-house study determined that a significant number of our members had the potential for undiagnosed sleep disorders. Sleep deprivation was affecting the safety and quality of the lives of our members. To date, there have been no deaths or injuries proven to be directly associated with sleep disorders in the SCFD's active membership. However, both the literature review and the results of the FISDQ survey suggest that the department should consider taking steps to mitigate any future potential for such events.

Sleep (Cont.)

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On the Job – Florida



Conclusion

When our study concluded, we found some possibilities for change. First and foremost, we'd like to see the wellness-and-fitness program include evaluation for intrinsic sleep disorders. We're much more aware of how sleep deprivation and sleep disorders affect our personnel, and several members have expressed interest in following up with a practitioner. For our department, the awareness of ISDs has prompted almost half of the participants to seek follow-up with their physicians.

Encouragement to get evaluated for sleep disorders and to follow through with treatment of such disorders as sleep apnea could potentially minimize a plethora of health problems and decrease the potential for on-the-job mistakes, injury or death, while increasing shift productivity and members' quality of life.

Further, we're considering changing our work rotation to a 48-hours on, 96-hours off schedule, in order to minimize sleep debt. Despite a reluctance to let firefighters sleep during the day, there is a significant advantage in taking a 15- to 20-minute safety nap during daytime hours. (However, any longer has been shown to increase grogginess and lead to more mistakes.) If someone has been responding all night, they should be allowed to sleep for an hour or two before trying to drive home.

Finally, any public-safety agency where shift work is typical should be encouraged to use this information to determine whether department members are at risk for sleep disorders. A polysomnographer can answer questions, and soliciting the input and direction of a physician who specializes in sleep disorders will help with the development and interpretation of the findings.

While questionnaires are easy to administer and popular for evaluation, a definitive diagnosis should be done through an overnight sleep study — called a polysomnogram — and a physician evaluation. Considering some of these changes not only may have a positive effect on the health and safety of our membership, but also of the public we serve.

Darin Reid is a deputy fire chief and medical services administrator for Stanwood Camano Fire Department in Stanwood, Wash., and is the operational fire chief for the city of Stanwood. He has been in the fire service for 27 years, serving as a paramedic for 23 of those years, and is in the fourth year of the National Fire Academy's Executive Fire Officer Program.

Panama City Seeks Accreditation

By Samuel A. Turner, Assistant Fire Chief, NSA-PC F&ES

Naval Support Activity – Panama City, Fire & Emergency Services began the accreditation process, in 2008. With a completed "Standard of Cover" and our Strategic Assessments uploaded into SharePoint, we are currently inputting: the last of our 2010 run data. Fire Inspector, Paul Kotula has coordinated our progress, as *Accreditation Manager*. Paul has aided other Fire Departments; in achieving their CFAI (Commission on Fire Accreditation International) Accreditation, as a peer assessor. NSAPC F&ES expects to request a Peer Review, (the final step in the accreditation process) within two to three months.

Engine Dedication

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Chief Roy Grubbs

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Engine Dedication Honors Hall of Fame Chief



Fire Engine 201 at Naval Support Facility Indian Head's fire station now bears a brass plaque that honors former Fire Chief Roy Grubbs, who served with the base fire department for more than 35 years and was posthumously inducted into the Navy Fire and Emergency Services Hall of Fame.

Members of the Grubbs family and retired Indian Head firefighters were among the special guests present for a ceremony on December 9th at the base's fire station for the Engine 201 dedication and plaque unveiling.

In her welcoming remarks during the dedication ceremony, Captain Catie Hanft, commanding officer for Naval Support Activity South Potomac, expressed her appreciation for the service and dedication demonstrated by Grubbs and all Navy firefighters.

"I can tell you that I have the highest regard and confidence in our professional Navy firefighter cadre here at Indian Head," she said. "You are critical to the life and health of this installation, and you are probably some of the best ambassadors to our community that the Navy has," said Hanft, adding, "While I did not have the pleasure of knowing Roy Grubbs personally, it has become very apparent to me that he embodied professionalism and personal commitment to duty throughout a storied career, both as a DoD firefighter, and in service with public fire departments in southern Maryland."

The ceremony also featured remarks by guest speaker and retired Navy Fire Chief Bill Killen, a friend and contemporary of Grubbs. Acting NSASP District Fire Chief Michael Murray Jr. presented framed and inscribed photos of Engine 201 to members of the Grubbs family.

