

CNIC

★ FLEET ★ FIGHTER ★ FAMILY



What's Happening

Navy Fire and Emergency Services Newsletter

Protecting Those Who Defend America

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From the Deputy Director

There was a day when my duties as a Deputy Fire Chief were particularly frustrating to the point I was regretting ever taking that last promotion. Don't remember the details, just that I felt like crap about the things I was being forced to do and was seriously considering a career as a short order cook.

My office window looked out on the parking lot and, from behind my desk, I could clearly see about five empty parking spaces between wings of the fire station. I was just spacing out and staring through the window when a blur caught my eye moving from right to left across the empty spaces. It took a second to focus enough to identify the blur but I soon realized it was one of our new truckies "push starting" a K-12 rotary saw - and I simply lost it. Google it and thank me later. I was laughing so loud and hard the Fire Chief rushed in to make sure I wasn't having a seizure or something. I'm laughing now remembering that day.

Another time I was completely overwhelmed by events and struggling to maintain my poise in the fire station so as not to raise any suspicions about the troubles I was dealing with and the very real possibility of bad things happening.

Depressed doesn't begin to describe how I felt that day. I strolled into the kitchen-slash-dining area which also doubled as an impromptu training room and noticed a message in big black letters on the whiteboard. "YOUR CUPS DO NOT PUT THEMSELVES AWAY, PLEASE PUT YOUR EMPTY CUPS IN THE DISHWASHER!!"

Somebody else had written an answer in slightly smaller letters beneath that said "OH, I THINK THEY DO. I LEFT MY CUP ON THE PICNIC TABLE, WENT TO A CALL, AND FOUND IT IN THE DISHWASHER WHEN I CAME BACK." Lost it again, only this time nobody was around to see me (fortunately).

A recent USA Today article by Samuel Granick, *The Therapeutic Value Of Laughter*, pointed out that Sigmund Freud was among the first to attempt a systematic exploration of the nature of humor and laughter and how they may operate in the human personality. In his 1905 book, *Wit and Its Relation to the Unconscious*, Freud observed that jokes enable individuals to defend against anxieties, fear, anger, and other disturbing emotions. He also noted in one of his essays that humor has a liberating effect on people, providing comfort and help in relieving the pains of misfortunes, and thereby enabling them to deal with situations in a mature, intelligent, and constructive fashion.

Freud was a pretty smart guy.

Supporting the Fleet, Fighter, and Family

From the Deputy Director (Cont.)

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Combs Cartoon



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Helpguide.org agrees with the good Doctor Freud and goes so far as to say laughter is actually good for you;

The Benefits of Laughter

Physical Health Benefits:

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

Mental Health Benefits:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

Social Benefits:

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

The folks at Helpguide.com seem pretty smart too.

I'll leave you this month with one of my personal favorite firefighter jokes, please refer to this when you find yourself getting down on yourself or just feeling like crap. I promise you'll feel better immediately. (My family did not get it.)

The salty Fire Captain was heading for the vending machines when he realized he didn't have any change. Noticing a rookie firefighter mopping the floor he asked, "Young man, do you have change for a dollar?" The rookie replied, "Sure do!"

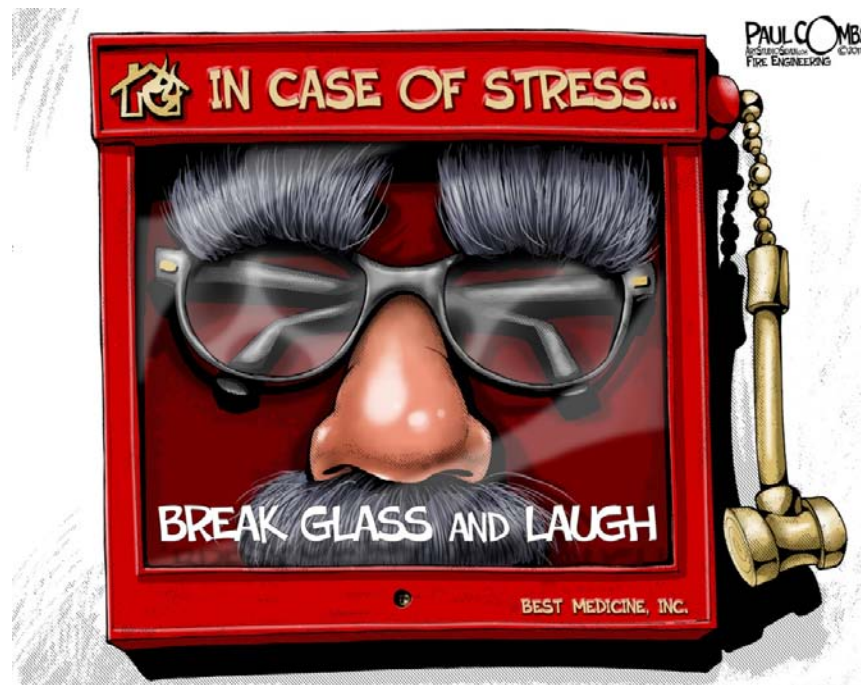
The Captain froze and gave the rookie an icy stare as he sternly asked, "Is that any way to speak to an officer?"

The rookie quickly snapped to attention and, eyes forward, answered loudly, "SIR, I DO NOT HAVE CHANGE FOR A DOLLAR SIR!"

"A little song, a little dance, a little seltzer down the pants." - Chuckles the Clown

- Rick

The Best Medicine



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Last Alarms

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TCOoO Update



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Luigi Rollo



Last Alarms

The USFA reported 86 deaths 2011 and 4 deaths to date in 2012. The following line of duty deaths were reported since we published our last issue:

2011

James Rice
Age: 42
Peabody, MA

2011 Totals

♥ 60 (70%) 🚒 9 (11%)

♥ Indicates cardiac related death
🚒 Indicates vehicle accident related

2012

Crisanto Lionell ♥
Age: 54
South Sacramento, CA

William Elliott
Age: 49
Pompano Beach, FL

Samuel Butler 🚒
Age: 52
Maxton, NC

David Crenshaw ♥
Age: 63
Anderson, SC

2012 Totals

♥ 2 (50%) 🚒 1 (25%)

♥ Indicates cardiac related death
🚒 Indicates vehicle accident related

Taking Care of Our Own

Check with your Fire Chief if you wish to make a leave donation. There are currently 11 DoD firefighters in the Taking Care of Own program.