Grubbs' daughter Linda Bramell also spoke during the ceremony. After briefly reminiscing about her father and his passion for his work, she presented his firefighter helmet to Capt. Hanft and Fire Chief Murray to be preserved as a memento at the Indian Head fire station.

Other participants in the dedication ceremony included military personnel from the Joint Interoperability Test Center (JITC) at Indian Head, who presented colors as members of the Defense Information Systems Agency's ceremonial honor guard.

Robin Wright, manager for NSF Indian Head's Child Development Center, sang the National Anthem, while NSASP Chaplain LCDR Richard Malmstrom provided the invocation.

On the Job – Corpus Christi

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Learning Advanced Rescue Techniques

By John Morris, Fire Chief, NAS Corpus Christi, TX



NAS Corpus Christi F&ES continues to develop advanced rescue technician capability through training, equipping, and exercising to ensure functional readiness in these advanced disciplines. Based on ongoing risk assessments, it is evident that our risk of a significant construction related incident is increasing as MILCON projects go on line over the next 10 years that will increase potential for construction related mishaps.

Seven NASCC F&ES personnel have completed Rescue Technician II training, along with 52 personnel who have completed Core & Confined Space Rescue and 40 that have completed Rescue Technician I training. The plan for FY11 is to host a Rescue Technician II course, comprised of Trench and Collapse Rescue components that will provide necessary personnel to meet our heavy rescue standard of cover. Additional equipment is being evaluated to build the tiered response capability based on our risk assessment and standard of cover.

One of the challenges of developing this capability is having the necessary props to support the trench and collapse disciplines. The water table at NASCC is extremely high, so the ability to simply dig a trench for training is not an option, so personnel have configured conex boxes to serve as the "walls" of a trench.

Future plans identify additional props to include a purpose built trench mock-up that will realistically replicate a trench, as well as a rubble pile and other collapse related props, and additional hazmat props to support overall response capability. We are fortunate to have a training tower, confined space trainer, trench mock-up, MAFTD, and recently expanded motor cycle safety course.

The final two days of training focused on technician level training with the NASCC FD's Rescue Technician II personnel. Day one involved additional classroom time and extended trench rescue skills targeted to possible incidents related to extensive base construction projects. Day two was spent on lifting and moving heavy objects to include concrete slabs and large vehicles. These skills are especially important in a location such as NASCC with heavy construction projects and natural disaster potential. Training also focused on actual incidents from the past in the area. An area reconnaissance finished the week of training as technical rescue team members toured various NAS, US Coast Guard and CCAD operations to preplan potential aircraft and machinery stabilization and extrication issues.

Overall the additional training also better prepares all personnel, as it hones team work skills and critical thinking and problem solving abilities that are critical at all incidents. These attributes would be key in any successful mayday or firefighter entrapment situation where we are rescuing our own.

Retiree Info

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Retirement Service Credit

By Mary E. Foley, DON Benefits Officer

The Office of Personnel Management (OPM) has experienced problems with their service credit software since 2008. This software is used to calculate payments for which retirement deductions were not withheld (deposit service) and service for which retirement deductions were withheld and later refunded (redeposit service).

OPM has shared the good news that they are finalizing the updates to the service credit system and have resumed normal operations. Since the system was down for an extended period, OPM is now reconciling the affected accounts and will notify each employee in the very near future of the impact to their account.

Some employees may receive a refund and some employees may have underpaid. If you underpaid, OPM understands that you were not at fault in causing or contributing to the underpayment; however, OPM is required by law to collect interest on service credit accounts and they do not have the authority to waive this collection.

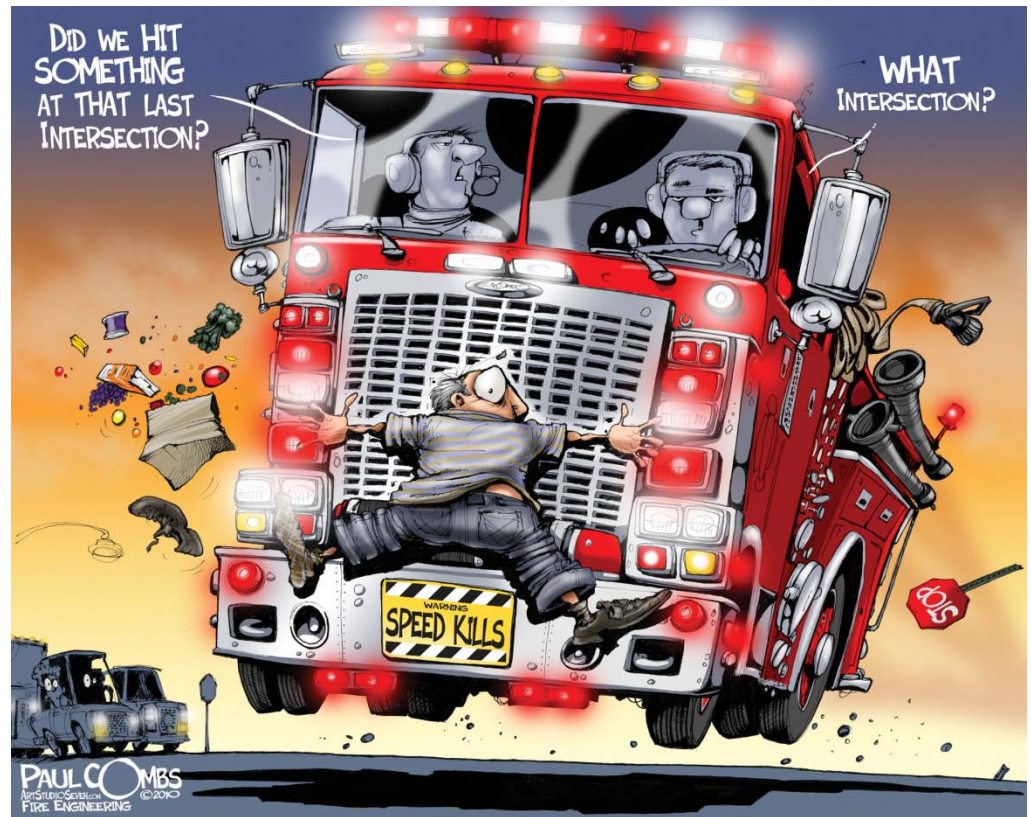
If you have a service credit account and have questions you should wait to receive the letter from OPM that describes the specific impact to your account before contacting OPM. The OPM Service Credit office will be able to answer any questions about your account adjustments retire@opm.gov, (888) 767-6738.

Combs Cartoon



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No Time to Stop



DoD Reunion

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Cancer News



Useless Knowledge



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Fallen Honored; Past Instructors Gather

By Mike Robertson, Military Firefighter Heritage Foundation

The Military Firefighter Heritage Foundation Board of Directors would like to remind everyone that 2011 is the Foundation's 10th Anniversary. We will be celebrating the weekend of April 1-3, 2011. The weekend will also be the Chanute/Goodfellow Instructor Reunion. We have a great weekend planned.

Some of the events include a Fallen Firefighter Ceremony Friday April 1st at 4:30 at the DoD Fallen Firefighters Memorial, followed by a B-B-Q dinner at the Fire Academy. Saturday we are planning activities in the downtown San Angelo Historic area, followed by the Firefighters Ball Saturday night at the San Angelo Convention Center. More information will be posted on the Foundation website <http://www.militaryfirefighterheritage.com/>.

We hope you will be able to make this great event.

New Blood Test May be Available Soon

Firefighter Cancer Support Network

A blood test so sensitive that it can spot a single cancer cell lurking among a billion healthy ones is moving one step closer to being available at your doctor's office.

Boston scientists who invented the test and health care giant Johnson & Johnson announced Monday that they are joining forces to bring it to market. Four big cancer centers also will start studies using the experimental test this year.

Stray cancer cells in the blood mean that a tumor has spread or is likely to, many doctors believe. A test that can capture such cells has the potential to transform care for many types of cancer, especially breast, prostate, colon and lung.

Initially, doctors want to use the test to try to predict what treatments would be best for each patient's tumor and find out quickly if they are working.

http://news.yahoo.com/s/ap/us_med_cancer_blood_test

What Song is This From?

I was right, last month's quiz was biased to the Maryland shore and only three people (out of five) correctly guessed *Crabs for Christmas* by David DeBoy, an absolutely hideous Christmas song that you can't wait to hear every year.