	Location	Point of Contact
Gregory Feagans	NIOC Sugar Grove, WV	Nanette.Kimble@navy.mil
Joey Tajalle	NAVBASE Guam	Julie.Quinene@fe.navy.mil
Erin Butler	Vandenberg AFB, CA	Sean.Glaser@vandenberg.af.mil
Jason Frazier	NAVSTA Norfolk, VA	Marc.J.Smith@navy.mil
Jason Thompson	Niagara Falls ARS, NY	Marilyn.Ruszala@us.af.mil
Ernest Gilbert	Navy Region Northwest, WA	Carmen.Morris2@navy.mil
David Hamback	NAS JRB New Orleans, LA	Taffy.Ponville@navy.mil
Phillip Lawrence	MCAS Cherry Point, NC	Regina.Kinter@usmc.mil
Brittany Proulx	NAS Jacksonville, FL	Mark.Brusoe@navy.mil
Matthew Champney	Camp Lejeune, NC	Kathleen.A.Johnson@usmc.mil
Thomas Robinson	Altus AFB, OK	Nils.Brobjorg@altus.af.mil

NSA Naples Firefighter Line of Duty Death



NSA Naples Firefighter, Mr. Luigi Rullo, 42 years old, passed away on 13 January 2012. Firefighter Rullo collapsed in the fire station and on-duty F&ES personnel attempted to render aid; unfortunately, their efforts were not successful. Our sincere condolences to Firefighter Rullo's family and all the men and women of NSA Naples F&ES Department. Regional Fire Chief Frank Montone will provide additional details on arrangements and addresses for letters of condolence as they become available.

Rebuilt Rigs

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KME Pumpers Converted to HazMat/Rescue



On the Job - Quantico



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Structure Fire at Camp Upshur in Quantico



Shortly after 1300 on December 20, units from MCB Quantico responded to the Camp Upshur area of the installation where first arriving units found a 31' x 100' storage facility well involved. An exterior attack was initiated and the fire was extinguished in less than one hour. The building and contents were considered a total loss. There were no injuries to fire department personnel, but a Marine was transported by helicopter to a medical facility for treatment for respiratory distress incurred while trying to extinguish the fire. Several units from neighboring Prince William County assisted.

En el Trabajo- Rota

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仕事 - Japan



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Christmas Day Fire in Rota

By Timothy Ybarra, Fire Chief, NAVSTA Rota, Spain



"Twas the night before Christmas and all through the house, not a creature was stirring, not even a mouse." And so the story goes.....unless you're a Rota Firefighter. Christmas evening while people around the world were enjoying their traditional dinner with friends and family, Rota Firefighters were doing what they do best.

At 1817 Security dispatch notified Rota Fire and Emergency Services about a fire very close to the Hotel Playa de la Luz. Within 4 minutes dozens of on duty and off duty personnel from Protection Civil, Guardia Civil, Local Policia and Rota Fire and Emergency Services arrived on scene.

Captain Paco and his crew on Engine 1 immediately took control of the scene and began deploying over 1700' of various size hoses to reach the fire which was quickly spreading through the pine trees. After over 2 hours of battling the blaze, Engine 1 had the fire under control. When it was over, 30 pine trees and three acres had been scorched. But thanks to the quick response of all personnel involved, there were no personnel injured and no property damaged.

Training NIMS Trainers in Japan

By Pete Sorensen, Regional Tech Services & Training Chief, CNRJ

Commander Navy Region Japan (CNRJ) Fire & Emergency Services recently held a NIMS 300-400 course aboard Commander Fleet Activities Yokosuka. Instructor Ted Halpin, from the Shore Training Center – San Diego, provided a



comprehensive class experience for the 22 US Army and US Navy candidates. Additionally, eight people were certified as instructors for these courses so they can expand their own agencies' capabilities. Class graduates included personnel from Emergency Management, Security Forces, Fleet & Family Readiness, USNH, Housing/BOQ, Installation Training Office, and fire officers from across the Region. CNRJ holds courses like these to increase intra-agency effectiveness, expand professional experience, and enhance our important community relationships.

Back in the Day

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Pirsch Tillers

By Tom Shand



Photo by Gary Kadzielawski

Over the years several U.S. Navy fire departments operated tractor drawn aerial ladders including units built by American LaFrance, Pierce and Peter Pirsch. During 1931 Pirsch introduced the first fully powered aerial ladder using a hydro-mechanical hoist on an 85 foot two section wooden ladder that was delivered to the municipal department in Spokane, Washington. In 1942 the Norfolk Naval Base placed an 85 foot wooden tractor drawn ladder into service that would prove to be the last one of this type acquired by the U.S. Navy.

As aluminum and steel aerial ladders began to be accepted by departments across the country, the spring raise wooden aerial ladders that required a tractor trailer design began to slowly lose favor. Aerial ladder trucks acquired by the Navy were generally of a midship mount configuration with the first rear mount aerial ladders placed into service around 1978. While Peter Pirsch was responsible for supplying a number of engine and aerial ladder trucks to all branches of the military during World War II, they did not provide any new U.S. Navy apparatus for many years.

The Peter Pirsch open lattice aluminum aerial ladder was very distinctive in its design and was used extensively by many departments including the District of Columbia, Baltimore, Chicago and Memphis. After almost fifty years of constructing these aerials, during 1984 Pirsch unveiled their new Skytop 110 foot model aerial which featured higher hand rails and wider ladder sections. Built predominantly for rear mount aerial ladders the first tractor drawn version was delivered in April, 1985 to the Naval Station at Treasure Island, California.

The new Peter Pirsch ladder truck was built with a tractor wheelbase of 150 inches with an overall length of 56 feet 8 inches. This would be the first tractor drawn ladder in the Navy fleet provided with a fully enclosed tiller cab with eighteen enclosed compartments on the trailer. The unit was powered by a Detroit 6V-92TA engine rated at 350 horsepower through an Allison HT-750 automatic transmission.

The trailer carried 214 feet of ground ladders including two 28 foot and two 35 foot extension ladders, along with 14, 16 and 18 foot roof ladders in a fully enclosed ladder bay. The base section of the aerial was equipped with a ladder pipe in addition to the fly pipe which could be attached to the outer section of the aerial ladder. When operating the aerial ladder the truck was stabilized by a single pair of out and down style outriggers located at the front of the trailer.

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Tom Shand

Healthy Eating



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This unit was assigned Pirsch serial number 3347 and Navy property number 74-00060 and in later years was assigned to the North Island Naval Station in San Diego before being retired from active service. Unfortunately this ladder truck would be the last Peter Pirsch apparatus acquired by the Navy with the company going into bankruptcy during 1991.

With the retirement of this Peter Pirsch apparatus Navy Fire and Emergency Services was at that time operating with only one remaining tractor drawn aerial ladder in the fleet. Today, many municipal departments such as Los Angeles City, San Francisco and Baltimore still rely upon tractor drawn aerial ladders to provide truck company service to their communities.