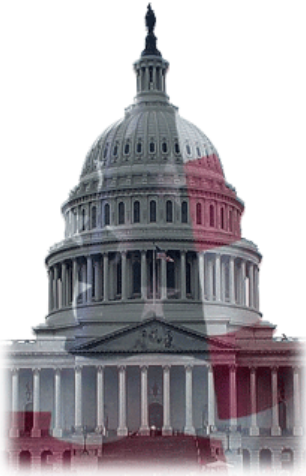
Back to the boomers for this one;

Anything you want to know, just ask me, I'm the world's most opinionated man.

Send me your guesses as soon as you know and we'll see how deep your jukebox (or iPod) runs.

Cuts Ahead?

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Lawmakers Propose 5-Year Pay Freeze, Job Cuts

By Emily Long elong@govexec.com January 20, 2011

Republican lawmakers are seeking a five-year federal pay freeze and additional workforce cuts in an effort to rein in spending.

The 2011 Spending Reduction Act, unveiled by Republican Study Committee Chairman Rep. Jim Jordan, R-OH; Rep. Scott Garrett, R-NJ; and Sen. Jim DeMint, R-SC; outlines \$2.5 trillion in cuts by dropping current spending to fiscal 2008 levels and freezing budgets at fiscal 2006 levels for 10 years beginning October 1. The legislation, which will be introduced officially on Monday, would reduce the size and cost of the federal civilian workforce and cut a number of federal programs.

"The Spending Reduction Act begins the difficult task of shrinking the federal bureaucracy that threatens our future prosperity," DeMint said. "Congress must take the steps now to balance the budget, pay off our debt and preserve freedom for future generations."

The proposal includes provisions to eliminate automatic pay increases for civilian employees for five years, cut the workforce by 15 percent through attrition and hire one new worker for every two who leave. The legislation also would collect unpaid taxes from federal workers, prohibit employees from conducting union business while on the job and cut the federal travel budget in half.

In recent weeks, lawmakers already have proposed [banning union activities](#) during work hours, cutting jobs, [extending the two-year pay freeze](#) for an additional year, and [requiring two-week furloughs](#) for federal employees.

"This has little to do with spending reduction and more to do with anti-government ideologues seizing on our nation's economic woes as an opportunity to attack not only federal employees and their unions, but also workers employed by government contractors by eliminating Davis-Bacon wage protections," said Matt Biggs, legislative and political director for the International Federation of Professional and Technical Engineers. "IFPTE will work aggressively with the larger labor community, and with our friends in Congress, in opposition to these misguided attacks."

"Slashing the federal workforce by 15% would force agencies to contract out the work, costing taxpayers more money in the long run," American Federation of Government Employees National President John Gage said. "Freezing federal pay raises for another five years would demoralize the workforce and make it even harder to attract and retain talented workers." Colleen Kelley, president of the National Treasury Employees Union, called the proposal a "step backward."

"Many agencies already are struggling with insufficient resources and staffing shortages in the face of expanding workloads and expectations on the part of the American people," she said. "Even if drastic reductions such as these are ultimately not enacted into law, proposals like these get in the way of vital agency recruitment and retention efforts."

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Fatalities Down

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Travel Humor



Firefighter Fatalities Decrease in 2010

The United States Fire Administration (USFA) announced there were 85 on duty firefighter fatalities in the United States as a result of incidents that occurred in 2010, a six percent decrease from the 90 fatalities reported for 2009. The 85 fatalities were spread across 31 states. Illinois experienced the highest number of fatalities (9). In addition to Illinois, only New York (8), Ohio (8), Pennsylvania (7), and Kansas (5) had five or more firefighter fatalities.

Acting U.S. Fire Administrator Glenn Gaines noted that "When evaluating the trend in on duty firefighter fatalities over more than three decades, the past two years have seemed to reflect a possible change in the firefighting culture of the United States where Everyone Goes Home, including all firefighters." Gaines then added, "Working closely with our partners, USFA will continue every effort to be sure that when it comes to firefighter health and safety this downward trend in on duty firefighter deaths continues."

Heart attacks and strokes were responsible for the deaths of 51 firefighters (60%) in 2010, nearly the same proportion of firefighter deaths from heart attack or stroke (58%) in 2009.

Nine on duty firefighters died in association with wildland fires, about half the number that died in association with wildland fires in 2009 and a third of the 26 such fatalities in 2008.