Asian Turkey Cabbage Boats



This recipe uses turkey in a creative way for a visually appealing dish rich in nutritional value. These turkey cabbage boats combine a variety of flavors to create a unique Asian taste and presentation. You can serve these boats with a nice hot bowl of soup or a fresh salad. Try a salad with romaine lettuce, broccoli flowerets, some thin apple slices and cucumbers all drizzled with Asian-style vinaigrette made with vegetable oil and rice vinegar. If you want to warm your meal up a bit, you might consider adding a serving

of brown rice laced with mushrooms. The result will be meal loaded with flavor and nutrition.

Canola cooking spray	2 cloves fresh garlic, minced
1 pound ground turkey breast	1 tablespoon fish sauce
1 tablespoon grated fresh ginger root	1 teaspoon peanut oil
1/2 cup thinly sliced green onions	1 teaspoon sesame seed oil
1/4 cup finely chopped red onion	1 jalapeño pepper, finely chopped
1 tablespoon brown sugar	1/2 cup chopped red bell pepper
1 tablespoon chopped fresh mint	4 Chinese cabbage leaves
2 tablespoons chopped fresh cilantro	3 tablespoons chopped unsalted peanuts)
3 tablespoons fresh lemon juice (lime may be substituted)	

Coat large skillet with cooking spray and set over medium-high heat. Sauté turkey and ginger, stirring often until turkey is browned and cooked through, about 6 to 8 minutes.

Drain excess liquid from turkey mixture and place in large bowl. Add onions, sugar, mint, cilantro, lemon juice, garlic, fish sauce, oils and peppers.

Toss thoroughly. Arrange leaves on serving platter. Spoon about 1/3 cup of mixture onto each leaf. Sprinkle peanuts on top and serve.

Makes 4 servings.

SA Matters

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Chief Rich Gasaway, PhD.

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Are You Assuming Risk Or Creating Risk?

By Rich Gasaway

I recently read an article where the author was taking exception to the risk management maxim: *'We will risk a lot to save a lot and risk little to save little.'* There are several variations on this maxim, including: *'Great risks will be taken to save savable lives; Moderate risks will be taken to save savable property; and, No risk will be taken to save what is unsavable.'*

Risk management is an essential component to the development and maintenance of strong situational awareness. The premise of the author was firefighting is, by its nature, risky and no catchy phrase is going to make it safer. I agree. In fact, I wholeheartedly agree. But there is fundamentally a huge difference between **assuming the risk** and **creating the risk**. Here's what I mean...

The video I linked here¹ is from a structure fire. First, let me say (as I often do) I am not judging the fire department operating at this scene. There are plenty of pundits out there who rant from their high perches of judgment, often in non-productive and disrespectful ways. Tuck this lesson away and recall it often: **When we're judging, we cannot be learning.** I hope those who visit my site are here to learn, not to pass judgment.

In the video, the firefighters are performing vertical ventilation at a residential dwelling fire. The fire conditions are significant. It's a little difficult to assess the building construction type but I think it is fair to surmise the structure is well on its way to losing its battle against gravity as a result of the fire weakening the components of construction.

Let's apply the maxim: *We will risk a lot to save a lot.* Will the risk these firefighters took to create a ventilation hole be rewarded with a worthwhile outcome?

Firefighting is risky. Every firefighter knows that. But there is a big difference between **assuming the risk** of a fire and **creating the risk** by performing tasks in ways that are unsafe or inconsistent with best practices and then hiding behind the testosterone-laden mantra: *We're firefighters. That's what we do!*

I am a firefighter too. Well, at least I was one... for 30+ years. But I also had other obligations (roles) that were important to me. I was a husband, a dad, a son, and a brother (both in the biblical and fraternal sense). Maybe I was just a selfish person, but I always did everything in my power to make sure I did not create risk through my behaviors or orders and everyone who was under my command returned home to fulfill their non-firefighter obligations.

It takes a real hero to stand up for safety, especially if surrounded by others who are consumed by their self-anointed *hero* status. Thank you, but I'd rather be a hero to my grandson than to my widow.

¹ To see the video Dr Gasaway refers to visit <http://www.samatters.com> and search the keywords "creating risk".

If you are a first responder...serious about improving safety...by improving situational awareness and decision making...Sign up today for the **free** SAMatters newsletter.

<http://samatters.us2.list-manage1.com/subscribe?u=d8690b09472c89a747e427bf4&id=be5c39ec8f>

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Life Saving Awards

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Life Saving Awards Closing Out 2011 in a Big Way!

By Tim Pitman, CNIC HQ F&ES, EMS Program Manager

Back in Mid-November we shared with you a summary of the life saving awards to date issued by the Program Director for 2011 highlighting the extraordinary efforts and saves of our Navy firefighters. I'd like to take this brief opportunity to share with you the remainder of the life saving awards issued since September to close out 2011.



2011 Life Saving Awards to date:

- Joint Region Marianas F&ES, JB Andersen - Two Navy F&ES providers for successful life saving actions on 24 September 2011 to a patient in cardiac arrest.
- Commander Navy Region Hawaii F&ES - Six Navy F&ES providers for successful life saving actions on 29 September 2011 to a patient in cardiac arrest.
- Commander Navy Region Southeast, First Coast Navy F&ES, NAVSTA Mayport - Four Navy F&ES providers awarded LSAs in recognition for the successful life saving actions on 28 September 2011 wherein as a team provided critical life saving care to a patient 10 month old near drowning victim.
- Naval District Washington F&ES, NSA South Potomac - three Navy F&ES providers awarded LSAs in recognition for the successful life saving actions on 14 October 2011 wherein as a team provided critical life saving care to a patient having seizures and in cardiac arrest.
- Commander Navy Region Northwest F&ES, NB Kitsap-Bangor – Four Navy F&ES providers awarded LSAs in recognition for the successful life saving actions on 31 October 2011 to a patient in cardiac arrest.
- Commander Navy Region Northwest F&ES, Jackson Park - Three Navy F&ES providers awarded LSAs in recognition for the successful life saving actions on 17 December 2011 to a patient in cardiac arrest.

Once again you can see the impact and difference our Navy firefighters make each day throughout our Navy communities, continuing to prove their value to the Navy's mission!

Congratulations to each of you for well deserved recognition for your successful life saving actions!

Our dead brothers still live for us and bid us think of life, not death--of life to which in their youth they lent the passion and glory of Spring.

- Oliver Wendell Holmes

Cancer Aware

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Real (Fire) Men Wear Pink

By Andrew Revelos NSASP Staff Writer



Naval Support Activity South Potomac (NSASP) firefighters sported pink shirts during the month of October to raise awareness about fighting cancer. October is National Breast Cancer Awareness Month, and like many other cancer-awareness advocates, the firefighters wore pink to not only show their support for the Susan G. Komen for the

Cure organization, but because many in the firefighting family have been personally affected by cancer.

“The reason I wanted to do it is that this issue hits home for me,” said Dahlgren Firefighter Randy Feltner, who initiated the pink t-shirt campaign for Naval District Washington (NDW).

“My mother-in-law has breast cancer right now — we just found out the other day. My wife [Katie] has a tumor in her breast. We don’t know if its cancer yet and we’re getting a biopsy done next week. Her grandmother passed away from breast cancer.” Feltner listened to his better half’s experiences supporting Susan G. Komen for the Cure while part of a philanthropic sorority during college, and decided to take action.

“Firefighter Travis Roberson and I brought the idea up,” said Feltner. “We had done a 9/11 shirt, but mostly, we really can’t deviate from our set uniforms. We went to Chief [Michael Murray] and he shot it up the line to NDW.”

“When Firefighter Feltner approached me with the idea, I was 100 percent for it for personal reasons,” said NSF Dahlgren Fire Chief Michael Murray. “Not for myself, but for my wife, who was diagnosed with breast cancer two years ago. We caught it early and with remediation, it’s clear now. Her mother passed away from the same thing. I had a brother pass away from cancer at age 20.

“[Cancer] is becoming more of an everyday occurrence and [wearing pink t-shirts] was a good way to raise awareness for it, because so many people in this [fire station] here have first-hand knowledge of somebody in their family who has come down with it,” adds Murray. Word of the idea spread “like fire” around the region, said Murray, and NDW firefighters were authorized to wear the shirts on duty for 30 days.

The prospect of getting a bunch of mostly male first responders to sport pink concerned Feltner, but firefighters across the region wore the t-shirts with pride.

“We were worried that some guys would be too manly to wear pink,” he laughed. “I told them I wear pink all the time just because I think I look good in it.”

Pink (Cont.)

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Feltner leaned on Roberson and other firefighters to not only help get the word out, but to help him manage his work responsibilities during a stressful family time. “I probably used more leave in the last two weeks than I have in eight years of being here,” said Feltner. “But the guys have been very supportive. We really are one big family.”

That last point was reiterated by Murray. “You know, we’re a family here. Just like our families outside work, we have a family here. We always help each other out wherever we can.” The firefighters’ fraternal spirit has led to an informal support network at the fire station. By coincidence, Katie Feltner’s doctor is the same physician who helped Murray’s wife fight her way back to health. The Murray family extended an open offer for advice and moral support to the Feltners.

Both men have been active organizing other health awareness events, in large part out of concern for the firefighting profession itself. Feltner said he hoped that by supporting Susan G. Komen for the Cure, firefighters might gain awareness about other critical health issues. “As far as firemen, the number one killer of us is not getting burned up or dying on the side of the road; it’s things like heart attacks,” he said. “It can be a sedentary lifestyle—you sit here and wait and wait for a call. While you’re doing it you’re sitting around eating. When you get up and go, you’re going full blast.”

Feltner, who recently promoted to the rank of captain, will continue to pursue healthy causes. “I don’t even want to think about it,” he laughed, speculating about what promotion rituals his fellow firefighters have in store for him. Like all the firefighters who spent October pretty in pink, Feltner is always ready for a laugh, but just as ready to get serious about his profession’s mission to save lives.

“Nobody wants to lose their mom, their wife, their daughter, or anybody to cancer,” said Feltner. “If we can wear a shirt and ping a thought into someone’s head to get checked out, we’re doing our job. Saving a life is saving a life, whether we go do CPR on somebody or just by doing something small like wearing a t-shirt to support a good cause.”

New Vehicles



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New Wildland/Brush Trucks on Ready Line



Paranoid?

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They're Coming to Get You

By Ronny J. Coleman

It is really difficult to have a good time when you are paranoid. While almost anything you do can be scary, paranoia can be debilitating and painful.

So what do you have to be paranoid about? Perhaps the answer can be found in a document that is increasing in size almost daily: the list of state and federal mandates being imposed on fire agencies. Various legislatures, in their infinite wisdom, have seen fit to place more and more requirements on the fire service. There are sufficient grounds for you to be paranoid. The simple fact is, you can be found guilty of doing something wrong or you can be found guilty of not doing something that you should have done. The consequences can be severe in either case.

It is interesting to note that some of these regulatory mandates came into existence because of some catastrophic event. Others came into existence because well-intentioned lawmakers hoped to prevent a catastrophic event. The problem is that such mandates often are weakly enforced. Another problem is that it often is difficult to discern regulations that truly are mandatory from those that are voluntary.

For example, I have seen documents that say that Insurance Services Office training is mandatory. That simply is not true — ISO training is a recommendation that certain practices be incorporated so a department can get the maximum credit when it undergoes a fire suppression rating review. There is nothing mandatory about them at all. However, the consequence of failing to adhere to ISO record-keeping requirements is that your department won't get as many points on its next grading visit as it might have otherwise.

On the other hand, OSHA regulations have some teeth. If you don't think that there are consequences for failing to adhere to these regulations, then experience a firefighter fatality or even a serious injury and watch what happens when the OSHA investigating team arrives on your doorstep. They will have a lot of questions. You had better hope that you have the answers.

Regulatory compliance depends on basic business management practices. Record-keeping is the most important of these. Well-maintained records speak very loudly in the investigative process. Conversely, a lack of accurate records has a resounding effect that metaphorically sounds like shattering glass.

The best way to begin an effective record-keeping process is to identify all of the mandatory items to which your department must comply on the local, state and federal levels. Perhaps your state already has developed one of these lists. If not, then it would be a good project for the local or regional fire chiefs association to accomplish. The key is to understand what is mandatory and what is not. Once the list is complete, the next step is to determine how compliance will be achieved and demonstrated.

While we spend a lot of time talking about risk management in the community, managing the risk of running a fire department from a liability perspective is an exercise that cannot be underestimated.

Paranoid (Cont.)

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Chief Ronny J. Coleman

Simply stated, the more things for which you are going to be held accountable and the fewer of those that you actually do increases your liability by orders of magnitude. So, it is vital that once regulatory mandates have been identified — particularly those that were established by statute — the task of meeting them becomes part of the objective-setting process.

I doubt that there is a single firefighting agency in the United States that is in 100% compliance with all of the well-intended laws and regulations that have been placed on the books. However, the danger zone is primarily in those agencies that have no clear-cut understanding of what they are supposed to be doing. The safe zone begins to be developed by those organizations that plan for long-term and incremental compliance, rather than ignoring their obligations.

In the final analysis, the way that most of these mandates are brought to the forefront is through some form of lawsuit. When you are being sued for doing something — or not doing something — it is too late to say that you're sorry. Your best defense is to have in place a matrix that clearly indicates that you recognize what you are responsible for and that you have made incremental efforts to obtain the highest level of compliance, in keeping with your responsibilities and resources.