Forty-eight percent of all firefighter fatalities occurred while performing emergency duties.

Eleven firefighters died in 2010 as the result of vehicle crashes, down substantially from 16 deaths in 2009, and for the first time since 1999, none of the deaths involved aircraft. Four firefighters in 2010 died in accidents involving firefighters responding in personal vehicles. Seven firefighter deaths involved fire department apparatus, one of which was a double firefighter fatality incident.

These 2010 firefighter fatality statistics are provisional and may change as the USFA contacts State Fire Marshals to verify the names of firefighters reported to have died on duty during 2010. The final number of firefighter fatalities will be reported in USFA's annual firefighter fatality report, expected to be available by July.



Car Rental

On duty as a customer-service rep for a car-rental company, I took a call from a driver who needed a tow.

He was stranded on a busy highway, but he didn't know the make of the car he was driving. I asked again for a more detailed description beyond "a blue four-door."

After a pause, the driver replied, "It's the one on fire."

New EMS Award

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CFSI and MedicAlert Launch New Award

The Congressional Fire Services Institute (CFSI) and the MedicAlert Foundation have announced the establishment of a new awards program to recognize fire departments from across the country for outstanding achievements in EMS services. The Excellence in Fire Service-Based EMS Awards Program will honor volunteer, career and combination departments that have established innovative and highly effective best practices in emergency medical services. Departments selected for their achievements will be honored at the annual National Fire and Emergency Services Dinner in Washington, hosted by CFSI.

Fire Service-Based EMS plays a critical and time-sensitive role in the continuum of emergency medical services in this nation. Patient survival, to a large extent, is determined by the level and quality of care provided by fire department personnel. They are often the first on the scene and are trained and equipped to perform their duties under the most extreme conditions. The Excellence in Fire Service-Based EMS Awards Program will recognize fire departments that have implemented best practices in EMS. Through this effort, CFSI and the MedicAlert Foundation will seek to identify and promote best practices in Fire Service Emergency Medical Services that can serve as a model to help all fire departments seeking to enhance their own emergency medical services.

"Across this country, we are hearing of outstanding practices fire departments have implemented to enhance emergency medical care, leading to higher survival rates for the victims and greater safety for our responders," said CFSI President Bill Jenaway. "We thank the MedicAlert Foundation for their support."

"MedicAlert Foundation is proud to support this awards program in partnership with CFSI. Every day in communities across the country, fire personnel are there for all of us in times of need. We are equally proud that every day the MedicAlert Foundation is helping fire personnel and other first responders protect all of us too" said Andrew B. Wigglesworth, President and CEO of MedicAlert Foundation. "The adaptation of evidence-based treatment plans, technology and best practices is the foundation of effective EMS care. The agencies that empower their EMS providers to improve on this foundation will lead the way in patient care and provider safety. We are proud to sponsor this award to recognize the leaders in fire service-based EMS care."

Applications for the awards program will be accepted from January 22nd to March 15th. A selection committee comprised of representatives from the International Association of Fire Chiefs, International Association of Fire Fighters, National Fire Protection Association, National Volunteer Fire Council and the Fire Service-Based EMS Advocates will review the applications and select at least one recipient each from a volunteer, combination and career department for the awards. The first awards presentation will take place April 7th at the 23rd Annual National Fire and Emergency Services Dinner, sponsored by the Congressional Fire Services Institute.

Applications and information about the Excellence in Fire Service-Based EMS Honor are available at www.cfsi.org/awards/awards_ems.cfm

On the Job – San Diego

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CNSRW Hosts Rescue Technician MTT



CNSRW F&ES was selected to host a Rescue Technician I class presented by the DoD Fire Academy Mobile Training Team. Eleven students from around the region received 15 days of instruction to become DoD certified Rescue Technicians I. The students received training in high and low angle rope rescue, vertical and lateral confined space entry, and other basic rescue skills. After receiving the training the students demonstrated their competencies in a graded exercise conducted on the USS Midway Museum. The students performed high angle rope rescue and a confined space entry below deck.