Ronny J. Coleman has served as fire chief in Fullerton and San Clemente, Calif., and was the fire marshal of the state of California from 1992 to 1999. He is a certified fire chief and a master instructor in the California Fire Service Training and Education System.

CPSE Conference



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Registration Open



Mr. Glenn Gaines



Dr. Denis Onieal



Deputy Chief Billy Goldfeder



Ronny J. Coleman

<http://publicsafetyexcellence.org/development-training/excellence-conference.aspx>

CNFJ Outreach

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Tokyo F.D. Rescue Task Force 8

By Pete Sorensen Regional Tech Services & Training Chief, CNRJ

Representatives from Commander Navy Region Japan (CNRJ) Fire & Emergency Services recently visited Tokyo Fire Department's Rescue Task Force 8's specialized training facility. These extremely dedicated professionals train daily in all manner of heavy rescue, ocean rescue, and paramedic services, and deploy around the world to extreme situations with pumpers, tenders, sonar equipment, helicopters, and gunpowder. Yes, gunpowder! This 100-man outfit has rescued victims of natural disasters in many countries since it was formed in 1996, and most recently here in Japan during the aftermath of the tragic earthquake, tsunami, and nuclear power plant emergency in Fukushima. This team would support CNRJ during extreme rescue situation in our jurisdiction. Tokyo Fire Department is one of 32 agencies with whom CNRJ Fire & Emergency Services have mutual aid agreements.



Teacher Humor



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Earth Science Class

The teacher of the earth science class was lecturing on map reading.

After explaining about latitude, longitude, degrees and minutes the teacher asked,

"Suppose I asked you to meet me for lunch at 23 degrees, 4 minutes north latitude and 45 degrees, 15 minutes east longitude...?"

After a confused silence, a voice volunteered, "I guess you'd be eating alone."

Retirement

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Lew Monti Completes Distinguished Career



Fire Chief Lewis Monti of Fire & Emergency Services Gulf Coast retired December 30, 2011 with more than 28 years of service to the Department of Defense.

A luncheon honoring Chief Monti's career was held on December 9, 2011 at Fire & Emergency Services Gulf Coast headquarters. Over two hundred people attended the luncheon. VIP's included NAS Pensacola Commanding Officer Christopher Plummer, Executive Officer Greg Thomas, and Command Master Chief Mike Dollen; Commander

Navy Region Southeast Deputy Fire Chief Bill Casey, Navy F&ES Hall of Fame enshrine and retired Fire Chief Carl Thomann, NAS Jacksonville Fire Chief Don Martin; Escambia County Director of Public Safety Michael D. Weaver, City of Pensacola Fire Chief Matt Schmidt, Escambia County Fire Chief Dan Spillman, City of Milton Fire Chief and Santa Rosa County Fire Services Executive Committee Chair John Rebel.

Chief Monti's career covered every aspect of the fire service at Fire & Emergency Services Gulf Coast, from a Firefighter/EMT to Assistant Chief of Training, Assistant Chief of Operations, Deputy Fire Chief and rising to the rank of Fire Chief in December 2006.

His accomplishments include the Civilian Meritorious Service Award and recognition as one of the forerunners in fire protection for the Department of Defense, US Navy and the local communities. He was instrumental in the continued success of the consolidation of NAS Pensacola and NAS Whiting Field Fire Departments and with the inclusion of NAS Whiting Field military crash crew fire fighters as a functional part of Fire & Emergency Services Gulf Coast.



Chief Monti's future plans include returning to the sea as an avid sailor, fishing, and enjoying retirement with his wife Barb. We wish them "Fair Winds and Following Seas".

W. Frank Barrow has been selected to succeed Chief Monti as Fire Chief of Fire & Emergency Services Gulf Coast.

Presidential Support

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Navy Region Hawaii F&ES Contributes to APEC

By Fire Inspector Angela Sanders



Months of preparation, planning, being stuck in traffic, searched by security, and with little to no sleep, we can safely say with a sigh of relief, the Asian Pacific Economic Cooperation (APEC) is finally over. The Navy Region Hawaii Federal Fire Department (FFD) was one of many key players ensuring the APEC conference held at Hale Koa Hotel

went smoothly and safely as possible.

President Barack Obama and over 20 foreign dignitaries from the Asian-Pacific region arrived at Joint Base Pearl Harbor Hickam (JBPHH) Field for APEC. During this time, the Federal Fire Department provided continuous Aircraft Rescue Fire Fighting (ARFF) support to all Presidential, Military, and Civilian APEC aircraft on Hickam Field. FFD also provided Emergency Medical Services, Emergency Operation Center, and US Secret Security Support during the week-long summit.

During the event at Hale Koa, the Federal Fire Department Fire Prevention Division posted as fire watches throughout the hotel and the Operations Division set up a HAZMAT decontamination trailer. All together there were a total of 30 personnel that assisted with this enormous event. Fire Inspector Scott Ebert noted "I was honored to be involved with this detail to assist in protecting the President of The United States. It was a unique opportunity to work that closely with the Secret Service detail. They run a very efficient and professional operation; I have great respect for them."

The team assembled for the APEC event discussed serious life threats that could occur during the conference. Every incident was addressed and a plan was created. David Lebowitz United States Secret Service stated "We had a great planning team, who wrote a great plan, and now we're on auto-pilot. Nothing should happen that we aren't adequately prepared for." David continued to say "Having traveled across the country and abroad, I can honestly state that I have not experienced that level of cooperation and selflessness at any time; the spirit of Aloha was very much alive during our time together."



This was a great experience for everyone involved and the Federal Fire Department is honored to have provided services during the APEC event. Their only hope is to be considered again in the future.

USFA Report

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Firefighter Fatalities in 2011

The United States Fire Administration (USFA) announced today there were 81 on-duty firefighter fatalities in the United States as a result of incidents that occurred in 2011. This represents an almost seven percent decrease from the 87 fatalities reported for 2010. The 81 fatalities occurred in 33 states, one U.S. territory, and one overseas U.S. military facility. Texas experienced the highest number of fatalities (seven). North Carolina experienced six firefighter deaths and was the only other state with five or more firefighter fatalities.

“In 2004 at the initial Life Safety Summit, a number of fire service leaders did not believe we would complete a calendar year with less than 100 firefighter on-duty deaths,” U.S. Fire Administrator Ernest Mitchell said. “We broke through that perceived barrier in 2009, 2010, and now in 2011! We salute and congratulate our fire service family and pledge to continue working closely with the entire fire service community and its partners to maintain and even accelerate this downward trend in on-duty firefighter deaths.”