New Ambulance

NAVBASE Guam's Newest Ambulance



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ESAMS Corner

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ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

December 2010 Statistics

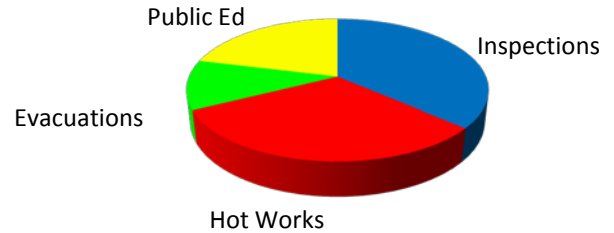
Operations

Total Incidents – 5,908
 Fires – 154
 Rescue & EMS – 1,635
 Hazardous – 1,754
 Service Call – 530
 Good Intent – 424
 False Alarm – 1,380



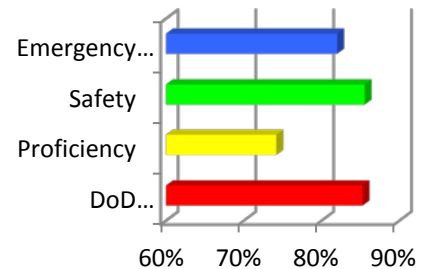
Prevention

Fire Inspections Completed – 2,543
 Hot Work Permits Issued – 2,460
 Building Evacuation Drills – 336
 Public Education Contacts – 700



Training

DoD Certification – 87%
 Proficiency, Skills, & Practice – 83%
 Safety Training – 89%
 Emergency Management - 84%



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F&ES On Duty Mishaps Report

Mishaps Reported – 17
 Total Lost Work Days – 59

ESAMS (Cont.)

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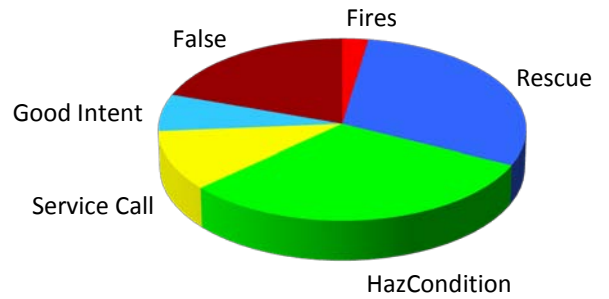
ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

Calendar Year 2010 Statistics

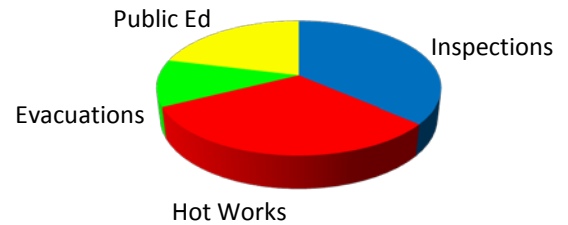
Operations

Total Incidents – 66,390
 Fires – 1,604
 Rescue & EMS – 19,743
 Hazardous – 20,458
 Service Call – 6,926
 Good Intent – 4,356
 False Alarm – 13,029



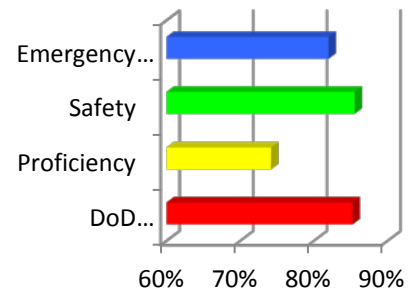
Prevention

Fire Inspections Completed – 36,989
 Hot Work Permits Issued – 31,706
 Building Evacuation Drills – 11,456
 Public Education Contacts – 21,501



Training

DoD Certification – 85%
 Proficiency, Skills, & Practice – 74%
 Safety Training – 86%
 Emergency Management - 82%



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F&ES On Duty Mishaps Report

Mishaps Reported – 302
 Total Lost Work Days – 1,903

Navy F&ES POCs

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News Distribution

Job Links

UHP ATV

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To receive this newsletter automatically, e-mail ricky.brockman@navy.mil to be added to the *What's Happening* distribution list.

Interested in becoming a DoD firefighter? Follow these links;

OPM: <http://www.usajobs.opm.gov>
Army: <http://www.cpol.army.mil>
Navy: <http://www.donhr.navy.mil>
Marines: <http://www.usmc.mil/>
Air Force: <https://ww2.afpc.randolph.af.mil/resweb/>



One of four new Navy F&ES Polaris all-terrain vehicles with an Ultra-High Pressure firefighting system undergoing final inspection at the HMA Fire facility in Madison, Wisconsin. The four units will be delivered to Isa Air Base in Bahrain.