Heart attacks were responsible for the deaths of 48 firefighters (59%) in 2011, nearly the same proportion of firefighter deaths from heart attack or stroke (60%) in 2010. Ten on-duty firefighters died in association with wildland fires, the lowest number of annual firefighter deaths associated with wildland fires since 1996. Fifty-four percent of all firefighter fatalities occurred while performing emergency duties. Only three firefighters were killed in vehicle collisions.

2011 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 2011. The final number of firefighter fatalities will be reported in USFA's annual firefighter fatality report, expected to be available by July 2012.

For additional information on firefighter fatalities, including the annual fatality reports from 1986 through 2010 and the Firefighter Fatality Retrospective Study 1990–2000, please visit the USFA website

G2 Resources



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Suicide Prevention Teamsite



If you know or suspect someone is in a dark place in their life and you're not sure what to do, visit the CNIC Suicide Prevention Teamsite;

<https://g2.cnic.navy.mil/teamsites/f2cfe8e5-654c-4419-b452-97c3fff03bd1/default.aspx>

On the Job - Dahlgren

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Firefighters Recount Dahlgren Flash Flood

By Andrew Revelos, NSASP Staff Writer



Naval Support Facility (NSF) Dahlgren's firefighters came forward recently to recall a very busy night during the unprecedented flash flooding crisis aboard the installation in early September. The week's heavy rains had soaked the soil and inundated the creeks and rivers, but with most Dahlgren personnel home for the weekend, the installation's first responders began to relax as darkness fell Friday, September 8th.

At roughly 7 p.m., a call came in reporting a motorist who became stranded in floodwaters near the intersection of Tisdale and Shock Tube roads.

During sustained, heavy downpours, Dahlgren's firefighters began a night of high-water rescues that would test their professionalism, resourcefulness and equipment to the limit.

Several factors came together that night and set the stage for the precarious position the firefighters found themselves in. The crew came into the evening shorthanded, with one firefighter unable to make it back to Dahlgren from duty in Annapolis due to road closures and high water. A security incident near Dahlgren's main gate tied down many police assets for several hours, and a wave of flood emergencies across King George and Charles counties precluded off-base assistance.

Saturated soils and already overflowing waterways, combined with high tide and drenching rain, caused water to rise around Dahlgren at a rate never before seen. As weather conditions worsened and floodwaters rose, the firefighters found themselves dealing with dozens of emergency calls.

Gates and Roads Impassable

When the front gate closed due to the security incident, B Gate opened to accommodate personnel leaving the installation. But there was a problem: the rising flood water made the roads to B Gate impassable.

Capt. Gene Jordan, acting chief of the NSF Fire Department that evening, responded to the first of the night's many calls. "We got alerted for a stranded motorist in water," he said. When he arrived on the scene, Dahlgren police officer Dexter O'Brian was already assisting the motorist. Together, O'Brian and Jordan pushed the stranded vehicle out of the water. With one person rescued, Jordan called for backup and searched another flooded area for more motorists. "There was another deep area and a guy was [stuck] in the middle. I saw two other guys pushing him out," he said.

With the water covering the roads visibly rising, Jordan made the call to shut down the affected roads. In the four to five minutes after Jordan left the first high water location, his backup arrived to find two more stranded motorists.

Floods (Cont.)

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“The [fire] truck was back at my original spot with two more stranded motorists,” he said. “The water came in so fast.”

With the remainder of his forces mobilized, Jordan checked another potentially flooded area as calls came in fast. “By then, communications were telling me we had more and more stranded people.”

Culinary Specialist 1st Class Bryant Anderson, the Command Duty Officer (CDO) on the night of the flood, helped dispatchers answer the wave of calls. “I helped out with the calls but every time we’d hang up a phone another one would ring,” he said.

Chest-Deep Water Rescues

Back at the scene of the rescues, firefighter Carl Nutwell, driving Ambulance 289, observed a pattern that would repeat itself throughout the night. “We were wading through chest-deep water to get people out of their cars,” he said. “Meanwhile, somebody else would drive into the water on the other side of the road.”

Firefighters were able to push some vehicles clear of the water, but others were completely submerged. As the scale of the emergency became clear, Jordan left firefighter Matt Smith in charge and contacted Anderson and base leadership to stand up Dahlgren’s Emergency Operations Center (EOC). High water nearly prevented Jordan and O’Brian’s trip back to the operations center.

Smith, a nine-year veteran, was amazed at how bad conditions were. “Just responding out there and going through water that was half-way up the windshield of the ladder truck was...,” he said, pausing to search for the right words. “How the truck didn’t cut off, I don’t know. I’ve never seen flash flooding like that—we had to improvise.”

“It rained so hard you couldn’t see 15 feet in front of your face,” said firefighter C. J. Newton, who drove Ladder Truck 28 during the flood. “This is the one time in my [31-year] firefighting career that I’ve seen flash flooding like this,” recalled Jordan. “The roads just disappeared on us and we were almost trapped ourselves.”

Dahlgren Police locked down all gates to non-essential personnel and communications were sent advising people to stay inside their workspace and off the roads, allowing the firefighters on-scene to deal with several base employees trying in vain to leave the installation. That was when firefighters began dealing with a troubling problem: some motorists failed to heed their warnings, driving around the fire trucks into the deeply flooded roadway.

“I kept getting reports from our guys that people were coming in piles,” said Jordan. “They were not adhering to us when we told them to stop and would go right into the water. So we had to make more rescues.”

Headlights Shining Underwater

Smith, now in charge of the rescue efforts, recalled feeling frustrated by the motorists’ behavior. “We were worried about how fast the water was coming up,” he said. “We were worried about getting back and cars kept going into the water. We were worried about someone drowning or getting injured.”

Floods (Cont.)

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“We were sitting there with flashing lights on,” added Newton. “You’d think [motorists would understand] something was going on and you probably shouldn’t be there, but they came around anyway.” Smith’s advice for motorists if a similar situation ever arises aboard Dahlgren is simple. “Don’t ever drive through water,” he said. “Even if it’s a road you know. It’s better to shelter in place.”

The importance of sheltering in place was a theme repeated by every firefighter interviewed for this article. Nutwell summarized just how lucky the motorists were. “If that had been swift water, there would have been no way we could have gone in and gotten them.”

A part of the night that stood out to Smith was when he arrived in a flooded area and observed an eerie sight. “All we could see were headlights shining from underneath the water,” said Smith. “It was raining so hard and the water was so deep. I sent in two of my guys in; we tied them off to a rope. They got to the end of the rope and they were nowhere near the car. So they had to go off the rope, which made it a little hairy for me.”

A total of five people were rescued; approximately 10 more did not attempt to drive through the water, but were stranded along the stretch of affected road. After staging vehicles on high ground, the stranded and rescued motorists climbed into the three firefighter vehicles on the scene: Ambulance 289, Engine 281 and Ladder Truck 28.

Down To One Rescue Vehicle

“Our resources were spread thin,” said Jordan. “We were trying to handle a lot of problems with nine people.”

While the firefighters made good progress collecting stranded motorists, the high water began taking a toll on fire department vehicles. Ladder Truck 28 went down first when a wheel chock fell off in the high water and punctured a tire. Engine 281 began suffering problems related to water working its way into the vehicle’s electronics.

The rescued motorists piled into the ambulance and rode with the firefighters back to the station, where Jordan and the CDO worked to find lodging for the stranded flood victims. Ten managed to eventually find a ride off base; five spent the night in Dahlgren’s Bachelor Enlisted Quarters.

At 10 p.m., NSF Dahlgren Fire Department Chief Michael Murray arrived at the EOC and assumed command. With the motorists safe and dry, Jordan and his firefighters began responding to another flood-related crisis: several buildings around Dahlgren were flooded and alarms were going off.

Brush Unit 28 and Reserve Engine 282 were pushed into service as Jordan’s vehicle, the battalion chief’s pickup truck, began to sputter and struggle after hours of driving through high water. “The ambulance was the only [vehicle] left undamaged,” said Jordan.

In need of vehicles, firefighters got some help from Ron Cheek, transportation director for Dahlgren’s Public Works Department. Cheek began calling his employees to see who could come in and fix Ladder Truck 28’s wheel.

Floods (Cont.)

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stood and watched. I held the flashlight. Fortunately, Jody got the truck up and running.”

Throughout the night, firefighters continued to monitor the status of several base employees who were still stranded in their workspaces near C gate. Maintaining communications and accountability with stranded personnel was especially important for one diabetic employee. Plans were made to evacuate the employee if necessary, but fortunately the individual’s insulin supply lasted until water receded in the morning.

By 4 a.m., most roads were re-opened and some very wet, very tired firefighters finished their shift. Hitting the sack “felt pretty good,” said Newton.

Jordan recommended 24-hour time off awards for his firefighters, who “went above and beyond” during this event.

“If had not been for the professionalism and dedication of these fire department personnel, the outcome of this significant incident could certainly have been much different,” wrote Chief Murray. “Life safety is the number one priority for fire service personnel, which includes their own life safety as well as the personnel we are tasked to protect.”

NIOSH News



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New Fire Fighter Cancer Study

Fire fighters risk their lives every day by entering burning buildings, putting out fires, and helping others. Besides the obvious hazards of the fire itself, fire fighters may be exposed to smoke, soot, and other contaminants that may be hazardous to their health. Our study will examine if certain cancers and other illnesses occur more frequently among fire fighters compared to people who are not exposed to these job hazards. To accomplish this, we will look at causes of death among fire fighters compared to what’s seen in the general population. To examine cancer among fire fighters more thoroughly, we will also gather information on current and past cancer cases in addition to cancer deaths.

To learn more about the study, visit:

www.cdc.gov/niosh/fire/cancerstudy.html. We would also like to hear from you. If you have any questions or comments, please send an email to tkubale@cdc.gov.

Hawaii Fire Chiefs Meet

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33rd Hawaii Fire Chiefs Association Conference

By Fire Inspector Angela Sanders

In 2010 the Navy Region Hawaii Federal Fire Department (FFD) was presented with a question; “Will you host the 33rd Annual Hawaii Fire Chiefs Association (HFCA) Conference in 2011?”

The response to this question was “Absolutely!”

Although this was the first year hosting the conference, the Federal Fire Department took on this challenge with the utmost gratitude and respect and decided to make this conference truly memorable. It’s been a year of extensive planning and the year came upon them quickly. It was time to pack up and head to Ko’olina Ihilani Resort and Spa where the HFCA Conference was being held.

“*E Ala! E Alu! E Kui Ilima!*” (Up! Together! Join Hands!) “The theme for this year’s conference exemplifies the need to utilize all available resources to mitigate all types of emergencies” said Conference Host Navy Region Hawaii Fire Chief Glenn de Laura. The conference began on Monday December 5th and ended on Saturday December 10th. Monday started off the conference with an Electrical Vehicle Safety Training for First Responders held at Honolulu Fire Department (HFD) Training Center. The training event was sponsored by National Fire Protection Association (NFPA) and T-N-T Extrications. Tuesday started off with a world renowned motivational keynote speaker Mr. Neal Petersen. His story and life travels were overall inspiring and provided the conference with a great foundation. Wednesday afternoon was dedicated to another keynote speaker Deputy Chief Billy Goldfeder who spoke about Firefighter Survival: the facts and the solutions. Thursday morning kicked off with the National Fallen Firefighters charity golf event held at Kapolei Golf course. The event raised \$7000 and all proceeds were donated to the National Fallen Firefighters Foundation on behalf of the HFCA and FFD.

The opening ceremony was held on Friday morning and consisted of HFD Color Guard posting of the colors. Janel Akana sister to FFD Firefighter Elroy Akana sang the National Anthem and Hawaii Pono I. Navy Region Hawaii Emergency Management Dispatcher Kahu Kalei Ka’awalauole gave a traditional Hawaiian blessing. FFD Firefighter Arlene Koh played violin to a special video presentation of a tribute to 9-11, ten years, and a dedication to New York Fire Department (NYFD) 343. Lastly, the setting of the Fallen Firefighter table presented by FFD personnel Deputy Chief Glenn Kaauwai, District Chief Warren Ferguson, District Chief Dan Brown, Battalion Chief Neil Fujioka, Senior Master Sergeant (SMSgt) Marvin Wagoner, Fire Inspector Angela Sanders, and Fire Inspector Roma Rapoza.



Hawaii (Cont.)

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agreements in the form of equipment and personnel to respond to an all hazards emergency” said FFD Training Chief Wallace Mason. The agencies participated in the exercise were: FFD, HFD, State Crash, Joint Base Pearl Harbor Hickam (JBPHH) Explosive Ordinance Disposal (EOD), City and County EMS Division, and firefighters from the 624th Civil Engineering Squadron.

The theme for Friday and Saturday’s dinners was *E Kahi ’au Kakou*, to give generously or lavishly with the heart without expectation of return. The HFCA along with FFD selected The Hawaii Food Bank and Marines Toys for Tots Foundation to be the recipients of their donations as part of HFCA community outreach program. Over 1500 pounds were collected and donated to the Hawaii Food Bank on Friday night. A total of 477 toys plus one bike were collected and donated to the Marines Toys for Tots Foundation with a total estimated cost value of \$12,600.

The Hawaii Fire Chiefs Association was organized on August 25, 1978, by a group of Chief Officers from various fire organizations throughout the State of Hawaii. Its first general membership meeting was held on December 1, 1978, at the Top of the Q in Pearl Harbor and consisted of approximately 38 active and 29 associated members. The HFCA’s 1st Annual Conference was held from November 30 to December 2 1979, at the Holiday Inn on the Island of Kauai. Today the HFCA consist of over 150 active and associate members and continues to grow each year.

The conference is designed “To cultivate a closer fraternal fellowship between the several branches of the fire service throughout the State of Hawaii, and to conduct research and study of major problems, develop and effectuate educational programs, and serve as the recognized organization for the exchange of ideas, information, knowledge and experience in areas affecting the safety of life and property.”

The committee assembled together from FFD worked vigorously to provide a remarkable conference. They set the bar and raised the standards for future HFCA conference events. The torch has been passed onto Maui and now it is time for Maui Fire Department to provide an extraordinary conference next year at the Ritz Carlton Hotel in Kapalua.

Photo credits, Battalion Chief Al Balderama and EMS Battalion Chief Gregg Moriguchi Federal Fire Department.

Saturday afternoon ended the conference with an enormous training exercise scenario. “The training exercise was set to help the audience understand the response capabilities that would be utilized to mitigate an emergency situation. The scenario illustrated mutual aid

ESAMS Update

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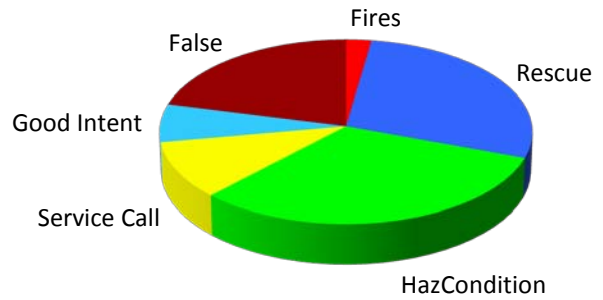
ESAMS Corner

By Clarence Settle, ESAMS Fire Technical Support

December 2011 Statistics

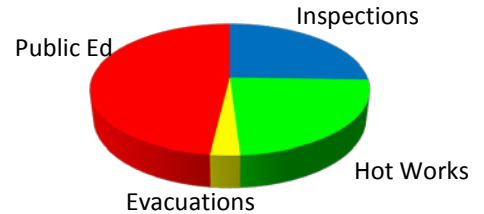
Operations

Total Incidents – 5,023
 Fires – 142
 Rescue & EMS – 1,524
 Hazardous – 1,381
 Service Call – 447
 Good Intent – 424
 False Alarm – 1,075



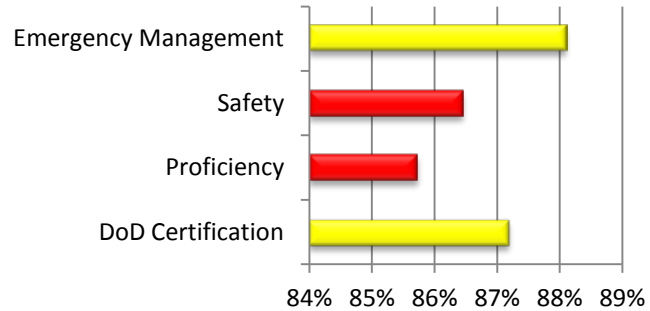
Prevention

Fire Inspections Completed – 3,009
 Hot Work Permits Issued – 2,595
 Building Evacuation Drills – 109
 Public Education Contacts – 3,465



Training

DoD Certification – 88%
 Proficiency, Skills, & Practice – 78%
 Safety Training – 77%
 Emergency Management - 81%



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F&ES On Duty Mishaps Report

Mishaps Reported – 17

Total Lost Work Days – 108

ESAMS (Cont.)

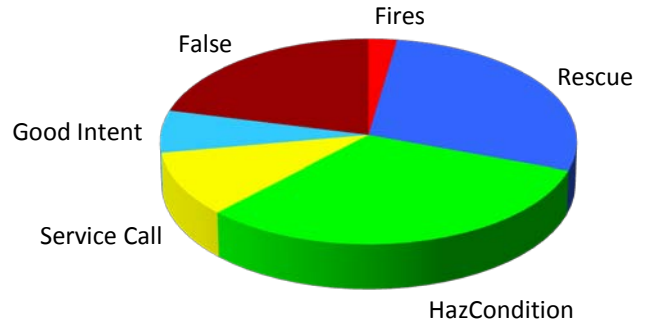
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Calendar Year 2011 Statistics

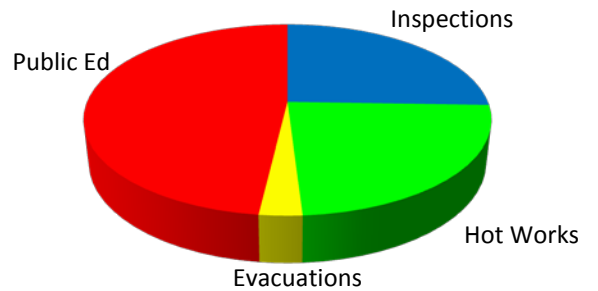
Operations

Total Incidents – 69,462
 Fires – 1,643
 Rescue & EMS – 19,803
 Hazardous – 22,259
 Service Call – 7,048
 Good Intent – 4,683
 False Alarm – 14,839



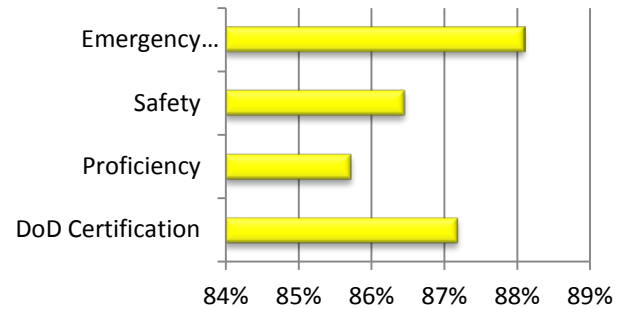
Prevention

Fire Inspections Completed – 43,490
 Hot Work Permits Issued – 40,032
 Building Evacuation Drills – 4,878
 Public Education Contacts – 81,998



Training

DoD Certification – 87%
 Proficiency, Skills, & Practice – 86%
 Safety Training – 86%
 Emergency Management - 88%



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F&ES On Duty Mishaps Report

Mishaps Reported – 309
 Total Lost Work Days – 1,698

Navy F&ES POCs

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Navy Fire & Emergency Services (N30)

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Interested in becoming a DoD firefighter? Follow these links;

OPM: <http://www.usajobs.opm.gov>

"Darkness cannot drive
out darkness; only
light can do that.
Hate cannot drive
out hate; only
love can do that."

– Dr. Martin Luther King Jr.

